



"WHEN YOU WAKE UP EVERY DAY, YOU HAVE TWO CHOICES. YOU CAN EITHER BE POSITIVE OR NEGATIVE; AN OPTIMIST OR A PESSIMIST. I CHOOSE TO BE AN OPTIMIST. IT'S ALL A MATTER OF PERSPECTIVE."

Harvey Mackay

Optimists Live Longer....

The Research is in and we now have a scientific reason to be cheerful. A US study found that people who had the highest optimism scores had a lifespan 9% longer than those on lower scores. I believe, if my optimism levels were scored I'd probably live to 150! What about you, where do you sit in the optimism rankings?

Why does it even matter? Look around, Australia still 'statistically' enjoys one of the highest standards of living in the world and yet life in this 'lucky country' is tough for so many people, resilience is low and optimism levels are even more challenged. We are in the middle of a drought that is drastically affecting more of Australia than I have seen in my lifetime. The stress on our farmers is extreme and unrelenting, and still our Government does too little, too late. We now have water restrictions because both small towns and cities are facing seriously low water supplies – all

of this as we face another extreme summer. Aged Care continues to be under stress as governments deny many consumers the real cost of quality care. They keep raising the bar without the resources needed to match changing expectations. Did you know that over the past 10 years wages have gone up by 38% while subsidies only went up by 18%. No wonder Aged Care is in crisis! Over 50% of our sector is running at a loss.

You are probably wondering why Viv remains optimistic at a time like this. Well I guess I see life through a different lens - I see it through the hopes, dreams and aspirations of the people surrounding me. I see life through eyes that have not yet been soured by the troubles that come my way. I see life through amazing possibilities for our future...I see life with my heart full of HOPE (a confident and eager expectation of good) and I see life through what I can do to make a difference, rather than what I can't do.

Why not check in on your Optimism levels? Rally your cheer squad and start a list of the things you can do to make a difference in the world today. It might start with 'Save water' or 'buy more Australian produce' to support our farmers. Whatever else you have make sure you add 'encourage a workmate and someone you are caring for'. It won't take long and you will have a fabulous list of things you can do to change our world and before you know it, you too could live to a great old age overflowing with Optimism.

Believe me I have lived both ways and I now choose an Optimistic way of life. Every day. I look forward to seeing it show up in you too, and it will change the atmosphere like you wouldn't believe !

ETHNA HARVEY MET THE GOVERNOR OF NSW RECENTLY

Ethna was one of 30 Centenarians with a carer, who enjoyed an afternoon tea in the Grand Ballroom of Government House recently. The annual event organised by the Lions Club of Sydney, was hosted by the 28th Governor, Her Excellency the Honourable Margaret Beazley AO QC.

Ethna was accompanied by her son Dave, and thought it a 'special and lovely experience'. Ethna particularly enjoyed the classical music being played in the gallery while afternoon tea was served.

Government House is located in downtown Sydney, in beautiful gardens and has superb views overlooking Sydney Harbour. The existing house was built in 1836, in the Gothic Revival style, hence has a number of towers and other medieval features. Although the building has been modernised and refurbished over the years it still holds a significant collection of portraits and memorabilia from the many Governors who have held office.

Do you have a special occasion coming up, or have an event or excursion you would like to share with the Maroba family? We would love to hear from you for a write up in our next newsletter. Ask for Sarah at Reception.

Source: www.governor.nsw.gov.au



Car Park Speed

For the safety of all, please remember to adhere to the speed limit of 10km while driving in the grounds of Maroba.



WORD SEARCH

- | | |
|-----------|-----------|
| ACCORDION | MARIMBA |
| BANJO | ORGAN |
| CELLO | PIANO |
| CLARINET | RECORDER |
| DRUM | SAXOPHONE |
| FLUTE | TRIANGLE |
| GUITAR | TRUMPET |
| HARMONICA | TUBA |
| HARP | XYLOPHONE |



Staff Update

MEET BRUCE PETERSEN - PHYSIO AIDE

Bruce joined the Maroba family as a volunteer over two years ago, and recently signed up as an employee. Bruce is passionate about his work as he knows his assistance helps to improve the health & fitness of our residents. Bruce lives in Mayfield and his hobbies include motorbikes, VW Kombis and Astrophysics. You will often see Bruce driving to work, and around Mayfield in his old blue and white Kombi. If you get the chance, say hi to Bruce.



'HEALTHY AGEING PARTNERSHIP - PROJECT YOUTH' (HaPpY) PILOT PROGRAM

Maroba, in conjunction with our registered training organisation Smart Training and Consulting Group recently hosted 12 students for work experience as part of the pilot program known as the HaPpY program. Organised in conjunction with Training NSW, the students from 6 local high schools were here for a week to gain experience in different areas of our facility, and hear from staff of their career journey, skills and opportunities available in the aged care sector.

The students came with plenty of enthusiasm keen to learn and engage with residents and staff alike. The week ended with a Graduation on Friday afternoon, and some of the students were so impressed with what they experienced that they would like to come back to volunteer. Maroba and Smart Training were proud to be involved in this pilot program that supports sector workforce development, and gives opportunities for the younger generation to find meaningful careers.



WANTED

Forgotten household items such as a dial telephone, typewriter or canisters (not furniture) relevant to our resident's era for Braye Park. In good order please – not necessarily in working order. This will be used for memories and reminiscing activities. Please leave at reception. Thank you



Interested in dementia research?



StepUp for Dementia Research is here for you. This research participation and engagement service draws on characteristics such as age, location and diagnosis to match volunteers with researchers carrying out studies in dementia prevention, diagnosis, treatment, care and cure. It is completely free. Anyone aged 18 and over in Australia, with or without dementia, can sign up online, by phone, or by post. By simply answering some questions, you will be matched to studies that suit you and are of your interest. To sign up today, visit the website <https://stepupfordementiaresearch.org.au/> or call 1800-7837-123. Together, we are one step closer to the next dementia breakthrough!

EVENTS CALENDAR

- 5 Nov Melbourne Cup
- 6 Nov Memorial Service, The Manor Chapel
- 11 Nov Remembrance Day
- 12 Nov Bus Trip to The Entrance
- 12 Nov Residents meeting
- 18 Nov Café Day
- 5 Dec Food Focus Meeting
- 20 Dec Christmas Party

Gym every Thursday
except Public Holidays

Tai Chi every Friday

OCTOBER HIGHLIGHTS



4 OCT The theme for October, was Oktoberfest, an annual event now worldwide but one that started in Munich. It traditionally runs for 16 days with lots of beer consumed. At Maroba we celebrated it for 1 day with staff dressing up, and adding to the atmosphere. Megan Williams once again entertained our guests, singing in English and German.

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



LAST TAI CHI FOR THIS YEAR IS 13 DECEMBER 2019, AND CLASSES WILL RESUME 24 JANUARY 2019



11 OCT Another successful Spring Fair! The Fair once again raised much needed funds for Maroba. The overcast weather did not dampen the spirits or enthusiasm. The scones were very popular, Bric a Brac walked out the door, the children enjoyed the face painting, and the sausage sizzle was well received.



GET IN TOUCH

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Reception hours: Monday to Friday 8.30am-5pm

Follow us on Facebook [facebook.com/Maroba.waratah](https://www.facebook.com/Maroba.waratah)

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