



CEO's Christmas Message

It's starting to feel a lot like Christmas.....

Are you singing along yet? Some of you may know this song, but if you don't there are plenty more to sing-a-long to..and be assured the music and atmosphere of Christmas will be heard and felt all around Maroba each day. But we don't assume that the Christmas season has the same meaning, memories or significance for everyone, so let's all take a moment to reflect what this time of year means to each of us and then consider how it might be for others. However you experience Christmas, whatever memories 'glad' or 'sad' that arise for you, please know that we want to support you at this time. We have a saying here at Maroba... 'Love Your Neighbour' and it especially applies at this time of year as we walk through this season with you. So please let us know what makes Christmas significant for you....give us the opportunity to make it memorable for all the right reasons.

As you read this I will be on my way to experience Christmas in 'Antarctica' but be assured I will be thinking of you all and imagining all the ways that you will be living out that 'Love Your Neighbour' principle both within Maroba and wherever you go this Christmas.... Love to all. See you next year! **Viv**

Some thoughts from staff and residents about Christmas

'A time to get together with family and friends, reflect on the year just gone, and recharge the batteries for the coming year'

'A chance to connect with family who live far away'

'Love the beautiful atmosphere at Maroba'

'Love giving the little ones their presents'

'Christmas is celebrating the birth of Jesus Christ, and a chance to instill in the kids, that Christmas spirit is not just about giving presents'





Christmas Word Search

BALL	DEER	SANTA
BELL	DONNER	SLED
BLITZEN	ELF	SNOWMAN
CANDY	FROSTY	STAR
CHIMNEY	GIFT	TOY
COMET	PRANCER	TREE
CUPID	PRESENT	VIXEN
DANCER	RUDOLPH	WREATH
DASHER	SACK	



AGENCY FINDS MAROBA COMPLIANT AGAINST STANDARD 3 OF THE QUALITY AGED CARE STANDARDS

Maroba had an unannounced visit by representatives of the Aged Care Quality Standards Commission on 9 October 2019. The Agency representatives assessed Standard 3, Personal Care and Clinical Care. Representatives observed the care provided throughout the day, reviewed our documentation and record keeping systems. Interviews were also conducted with Residents, Resident representatives, Management, Clinical Staff and Care Staff.

We are pleased to announce that Maroba was found to be compliant against the assessed clinical standards.

A special thank you goes to the staff, residents and family members who were here on the day and spoke with the agency representatives. The Agency spoke glowingly of the staff for their professionalism and conduct. This is a great outcome for Maroba demonstrating the quality care we deliver.

The Staff at Maroba wish all our residents, families and carers a very Merry Christmas and Happy New Year.

Please note Reception will be closed on Wednesday 25 and Thursday 26 December, and Wednesday 1 January 2020.

Maroba Connect will return in February 2020.



UPDATE ON OUR COMMUNITY SERVICE PROGRAM

Twelve months ago Maroba saw there was enormous need for well-being and socialisation for people in the community. This led to our decision to focus our community services on wellness based programs. With the current Royal Commission enquiry into Aged care there have been many stories around elderly people being isolated in their homes, and the success and growth of our program is evidence of this. Our community services is all about living, having fun and staying connected with others. The themed luncheons, bus trips, concerts, variety of exercise programs, social programs and beauty services have proven to be very popular, encouraging connection, joyful experiences aiding physical and mental wellbeing. Our programs have extended the Maroba family and connected with the wider community. We have had clients join us for respite stays and also move into the Maroba community permanently. We are receiving positive feedback and are being approached by other community providers to have their clients access our services. We would like to take this opportunity to thank everyone for supporting the wellness programs and we look forward to 2020 continuing to support more people in our community.

COMMUNITY SERVICES
wellness
& support



Tamara Ott, Director of Care and Viv Allanson, CEO receive the award.

EXCITING NEWS, MAROBA WINS!

University of Newcastle 'Most Valued Partner', 2019 Student Engagement Awards

Nominated by the Faculty of Health and Medicine, since 1995 Maroba has regularly hosted students who are studying nursing, medicine, social work, physiotherapy and speech pathology for work placement.

As outlined in our Annual Report, Maroba has also recently signed a Memorandum of Understanding with the School of Nursing and Midwifery to further develop and promote excellence in Aged Care Nursing practice. This is achieved through education, research and development of innovative evidence based nursing care for older people. This partnership is significant, one which is of enormous benefit to our residents and the award is a proud moment for Maroba.

RECYCLING INITIATIVE - ORAL CARE PRODUCTS.

We recently helped Newcastle High School win a national competition for their recycling efforts, and in the process a community garden for their school. This pilot recycling initiative was successful and we will now be recycling toothpaste tubes, toothbrushes, floss containers, interdental brushes, and all oral care packaging on a regular basis. Every 3 months at changeover of dental products for our residents we will have a box at Reception where you too can participate in this initiative and drop of your used oral care products.



CALENDAR

- 3 Dec Christmas photos & Morning tea, The Manor
- 5 Dec Food Focus meeting, The Chapel
- 6 Dec 'Daniel' concert, The Manor
- 10 Dec Volunteer luncheon
- 10 Dec Residents meeting
- 11 Dec 'Col Millington' concert, The Manor
- 12 Dec Christmas Wreath Making, The Lodge
- 17 Dec Reflections Concert
- 20 Dec Christmas Themed luncheon with Aaron Mansfield (Lunch booked out)
- 23 Dec Carols by Daylight, The Lodge
- 24 Dec 'Sonya Lee' Christmas Eve Concert, The Manor
- 31 Dec 'Daniel' Concert for New Year's Eve, The Manor

Gym every Thursday
except Public Holidays

Tai Chi every Friday
- last class 13 Dec,
resume 24 Jan 2020

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

NOVEMBER HIGHLIGHTS



MELBOURNE CUP

5 NOV Melbourne Cup day was celebrated in style with staff and residents dressing for the occasion. The entertainment by Aaron Mansfield was thoroughly enjoyed by all, who one minute was singing Neil Diamond and the next Opera.

11 NOV Remembrance Day was acknowledged with a morning tea for Braye Park and Waratah residents. Members of the Leisure and Lifestyle team also drove a group of residents to Adamstown to allow them to pay their respects at a community event.



MELBOURNE CUP



REMEMBRANCE DAY



REMEMBRANCE DAY



GERTRUDE THORBURN



REMEMBRANCE DAY

18 NOV We celebrated Gertrude Thorburn's 100th birthday with an afternoon tea.