



Settling In or Not

Now that I have had time to settle back in to all things Maroba after my exotic adventure, I have realized that to 'settle back in' is not where I want to be. After much reflection, I have come to appreciate that as we face a new year and more importantly, a new decade, that simply 'settling in' would rob Maroba and all of the Maroba family of the capacity to fully embrace our grand purpose and amazing opportunities.

You see, the old things are now behind us and we are heading into a completely new season. A season where endless amounts of negative press are seeking to frame the future for Aged Care, where we have a Parliament that has no vision or heart for older people, where there is uncertainty regarding what recommendations may emerge from the Royal Commission and where the ongoing cry for funding to match what is a reasonable expectation of care and services for older people is largely being ignored. But wait, we get to choose whether or not those pressures determine our future or whether we seek to rise up to be the authors of our 'PREFERRED' future. A future that we can create together with everyone who has an interest in being a part of the Maroba story. Why shouldn't we create a community that suits the individuals who choose to access our services and accommodation offerings? We don't have to wait to follow the next trend from overseas or across the country!

All too often I see firsthand a great idea that another provider has come up with for their particular community in another nation, cut and pasted into an Australian environment where it just doesn't quite work - funny that.

Over 25 years as a leader at Maroba, I have watched an evolving and vibrant community grow and flow to suit the needs of different individuals who make up our community. I call it the Maroba Alternative or the Maroba Way. Yes, I acknowledge that it doesn't always suit everyone, but we are most often nimble enough to tweak and change our service to be able to embrace and welcome that next individual who may have different needs or expectations.

So, if you think I look 'settled', give me a nudge and remind me of my commitment to our grand purpose. For it is this purpose that has promoted a new Organisational Structure along with new titles that best reflect our intention to be 'Partners with Purpose'. It remains our mission to ramp up our focus on our core business, which is unequivocally, 'Service to our People'!

I hope you will take every opportunity to join me in continuing together to create a community where you want to live and be served.



Viv

INTERESTED IN TRYING YOUR HAND AT A NEW CARD GAME?

We are looking for additional Bridge and Cribbage (Crib) players.

BOTH GROUPS MEET ON A TUESDAY AT 3PM.

Newcastle Bridge Club facilitates the bridge game.
Ted, a resident plays Crib with one of our volunteers.

If you would like to enquire further please
contact Ann Power via Reception.

What is Crib you might ask?

Crib is a board game that was created in England in the early 17th century. The object of the game is to be the first player to score a target number of points. The points are determined by different cards like having a certain type of jack, playing the last card and or card combinations.

We welcome players of all abilities.





BEAUTY & SPA SERVICES

Looking for an idea to spoil your loved one?

The Beauty room, located in The Manor is open two days a week and provides many services with manicures, hand massages and facials being the most popular. Michelle Knight is our qualified Beauty Therapist and is often assisted in the salon by Lucil Manil.

Recently, our Spa rooms underwent a makeover and spa bookings are also gaining in popularity, thanks in part to a grant received last year from Beyond Bank which enabled us to purchase a new spa for Nobby's.

Spa and Beauty Service enquiries can be made via Reception. Gift vouchers are also available to purchase.

INTRODUCING MICHELLE KNIGHT

Michelle has been working at Maroba for 12 years wearing many hats and can often be seen wearing bright pink sparkly shoes, pink being her favourite colour. Michelle commenced working as an AIN before moving into our Social Engagement team eight years ago. Four years ago Michelle also decided to pursue her passion and trained as a beauty therapist allowing us to open our Beauty and Spa room. Outside of work Michelle enjoys running, family time and going to the beach.

WORD SEARCH

St Patrick's Day

- LEPRECHAUN
- ST PATRICK
- SHAMROCK
- IRELAND
- RAINBOW
- CLOVER
- GREEN
- MARCH
- GOLD
- LUCK



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

The NSW Premier's Gala Concert a big hit with residents

Two buses travelled to Sydney on 13 February to attend the NSW Premier's Gala Concert 'Love to Celebrate', part of festivities to celebrate NSW Seniors Week.

John Paul Young led the concert with other singing stars such as Marina Pryor also entertaining the audience. The group of residents left the facility buzzing with excitement for this day trip, the atmosphere was electric on the bus. It was a big day and there were a few tired souls the next day however the day was thoroughly enjoyed by all. Some feedback from residents 'it was fantastic, thoroughly enjoyed the day, marvelous and wonderful'.

A big thank you to our two volunteer bus drivers, staff and volunteers who accompanied the group.



CORONAVIRUS

We are all very aware of the current threat to the Australian Community from the outbreak of the Coronavirus Disease 2019 (COVID-19). The Australian Government has moved towards a pandemic phase, they believe that the risk of a global pandemic is very much upon us and as a result, there is a need to take the steps necessary to prepare for such a pandemic. Maroba has enacted an action plan to protect our residents whom are one of the most vulnerable in society.

The safety of our Residents, our Employees and Volunteers is of utmost importance to us and we are closely following ACSA, Department of Health and Department of Foreign Affairs and Trade alerts and recommendations on a daily basis.

At this time, the Australian Department of Health recommends that any visitor who is travelling to China, Iran, Italy or South Korea or is in contact with a confirmed coronavirus case are to self-isolate for a minimum of fourteen (14) days following their return (or contact) to Australia and disclose to the Aged Care facility the details of their travel.

Advance Care Plans ensure that we are able to care for our residents as per their wishes if they become ill or suffer and injury whilst in our care. Although we encourage the use of these plans, persons responsible (Residents or Enduring Guardians) are often reluctant to sign this and often put it off. Given the advice we have received from the Australian Government, it is also imperative at this time that all residents now have an Advance care Plan that is up to date in case they were to contract the virus.

Therefore please be aware in the coming days, you will be contacted by Maroba to make an appointment to create and sign an Advance Care Plan for your relative. Your prompt attention to this matter is appreciated and will assist your relative to receive the appropriate care if required.

We thank you all for your cooperation as we try and keep ahead of this evolving situation.

FOOD FOCUS MEETING

Thank you to everyone who attended our recent Food Focus meeting held on 6 February. The feedback was positive and all were happy with the proposed menu.

Our next Food Focus meeting will be on 7 May 2020, where we will discuss the winter menu.

Feedback on our menus are always welcome and can be directed to Ann Power, Customer Experience Manager.



MARCH CALENDAR

- 4 'Daniel' Concert, The Lodge
- 10 Birthdays of the Month, The Manor
- 10 Residents meeting, The Lodge
- 13 Café Day, Viv's Travel Talk
- 13 'Happy Hour' & Sonya Lee Concert
- 19 Birthday of the Month, The Lodge
- 24 Irish Day Themed luncheon
- 26 Line Dancers, The Manor
- 26 Kelvin Roberts Concert, The Lodge
- 27 'World's Greatest Shave' fundraiser, The Manor
- 30 'Sue Shaw' Concert, The Manor
- 31 'Busy Bees' Concert, The Manor

Hairdressers Mondays & Tuesdays
Barney and Kay from Delta Dog visits Mondays

Activities subject to change

SOCIAL HIGHLIGHTS



23 JANUARY

For the Australia Day themed luncheon, the 'Antique Rogue Show' entertained the crowd of 80, with some old time favourite songs whilst Catering Industries served up a delicious Aussie meal.



LOOKING AHEAD

- 9 APRIL EASTER HIGH TEA
- 23 APRIL ANZAC THEMED LUNCHEON
- 24 APRIL ANZAC DAY SERVICE, THE MANOR
- 25 APRIL ANZAC DAY SERVICE, THE LODGE

All residents, families and community clients are invited to attend our Anzac Day services.

14 FEBRUARY

Residents enjoyed a lively concert by 'Richard E', A Tribute Show to Sir Tom Jones and Engelbert Humperdinck. Following the concert, our resident couples enjoyed a lovely Valentine's day lunch to celebrate their love.



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



GET IN TOUCH

P: (02) 4935 0300 E: enquiries@maroba.com.au www.maroba.com.au

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? Enquiries to reception
Looking for a career in Aged Care? Look for us on Seek