

Connections Newsletter



Optimise Health and Wellness

Optimise Health and Wellness is a multi-disciplinary allied health service that specialises in delivering holistic client centred care.

Personal client focused and high-quality service that we provide. We follow the NDIS guidelines to maintain excellent results for you, your family and us...



Values:

- Client centred Care
- Innovation
- Learning and Growth
- Ethical Behaviour
- Diversity
- Safety
- Fiscal Accountability
- Teamwork and Collaboration



INDIGENOUS SERVICES

Hello to all the mob out there!

My name is Megan Carpenter, and my people are the Mbarbarum and the Jirrbal people from the Tablelands. I am the Indigenous Services Lead at Optimise Health and Wellness in Ingham.

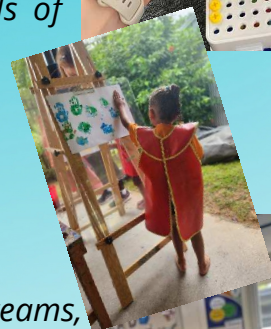
Along with studying a Certificate 4 in Aboriginal and Torres Strait Islander Primary Health Care Practice, I am passionate in being of assistance and a support for health and wellness in our indigenous communities.



We communicate for clients and other health workers. Improve clinical services for Aboriginal and Torres Strait Islander clients. Conduct house visits for patient monitoring and support. Understand the unique needs of Indigenous communities.



Collaborating with healthcare teams, indigenous groups, and businesses for improved health and wellness outcomes. Address client concerns and enhance understanding of illness and treatment. Offer cultural education to non-cultural community members. Refer clients to other healthcare providers/services as needed.



Which way, do you need help to fill out forms and make medical appointments?

Indigenous Services are here to help! Monday & Wednesday mornings from 9am to 11:30am every week! Ring 074423 7662 to book an appointment (preferred) with Megan or walk ins welcome!

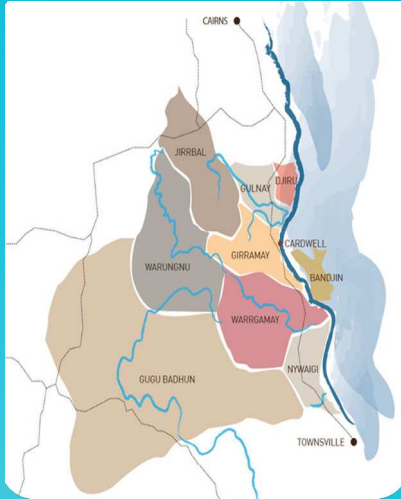


Questions or Suggestions??
If you have any questions or suggestions for our indigenous support, please let us know on 074423 7662 or email Megan on meganc@optimisehealthandwellness.com.au



Service Areas

Optimise Health and Wellness service areas are from Wulgurukaba and Bindal (Townsville) Country, out to Bwgcolman and right up to beautiful rainforest territory - Mamu (Innisfail)



Bwgcolman (Palm Island)



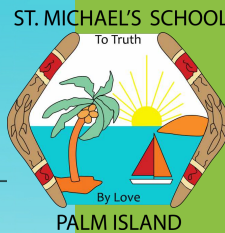
Every 2nd week, Occupational Therapist, Chantelle Markham, visits Palm Island to work with clients at St Micheal's Kindergarten, State School and Bwgcolman State School.

Chantelle helps our young people to improve on skills for daily living and get them involved in meaningful activities.

LET'S KEEP OUR MOB SAFE FROM FLU

THIS YEAR, IT'S EVEN MORE IMPORTANT TO GET THE FLU VACCINE

The INFLUENZA vaccine is **FREE** for all Aboriginal and Torres Strait Islander people aged 6 months and over.



Ingredients

- ▲ 600 g kangaroo meat, diced
- ▲ 3 potatoes, diced
- ▲ 1 1/2 large onions, diced
- ▲ 3 carrots, diced
- ▲ 1/2 pumpkin, diced
- ▲ 2 cloves garlic, crushed
- ▲ 3 tbs oyster sauce
- ▲ 3 tbs salt-reduced tomato sauce
- ▲ 3 beef stock cubes
- ▲ 3 1/2 cups water
- ▲ cornflour, to thicken

Healthy Kangaroo Stew



1. Put beef stock cubes in water and mix well.
2. Put the roo pieces in a pot with the lid on, cook in own juices on moderate heat until the meat is soft (about 45 minutes).
3. Add potatoes, carrots, onions and pumpkin. Add tomato sauce, oyster sauce and beef stock. Mix together and add enough water to cover the meat. Simmer for 10 – 15 minutes.
4. Mix a little cornflour with water to a paste and add to pot. Cook for a further 10 – 15 minutes. Continue cooking until meat and vegies are tender.

Using exercises, adaptive equipment, and tailored strategies, occupational therapists, like Chantelle, empower our mob to do the things that matter most, whether it's taking care of yourself, pursuing hobbies and learning new things.

It's all about regaining independence and participating in your life to the fullest.