



## A Whale of a Time....

What an amazing adventure I have had travelling the world and exploring the 7th Continent of Antarctica. As I start this new Decade of 2020 I can't help but reflect on the history of discovery and exploration of Antarctica - the frozen continent. I am challenged by the courage and resilience of those who made those first steps onto the ice shelves for the sake of those who were to follow. I am encouraged by the co-operation of many nations and individuals who work together under the Antarctic Treaty to make important scientific discoveries, protect the wildlife and scrutinize weather patterns for our sake, living in the

most challenging conditions and unable to leave when they feel like it. I think of the many teams of pioneers in wooden sailing ships, like Shackleton's team who set forth not knowing if they would return when their ship was crushed by ice...but through amazing determination, leadership and commitment to his men...they all made it home. What does that have to do with us...well I think we can all start this decade with a greater resolve to be pioneers...no age limits here...we are all on an expedition when we are living and working together in such close confines. Let's make a choice to not let circumstances and other people's actions discourage us or put us off course, stay determined to make a plan, set some new goals or resurrect old ones and stay with it. Enlist those around you, we call it team work to support you in the pursuit of them, it may be family, a friend or a Maroba team member but don't be a sole explorer...there is much greater safety and success in numbers!

I won't just say happy new year let's say "make it a great Decade for the sake of Humanity" ...together we can make a difference.

I will be hosting a travel talk about my expedition soon so watch the calendar.

Viv



## HAPPY NEW YEAR

The February Connect is a bumper issue. Read on for an update on staff movements, social events, continuous improvements, fundraising initiatives, community service 2020 calendar and more.

# DECEMBER WAS AWASH WITH CHRISTMAS CHEER.

Maroba staff and volunteers were kept very busy with lots of activities, concerts and luncheons planned to celebrate the festive season.

The Santa Pop-up photo stand was a great hit with staff member Gabby doing a fabulous job with props.

Carolyn, our Education Co-ordinator organised volunteers and the 3 buses to take 35 keen residents on a night tour of the Christmas Lights. We thank Mercy Services for donating their bus for one of the night tours and their driver Steve.

The children of St Philips Christian College sang carols, and read to residents.

We had a craft morning making Christmas wreaths facilitated by James Murray Funerals.

Glendore Public School gave us a beautiful Christmas banner which adorned one of our walls in The Junction Café.

We thanked our hard working volunteers with a luncheon and concert. Our independent living residents also had a jovial Christmas party as did staff.

Waratah Girls Choir and the Connectability Choir visited and sang Carols. A Carols by Daylight concert was well attended by residents and family members and thoroughly enjoyed by all.

We had our usual concerts occurring throughout December. We found hidden singing talents in some staff members who bravely sang for us, and also found some staff who preferred to run away when asked to sing! Maybe not so brave!

Our Christmas Community Services luncheon was also well attended with 80 guests participating and enjoying Aaron Mansfield's concert.

Christmas day was celebrated by some residents and family members booking a table in The Junction Café, as well, a number of families enjoyed their own Christmas celebration with their loved one in a private function space at Maroba.

It was indeed a Merry Christmas at Maroba!







## Staff movements **MANJU JOHN**

With the retirement of Margaret Lowndes, we welcomed Manju John to the role of Care Support Manager in December. Manju would be a familiar face to some having worked at Maroba for the last 3 years as a Registered Nurse. Manju began her career in nursing 20 years ago, has worked in India and Ireland, and in the aged care sector for the last 14 years. Manju keeps fit by walking every day, and when thinking of a holiday, memories take her back to her favourite destination, Singapore. Manju is looking forward to the challenge of her new role, and developing herself as a leader in the management team.

## We listened! Continuous Improvements

You said	We did	What difference did it make
<b>ACTIVITY RESOURCES</b> Can we have some more?	Purchased board games and playing cards for The Junction Cafe.	Gives more opportunity for residents and families to socialise and learn new or re-fresh board and card skills.
<b>BRIDGE CLUB</b> I love playing bridge.	Asked other residents who would like to join the bridge club.	Gave an opportunity for a new resident to meet others in a fun social environment, and other residents the opportunity to learn a new card game.
<b>OVER BED TABLES</b> When are the over bed tables being replaced?	New over bed tables arrived in January.	More appealing on the eye, nicer to eat from, and blends with the existing decor.
<b>CONTINENCE REVIEW</b> Current continence product was not meeting needs	A holistic review of the incontinence products including trialling a new supplier with 9 residents over a 3 day period.	The new product greatly improved the comfort of residents.  100% of staff recommended the new product.  Implementation of the new product will commence on 17 February 2020.



**BRIDGE CLUB**  
**IS ANYONE INTERESTED IN JOINING OUR NEW BRIDGE CLUB?**  
 Group meet on a Tuesday afternoon at 3pm in The Lodge  
 All levels welcome including beginners.  
 If interested please contact Ann Power.

“ The best classroom in the world is at the feet of an elderly person. ”  
*Andy Rooney*

**ATTENTION RESIDENTS OF THE LODGE**  
 COULD YOU PLEASE CHECK THE CONTENTS OF YOUR FRIDGE ON A REGULAR BASIS AND DISPOSE OF ANY FOOD THAT IS OUT OF DATE OR NO LONGER EDIBLE. THANK YOU FOR YOUR CO-OPERATION.

# CHRISTINE DAVIS

Christine will also be familiar to some having worked at Maroba for 5 years commencing in the role of ACFI Co-ordinator and in November last year, moving into the role of Customer Engagement Partner. Christine is the first point of contact for our customers conducting tours and assisting customers or prospective residents to navigate the aged care process and complete the application for residency at Maroba. Being able to offer a new home and community to prospective residents and seeing their smiling faces once they have joined the Maroba family gives Christine great pleasure. Outside of work, Christine enjoys the outdoors; camping, travelling, road tripping and spending time with family and friends. If you see Christine out and about say hi!



HIBISCUS

FORSYTHIA

HEBE

GARDINIA

CAMELLIA

LAVENDER

MAGNOLIA

HYDRANGEA

JASMINE

LEMON

VERBENA

HYACINTH

HELLEBORE

FREESIA

ANEMONE

AGAPANTHUS

LILY OF THE VALLEY

NARCISSUS

MUSCARI

RANUNCULUS

SWEAT PEA

VIBURNUM

ZINNIA

BUDDLEJA

CHRYSANTHEMUM

AZALIA

DAFFODIL

PRIMROSE

DAHLIA

TULIP

## WORD SEARCH

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

# WHAT'S COMING UP IN 2020!

## Community Services Program

### An exciting line up of luncheons planned for 2020

23 JAN	CELEBRATING ALL THINGS AUSTRALIAN FOR AUSTRALIA DAY
27 FEB	HAWAIIAN THEMED LUNCHEON
24 MAR	A SEA OF GREEN RETURNS FOR ST PATRICK'S DAY
23 APR	HONOURING OUR VETERANS FOR ANZAC DAY
08 MAY	SPOILING OUR MUMS FOR MOTHER'S DAY
23 JUN	WINTER WONDERLAND LUNCH
16 JUL	'BASTILLE' DAY - NATIONAL DAY OF FRANCE CELEBRATED
25 AUG	MEXICAN 'FIESTA' LUNCHEON
07 SEP	'MEALS & WHEELS' CELEBRATING FATHER'S DAY
07 OCT	OUR POPULAR OKTOBER FEST LUNCHEON IS BACK
03 NOV	GIDDY UP! MELBOURNE CUP LUNCHEON
10 DEC	CHRISTMAS CELEBRATIONS

**MONTHLY BUS TRIPS** resume on the 18 February 2020, and thereafter the third Tuesday of the month. We are looking forward to taking you on more adventures with The Entrance being the destination for the February bus trip.

- Café days are earmarked for 13 March, 10 July and 16 October.
- Tai Chi resumed 24 January 2020.
- The gym is open every Friday for Community clients.

More information to follow on bus trip destinations and café day speakers.

For any enquiries, feedback or suggestions on our community services program please see Reception.

*Activities are subject to change*

# A SLICE OF WARATAH HISTORY IS ON OUR DOORSTEP!

Mr Albert Bonner is one of our residents in Maroba Terrace and his family many years ago made a significant contribution to the Waratah business sector through a retail outlet.

The Bonner's Shop was located in Lower Station St, Waratah and traded for 25 years from 1961, employing three ladies as well as family members' son and daughter, Albert and Maria. The shop sold quality wools, materials, haberdashery and clothing with Mrs Bonner also offering mending services to the local community. As the shop was centrally located it saved shoppers going to town, and being well stocked it was a convenient means for regular supplies and social contact. The Bonners ceased trading in 1986 and when the decision was made for Mr Bonner Senior to move to an aged care home he was sold on Maroba and moved here in 1978, starting the Bonner connection with Maroba that is still here today. Mr Bonner passed in 1998. Mrs Bonner and son Albert became residents at Maroba Terrace in 2003 with Mrs Bonner moving into

Maroba Hostel in 2007 and sadly passing that same year. Albert now retired, still lives in Maroba Terrace and is an active member of the Maroba community attending many functions and events.

Excerpts taken from 'A Casual Glimpse of Waratah. The Bonner's. A project of Waratah Heritage Group - Maroba. 2015-2019



## FUNDRAISING

**MAROBA IS A BIG SUPPORTER OF COMMUNITY AND FUNDRAISING FOR CAUSES CLOSE TO OUR HEART.**

**OVER \$800 RAISED FOR THE RFS THROUGH THE SALE OF CALENDARS AND RAFFLES AT OUR CHRISTMAS FUNCTION.**

**OVER \$650 RAISED FOR THE MCGRATH FOUNDATION AT OUR PINK MORNING TEA AND CONCERT WITH SUE SHAW HELD ON 7 JANUARY.**

**THANK YOU FOR YOUR CONTINUED SUPPORT OF OUR FUNDRAISING INITIATIVES.**

**GO TEAM!**



## FEBRUARY CALENDAR

- 4 Feb Welcome morning tea for new residents
- 
- 4 Feb Daniel concert
- 
- 6 Feb Food Focus meeting
- 
- 13 Feb Greg Mason Concert, The Lodge
- 
- 13 Feb Adam Price Concert, The Manor
- 
- 14 Feb Richard E Concert, The Manor
- 
- 18 Feb Bus Trip
- 
- 18 Feb Residents meeting, The Lodge
- 
- 19 Feb Memorial Service
- 
- 19 Feb Sue Shaw Concert, The Lodge
- 
- 20 Feb Monthly birthday party, The Manor
- 
- 25 Feb OPSM visit
- 
- 25 Feb The Roses Concert, The Manor
- 
- 25 Feb Lemondrops Concert, The Lodge
- 
- 27 Feb Hawaiian Themed luncheon

*Activities subject to change*

## JANUARY HIGHLIGHTS



**13 JAN** Grandparents Day was a big hit with approximately 40 residents and families enjoying a visit from Penny's Peonies and Pets and a morning tea. In the afternoon a smaller number attended the concert with Daniel. The day was thoroughly enjoyed by all.



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