



ANATOMY OF A NURSE



CEO Message

This picture says so much about the individuals who partner with you each day, so we thought we would have a laugh at ourselves with you. Some of you may not know that whilst I am Maroba's CEO I am still a Registered Nurse so am happy to identify with this "Anatomy".

It sort of captures us up to our eyebrows in every single day we show up.

In fact as far as I can see it sums up most people on our Maroba team because I see them showing up fully committed.

I know some days it would be nice to think we could cruise through the day without having our mind racing ahead to the next situation...but that day never seems to come.

But don't we all love our "Different" sense of Humor...quite unique ...but doesn't that help us get through the day and helps us push past our own aches, pains and sore feet ...yes the scars of always going the extra mile for someone else. Don't you just love our rough dry hands ...the same ones that carry comfort, support and the tools of our trade. Please don't make a movie of what our eyes have seen and ears heard or maybe we should....but, I don't think the rest of the world is ready for the burden that we as carers carry.

Yes ...there are so many kind hearts amongst us ...yet uniquely tough to bring the best outcome for those in our care. That meal break we often miss because the needs of others steps in...oh well maybe tomorrow I will get my break. But as for that old bladder...if only I could use the call bell to get a moment to pee.

This picture can be summed up in one word. GENEROUS...yes that's who is caring for YOU...I love that about the Maroba family...no matter what... they remain GENEROUS. Thank you for your patience and encouragement to all of us on the Maroba Team...we all look forward every day to serving YOU.

Viv

Join us for our Annual

Spring fair

Ladies Auxiliary
 Bric a Brac
 Aromatherapy Oils
 Body Shop
 Devonshire Teas
 Jewellery
 Cake Stalls
 Sausage Sizzle
 Plant sales
 And, an array of stalls



Friday 11 October 2019
 9am-1.30pm

58 Edith St, Waratah, 2298



ORCHID SHOW NOW IN ITS 8TH YEAR

Our resident garden enthusiasts produced another lovely display of the Native Orchid ‘Cymbidiums’ recently. The display located in The Lodge has been an annual event for eight years now thanks to Val Anderson, a resident in The Terrace, sharing her love of orchids with other gardening enthusiasts at Maroba. There was also a display of photos from the gardens of our self-care residents, and a raffle raised \$374 for local charity, John Hunter Children’s Hospital.

The dedicated committee consists of Val Anderson, Noel Allwood, Zell Buffier, Hilda Simpson, Maria Soennichsen and Peter Irwin. Well done all!



BED UPGRADE

We recently completed a review of beds and mattresses. A working party was established, and three different beds were trialed from three different suppliers. A recommendation was made, and as a result 25 new beds will arrive in the coming weeks. Thank you to our residents, Connie and Faye for your valuable contribution.

Spring WORD SEARCH

WORD LIST

FISHING STEM
HATCH SUN
LEAVES THAW
SHOWER WINDY

S	X	J	H	R	B	K	I	T	O
L	U	D	M	H	E	G	Z	Q	X
D	F	N	S	E	C	W	U	U	Q
T	I	X	B	E	T	T	O	W	J
T	S	Z	U	Q	V	S	A	H	G
X	H	W	R	W	Y	A	H	H	S
N	I	A	U	W	D	X	E	F	J
A	N	J	W	W	N	J	H	L	S
S	G	B	G	E	I	E	J	F	Y
G	D	I	X	C	W	P	P	K	N

Continuous Improvement

You said	We did	What difference did it make
BOOKS We would like more books	Purchased new books for The Lodge	More choice and control for residents in their reading matter
HYMN BOOKS Print on hymn book is too small	Purchased new folders and enlarged the print on the hymn books for the Manor Wednesday service, and Memory Loss suburbs.	Residents are able to follow more easily due to the large print, and updated format
Can we have some different music for Church	Purchased a CD under license with all new music.	Residents can now enjoy a variety of music at Church
RESIDENT PASSING How can we honour a resident who has passed	Liaised with our Spiritual Care team for thoughts on the best way to do this. Our Chaplain now communicates with other residents living in the same suburb which gives everybody the chance to share stories about their friend and be supported. A candle is placed on the deceased residents' dining table for a few days.	Gives residents, and family members the opportunity to mourn, remember and celebrate their life in a respectful and open way.

NEW TEAM MEMBER FOR CORPORATE SERVICES

Meet Rachel Hollis, our new People and Culture Co-ordinator who started on 9 September.

Rachel works Monday, Tuesday and Wednesday and will be a great asset to the team helping to recruit experienced staff to look after and care for our residents. You will no doubt see Rachel out and about in the suburbs and at functions, so don't hesitate to say hi.

Guess what Rachel's favourite food is? Chocolate!

Rachel will fit in well at Maroba!



MEET OUR MAINTENANCE TEAM

THE TEAM RESPONSIBLE FOR LOOKING AFTER MAINTENANCE AND REPAIRS, PREVENTATIVE AND REACTIVE MAINTENANCE



John Zammit, who manages the Maintenance team celebrated 10 years at Maroba this year. He loves his role as WHS Manager, the people he works with, and enjoys the company of the residents. Prior to joining Maroba, John was in the building and construction sector, and has a special connection to Maroba having helped build The Manor. John's special hobby is breeding 'Orpington' chickens.



Rob Ellem has been working at Maroba for close to 20 years, and first started as a gardener before moving into the maintenance team. Rob loves the variety of work here at Maroba, which can one day can see Rob resolving a maintenance issue, and the next if time permits, helping to set up for a function. Rob grew up in the country on Ashby Island farming cattle and cane before moving to Newcastle, and driving trains for 21 years. Rob is a gardener at heart, and enjoys this activity in his spare time.



We are fortunate to also have the skills of **Steve McColl (aka Brian Henderson)** on our maintenance team. Steve, Newcastle born and bred, is another longstanding staff member who will clock up 12 years at Maroba this month. Steve also enjoys the variety of tasks the team are assigned, and has the responsibility of also looking after our stores ensuring our non-clinical supplies are well stocked. Outside of work Steve enjoys spending time with his young family, gardening, follows The Knights and other sports teams.



FUNCTIONS

Do you or your loved ones have a special milestone coming up?
In need of function space?

Maroba has small and large function spaces available for hire.

Our on-site caterers have a variety of menu options to choose from with maitre'd service available for that special touch.
All enquiries to reception.

EVENTS CALENDAR

- 3 Oct OktoberFest themed luncheon with entertainment
- 8 Oct Café Day
- 8 Oct Residents meeting
- 11 Oct Spring Fair
- 22 Oct Nelson Bay Adventure
- 29 Oct Pink Ribbon Day
- 5 Nov Melbourne Cup day
- 12 Nov The Entrance Bus Adventure
- 18 Nov Café Day
- 20 Nov Christmas Party

SEPTEMBER HIGHLIGHTS



Our delightful pink ladies, L to R. Michelle Watson, Michelle Knight, Lisa Mostyn and Wendy Pitts



L to R: Muriel Williams and Ethna Harvey

3 SEPT 'Grease' Father's Day Luncheon has been labelled 'the best ever' lunch by some of our attendees. Entertainment was by the popular duo Aaron Mansfield & Wayne Parkinson. There was a true 50's & 60s vibe to the day with staff dressing up, and props adding to the atmosphere.



16 SEPT Brian Burke, RN held an informative session on the Quality Aged Care Standards to a small group of interested parties.

17 SEPT Helen Shields from Catering Industries clocked up 30 years at Maroba this month. We acknowledged Helen's commitment and dedication with a morning tea, that was well attended by staff and residents.



19 SEPT Maroba regularly welcomes international students to view our facility as part of their placement through the University of Newcastle. Today Viv spent some time with a group of 4 students from the Sun Yat-Yen University in China.

Thank you to all who have contributed photographs to this newsletter.

GET IN TOUCH P: (02) 4935 0300 E: admin@maroba.com.au www.maroba.com.au

Reception hours: Monday to Friday 8.30am-5pm
Follow us on Facebook facebook.com/Maroba.waratah

Wanting to volunteer? Inquiries to reception
Looking for a career in Aged Care? Look for us on Seek