

MAROBA CONNECTS



Hello everyone, and welcome to the first edition for 2019

It has been a busy start to the year for Maroba Caring Communities with three very successful themed luncheons held, and as you can see from our photo gallery don't we have fun!

Our events and social outings are all about fun, good food, lively music, and providing opportunities for social engagement in a supportive environment. And, together with our Community Services program there are plenty of opportunities to get out and about in the community, or to join one of the many in-house activities planned by the activities team.

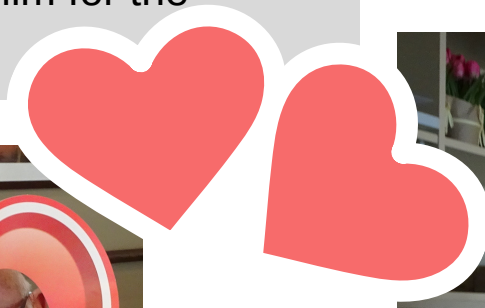
In this edition: Overview of social events, PB's at the gym, new Art Gallery, Quality Standards, staffing update and much more.





A Ball !

The New Year was celebrated in style with a Black and White Masquerade Ball held on January 8th, and it was thoroughly enjoyed by all who attended. The Friday morning craft group extended their creative skills, and ensured everyone looked their part by making masks for all our guests. One of our residents, Ian Lindsay looked fabulous in his tuxedo, and enjoyed having his family join him for the occasion.



Love

Another well attended event held in February was our Valentine's Day function, which celebrated love and friendship, and was aptly named 'The Love Boat Cruise'. The red carpet was rolled out, and in keeping with the cruise theme staff were dressed in Hawaiian shirts. The Manor was decorated in red, pink and white love hearts, and whilst enjoying a themed luncheon, all the guests enjoyed listening to Daniel, one of our regular performers.

St. Patrick's Day

In March, we celebrated St Patrick's Day with a sea of green and all things Irish; top hats, balloons, beef and Guinness casserole, and green trifle were the order of the day. We always receive rave reviews about the food at our themed functions, and congratulate Bec and the catering team from Catering Industries for the thought that goes into the meal preparation.



The Community Service program that commenced in 2018 is going from strength to strength with the recent bus excursion to the historical town of Largs being so popular it sold out. Awesome news! At the March Café day, participants heard about the benefits of Tai Chi, a gentle low-impact, slow-motion exercise that involves a series of circular motions which helps to improve balance, and in turn may help to reduce falls. It was a fun educational morning held in The Junction Café over a cuppa and sweet treats. If you haven't already tried Tai Chi perhaps it is worth a go. Classes are held weekly on Friday at 9.30am for a small fee of \$8.00, and payment can be made at reception on the day.



Out and About at Maroba



Music, art, and other activities play a big part at Maroba, as we know that it has many physical, cognitive and social benefits for our residents. The Leisure and Lifestyle team always try to plan activities that match our resident's interests.

With art therapy occurring on an almost weekly basis in The Lodge and The Manor, it is no surprise with the tuition, practice and exposure to different mediums, to find we have some very talented artists in the Maroba family.



Recently Viv, our CEO with the assistance of Ros, a resident artist, officially cut the ribbon to open an Art Gallery in the Waratah Wing. The art work, which hangs on the walls of the dining room, has been produced over several months. Different mediums such as water colour, textiles, chalk, pencil and acrylic paint have been used to create the magnificent pieces of art, and with the project continuing on a regular basis the artwork will be changed monthly. Braye Park residents have also been creative, and have their artwork laminated for use as placemats.

Here at Maroba, we love seeing wishes fulfilled for our residents, and on this occasion our Customer Service Manager, Ann was only too happy to oblige. Ann was pampered in the Spa treatment room recently by Lorna Wilks who used to work as a Beauty Consultant for David Jones. Lorna thoroughly enjoyed 'reliving' her work day as it brought back many happy memories of her time working in the department store, and Ann looked lovely.



The Gym



Ethna at the gym,
assisted by
Margaret

We all know that keeping active has many health benefits, and a special benefit at Maroba is our state of the art gymnasium. All the equipment is computerised, so once you have your testing completed by either our Occupational Therapist or Physiotherapist an individual program is written up and recorded on a card. At the gym, all you have to do is tap the card on the machine, and the weights are automatically set.

Isn't that clever? And so convenient. So, have you tried the gym? One of our new residents, Ethna who turns 100 in May, didn't take long to have a go; proving that you are never too old get a gym membership.

And, one resident got a PB recently – pulled 218.

What an achievement! And, it's a lycra free gymnasium! Yes, that's right no Olivia Newton-John lycra hot pants are needed at Maroba.

Gym memberships are very reasonable. To inquire further please see your Care Team Leader or inquire at reception.

Royal Commission Update

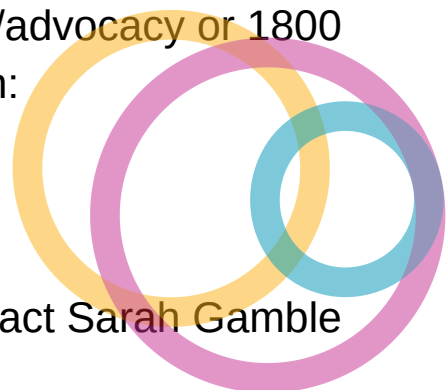
Letters updating all residents and family members on the current position of the Royal Commission into Aged Care Quality and Safety were distributed to resident's letter boxes, and sent by email or post to family members on 7 March 2019.

If you or your family have any concerns about the care you (or your loved one) is receiving, please contact Tamara Ott, Director of Care on (02) 4935 0300 or by email Tamara.Ott@maroba.com.au.

If you prefer or feel more comfortable, you can directly contact the following agencies for support and advice.

Older Persons Advocacy Network: www.opan.com.au/advocacy or 1800 700 600 or Aged Care Quality and Safety Commission: www.agedcarequality.gov.au; 1800 951 822 or info@agedcarequality.gov.au

If you would like another copy of the letter please contact Sarah Gamble - sarah.gamble@maroba.com.au or (02) 4935 0300.



All night dining menu a success!

Ann Power



Our “All night dining menu” is well underway with our residents enjoying the choices and the availability of the menu throughout the evening and night.

In February we held a Food Focus meeting with Catering Industries management to ensure we continue to meet resident’s food preferences. Residents and family members had some great ideas that our caterers are keen to implement. In addition, Catering Industries are very keen for residents to provide old favourite recipes that they can include in future menus. If there is a recipe you would like to share, please drop a copy at reception, or visit Ann Power in her office located downstairs in The Lodge.

In the coming weeks we are having a resident meeting to discuss new crockery that will be purchased in the near future. We are encouraging our residents to have their say and input into the selection of the new products on offer and will have samples for the residents to view.

With a change in the seasons upon us, if you have any unwanted clothes in your wardrobe that you would like to donate, we are happy to collect and distribute to a charity. Please bundle the clothes up and let the staff know they are for the charity collection.

If there is anything we can do at Maroba to enhance your stay, please don’t hesitate to contact us. Whether it’s a simple request or a bucket list dream that hasn’t been ticked yet, I am here to make it happen.

My greatest reward working at Maroba is to see our residents loved, happy and safe.

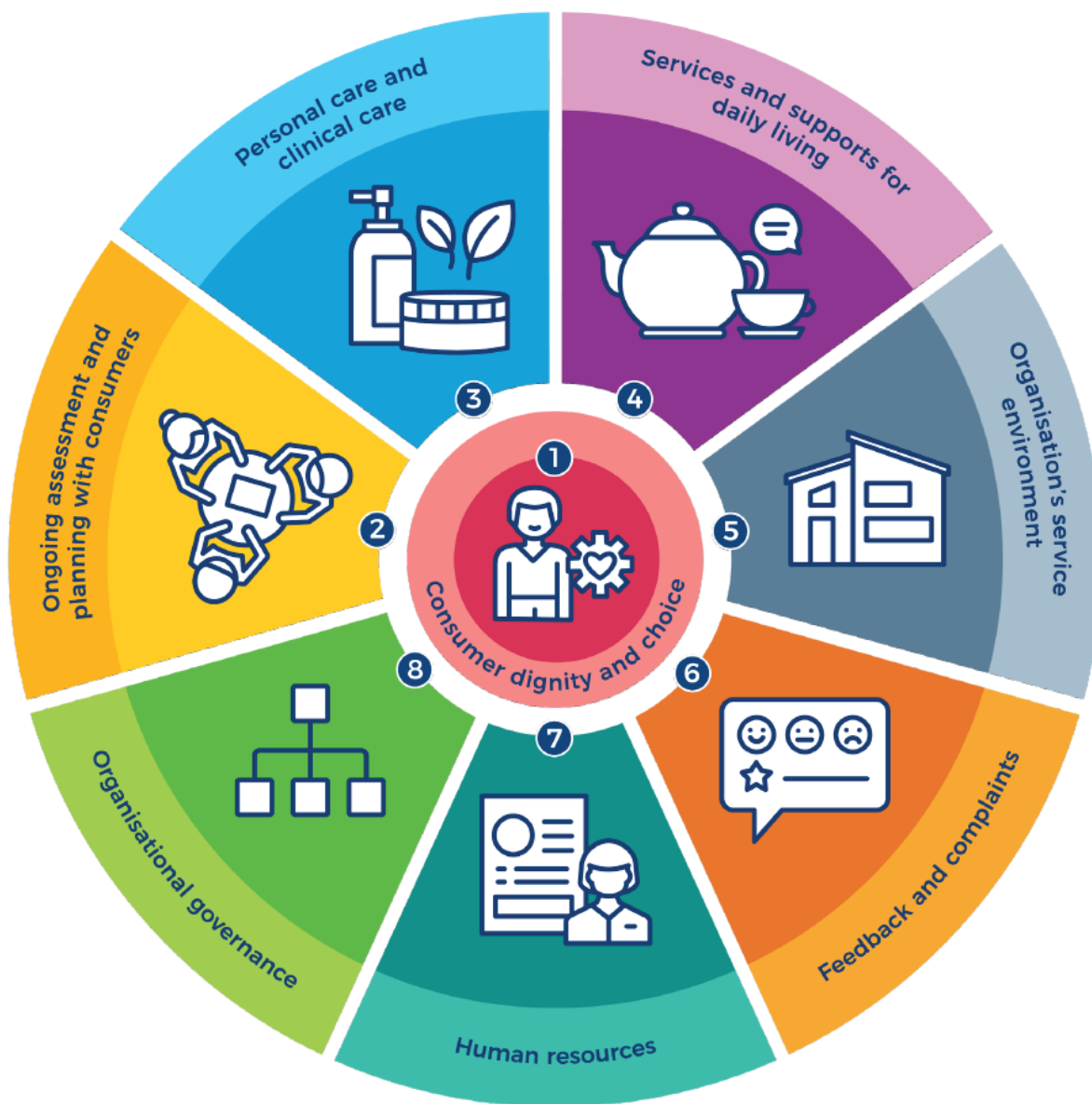
**Trivia: How long
has Viv worked
at Maroba?**

**Residents Meeting - NEW TIME
Tuesday 9 April - 10.30 am
The Lodge
All welcome**



New Quality Aged Care Standards

Maroba has always strived to provide care that is responsive to an individual's need, and now this person centred approach, that includes a wider consultation with families, staff and other stakeholders, is legislated. The new Quality Standards covers 8 areas which are outlined below



All Aged Care facilities will be assessed and monitored against these new standards from 1 July 2019.

More detailed information outlining how Maroba will be complying with the new standards is to come in a separate newsletter.

Community Services Program

Mark your diary!



April

Tue 9th - Port Stephens Adventure
Mon 15th - Easter Party luncheon

May

Tue 7th - Tocal Paterson
Tue 14th - Mothers Day Luncheon
Thur 23rd - Cafe Day

June

Tues 4th - Queens High Tea
Tues 11th - Pokobin Vineyards Excursion
Thur 27th - Cafe Day

July

Tues 2nd - Maitland Adventure
Tues 9th - 'Oh La La' The French Luncheon
Mon 29th - Cafe Day

August

Tues 6th - Paterson Adventure
Fri 9th - A day in Tuscany Luncheon
Mon 12th - Cafe Day

September

Tues 3rd - Grease Fathers Day
Tues 10th - Toronto Adventure
Mon 23rd - Cafe Day

October

Fri 4th - Oktoberfest Luncheon
Tues 8th - Cafe Day
Tues 22nd - Nelson Bay Adventure

November

Tues 5th - Melbourne Cup day
Tues 12th - Bus trip to The Entrance
Mon 18th - Cafe Day

December

Fri 20th - Christmas Party

Program subject to change

Other important dates



Easter Egg raffle
Tickets at reception



A Service will be held
in The Lodge on 25 April
at 10am. All welcome



Save the Date
6 June
Reunion - 2pm Start
More details to come



Gift vouchers
coming soon



Staffing Update



Tamara Ott (L) Is now in the Director of Care position, and Margaret Lowndes (R) has resumed her role as Clinical Support Manager.

We sadly said goodbye to Annette Bowman, a member of the Leisure and Lifestyle team on Tuesday 26 March. Annette has found a wonderful opportunity at another facility which is closer to home.

Sarah Gamble has taken up the position of Executive Assistant and Marketing Support. Sarah provides administrative support to the Directors and Board, and assists with marketing functions.

If you have a message for Viv, or any of the Directors and they are not around, please let Sarah know and Sarah will be sure to pass the message on.

Hand Hygiene

Hand Hygiene is the single most important factor in reducing the spread of infections. It is important that Hand Hygiene is performed at the right moment especially with the Flu season nearly upon us.



Hand Hygiene can be performed by either washing with soap and water or using a waterless alcohol based hand rub.

Please ensure you practice good Hand Hygiene before and after you visit family and friends at Maroba.

Alcohol based hand rub is available upon entry to Maroba, near the lift and entry to all suburbs. Please feel free to use the hand washing basins in each suburb.

Spiritual Care

- Vicki Carpenter



'All of us are spiritual, but not all are religious.'

Spiritual care, also known as chaplaincy or pastoral care, is for everybody.

Our medical need is taken care of by the nursing, physiotherapist, occupational therapist, and speech pathology teams. Our culinary, nutritional needs are taken care of by the catering team. Our needs for activity, fun and relationships are taken care of by the Leisure and Lifestyle team.

The need for making sense of our world, our lives, our purpose, significance, and connectedness with something bigger than ourselves, is where Spiritual Care steps up. This care can be given by ALL at Maroba.

It's less about providing answers & more about travelling the journey together.

The team Vicki and Jo, step in for focused care, and will facilitate all faiths and beliefs. They are also here for staff and resident's families. Maroba holds non-denominational Christian services and Memorial Services, and all are welcome.

If you would like someone to talk to at any time, please know that Vicki is on call, and can be contacted through Reception on 4935 0300 or 0411 360 020



Our revised Mission, Vision and Values Statement is below for review. This Statement is important in outlining our overall purpose (Mission), how we will achieve our purpose (Vision), and our core organisational priorities (Values). As part of our consultation process, we would like to offer you, our readers and stakeholders, the opportunity to provide feedback.

Please send to Sarah Gamble sarah.gamble@maroba.com.au
by 17 April 2019



Our Mission

Maroba is a dynamic, Christ-focussed organisation that enriches the lives of people

Our Vision

Together, creating sustainable caring communities through transformational education, leadership and passionate people

Our Values

Caring
how we love, respect and support people

Integrity
we do what we say

Growth
through personal and professional development

Inspiring
people towards success

Creative
in our expression and determining our preferred future

The Lord Jesus Christ said, 'Love the Lord your God with all your heart... Love your neighbour as you love yourself. There is no commandment more important than these two.'
Mark 12:30 & 31



Chair of Maroba
April 2019





Staff Profile

You have probably seen Michael around, as he is almost part of the furniture having been at Maroba for 23 years!

Michael started working in the kitchen, housekeeping and hospitality because he wanted to learn to clean as well as his Mum, and be a chef. At the time Viv was Director of Nursing, and asked him one day if he wanted to apply for a different role. Michael said no. Not long after, Viv asked him for a second time, and Michael also said no because he thought his heart lay in hospitality! Viv asked Michael a third time if he would like a different role, and this time Michael said yes.

Michael is now part of the Leisure and Lifestyle team assisting to plan, organise and run many of the activities planned for our residents, such as Bingo, Cafe Days, talent shows, and art days.

Michael was born in Newcastle and now lives at Maitland, and enjoys mixing with our residents and guests. When asked what Michael likes about working here; he replied 'I love Maroba. I feel like I fit here more than anywhere else. It doesn't feel right to leave.' And, we love having Michael as part of our team.



Resident Profile - Ron Gibbons

It was lovely to chat with Ron this afternoon, one of our residents who has resided in The Manor for the last 18 months. Ron is 94 years old, and his wife, Betty who is two years younger, lives in The Lodge.

Ron and Betty both enjoy the facilities here at Maroba, and the well catered meals. They also enjoy the company of the other residents at mealtimes, because "every person has a different and interesting background."

Prior to moving to Maroba, Ron and his wife lived at Adamstown Heights in a house that Ron built himself. Ron explained that "houses were difficult to obtain after the war, and the quickest way to get one was to build one!" So, with the assistance of friends and relatives, they built their house, which is still standing today.

Ron's background is in chartered accounting, and when the University opened he applied for a Lecturer position. Ron was offered the role, and enjoyed the "company of students" so much he stayed for 25 years. Another role Ron enjoyed was that of Chaplain, an unpaid position he held for 30 years.

As Anzac Day is fast approaching, we asked Ron if he would mind discussing his war experiences. Stay tuned for more information next issue.

A message from Sarah, your Editor.

What a delight and privilege to be working at Maroba! Week 7 in the position of Executive Assistant and Marketing Support, and I have produced my first Maroba Connect. I hope you enjoy reading this as much as I have enjoyed finding and gathering the content, and in the process learning more about the ins and outs of Maroba. Thank you to everyone for the warm welcome I have received, and thank you to all contributors. As this is your newsletter, please let me know if you have any content suggestions for future editions.

Bye for now, Sarah





Reception hours

Monday to Friday

8.30am - 5.00pm

Email

admin@maroba.com.au

Website

www.maroba.com.au

Next newsletter June 2019

Facebook

www.facebook.com/maroba.waratah/

Distribution lists are being updated.

If you or next of kin have changed your email address or phone number please advise Reception

Answers to Trivia

How long as Viv been employed at Maroba? 25 years in June

Name the seventh planet from the sun? Uranus

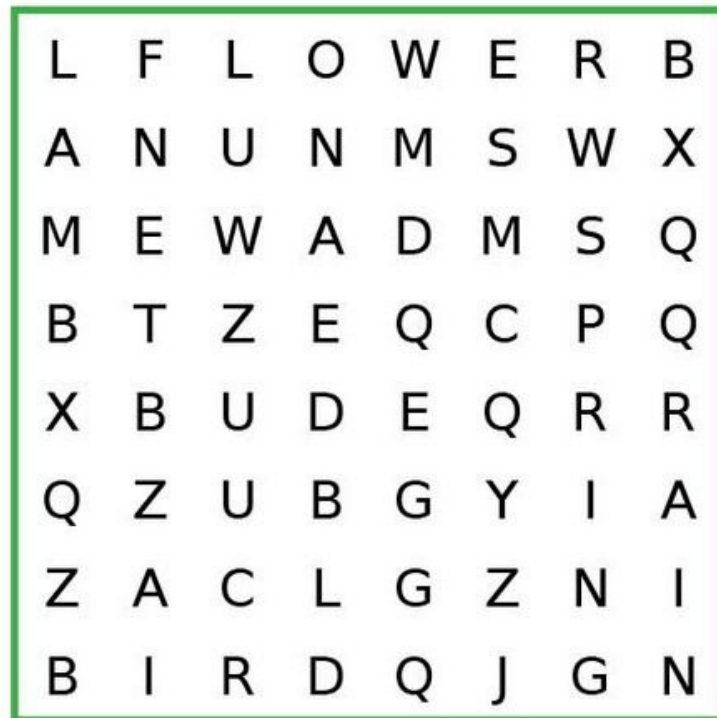
Who invented the rabies vaccination? Louise Pasteur

Who was the legendary Benedictine monk who invented champagne?

Dom Perignon

The fun corner!

Spring Word Search



BIRD
BUD
EGG
FLOWER

LAMB
NET
RAIN
SPRING



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Name the seventh planet from the sun?

Who invented the rabies vaccination?

Who was the legendary Benedictine monk who invented champagne?



Meaningful Conversations

Reflections on end of life care, grief and loss

A conversation for family members

WEDNESDAY 8TH MAY 2019

10.30-11.30am

Enjoy a free morning tea hosted by Meaningful Ageing Australia's Educator, Merisa Holland, and bring your questions and reflections on end of life, grief and loss

REGISTRATION

Please register with reception staff

COST

Free

WHERE

Maroba Caring Communities
58 Edith St, Waratah NSW 2298

