



Greetings from our CEO



What a time it has been - like nothing we've ever experienced and yet we're still smiling and enjoying life in new ways, both here at Maroba and in our own homes.

It's hard to believe that since my first Facebook notification on the 28th January 2020 regarding COVID-19, we have sent out 16 formal updates and posted 13 video blogs in the past 157 days.

I know that whilst it has been a must do from my perspective, some may have experienced communication fatigue as you have been bombarded by morning news, afternoon news, late news, social media and then I turn up in your mail box or facebook feed. So whilst it is tempting to switch off or only read a part of the update, it is critical that the entire Maroba community stay engaged and follow these updates. Why? Clearly the risk is not yet over! Sadly we are seeing higher Covid-19 case numbers each day in Victoria and throughout the world. Analysts are suggesting that a major factor contributing to the spike in cases has been a relaxation of protocols in major centres where many people are now ignoring the very principles that have kept them safe. So, please keep up the social distancing and practice good hand hygiene. It is so important.

I wish to give a big shout out to our volunteers who have been supporting the Maroba team with our new visiting arrangements. They have been exceptional in their eagerness to serve your loved ones and to assist you in getting that face time or face to face visit. Whilst many of our volunteers have not been able to join in due to their age and risk factors, we do appreciate that some are starting to return to limited roles. Our new recruits have been very effective and have shown up bright eyed and bushy tailed whenever required to support our residents. I'm sure you will join me in thanking all of our volunteers for their in house or sideline efforts during this time.

Viv



STAFF AWARDS

We congratulate Jill Smith who was voted by her colleagues for the June 'Nurse of the Month' award and Lisa Mostyn won the 'Values' award. Both these monthly award programs are to celebrate 2020 being the Year of the Nurse & Midwife. The overall winner will be announced at our annual International Nurses & Staff Recognition day which will be held towards the end of the year.



A GIFT OF THANKS

On 17 June we unveiled a special gift to Maroba. Eddie Cross donated a beautiful piece of art. The photograph now adorns the wall in the lounge room of Blue Gum for all to enjoy and reminisce of their time spent in this iconic part of Newcastle. The message on the picture reads 'Thank you kind staff for all the care you bestow on my mother, Mildred and all residents here at Maroba. Edward'.

Thank you Eddie. It's an awesome gift and we know it will be treasured.

Mildred is seen here with Viv after the unveiling of the photograph.

www.edwardcross.com.au



UPDATED VISITATION ARRANGEMENTS

The 22 June was a big day for residents and staff. We were all excited! The red carpet was out to welcome our visitors back to Maroba for the first time since we ceased visitation mid-March due to Covid-19. This week over 180 friends and family took the opportunity to visit their loved one. The atmosphere was wonderful and we had many happy residents.

If you have not read our latest update (#16) we do encourage that you pick up a copy when next at Maroba, or download a copy via our dedicated 'Covid-19 Information' page on our website so that you are properly informed.

In brief, the following protocols are in place for visitation;

- Visiting is between **10-4.30pm, Monday to Friday** with the doors being locked at 5pm;
- No appointments are necessary unless visits can only be made outside of the above times. Please do not visit Maroba on the weekend without a prior appointment as you will be disappointed and not able to enter the facility;
- All visitors must present with a current influenza vaccination certificate (*as at 1 May 2020 it is a legislated requirement for entering aged care facilities*)
- All visitors will have their temperature checked, and complete the declaration;
- There is to be a maximum of 2 people per visit with no age limit in place;
- Visits are to be in rooms only. ie. no congregating in communal areas;
- Day excursions are possible on the completion of a Risk assessment form available at Reception or the Covid-19 Information page on our website.

If you have travelled to, or have visitors from Victoria and wish to visit Maroba, please ring Reception for the latest advice.

Once again, we thank you for your patience and co-operation in adhering to our visitation arrangements. It was a real thrill to welcome you all back to Maroba!

**VISITING IS
BETWEEN
10AM-4.30PM
MON TO FRI**



**ARE YOU NOT
ABLE TO VISIT?**

**BOOK A FACETIME
OR ZOOM CALL VIA
RECEPTION**

CEO Scone Bake-off



Well, didn't we have fun at our inaugural scone bake-off! To ensure social distancing was possible we held two sessions. It was Viv versus members of the Social Engagement Team. Whilst the scones were rising, Viv entertained the audience with stories of her travels, and first exploits of cooking scones at high school. There were lots of laughs, advice from the audience and reminiscing of others scone baking days. Audience judging deemed Viv's scones were the winner in the first bake-off and it was decided the second bake-off was a draw!



**ARE YOU UP FOR THE
SCONE BAKING
CHALLENGE?**

**WE ARE LOOKING
FOR A RELATIVE WHO
WOULD LIKE TO
CHALLENGE VIV.**

INTERESTED?

**PLEASE LEAVE YOUR
NAME AT RECEPTION.**

IT IS FUN!



SPIRITUAL CARE NEWS

One on one visits are still very much a priority here at Maroba and the Spiritual Care team values the times of connection with residents wanting and needing visits. Our goal is always to provide person centred care and the team follow a resident's lead. We recognise that individuals are spiritual but not all are religious, so the aim of conversation is to be present and walk the journey with those who value company, explore meaning and purpose, and this looks different for everyone.

As restrictions have eased we have been able to merge church services, therefore we are currently conducting 4 services each week, rather than the previous 7.

The services have been well attended and appreciated, as residents have valued coming together in the slightly bigger group, and being part of a 'more normal' church service. All Christian denominations have been represented and at any time we have had up to 6 and 7 different denominations, maybe the way it was always meant to be!

Vicki & Jo



SOCIAL HIGHLIGHTS



Bus Trips have resumed and depending on the weather, either the apple pies or ice creams are being well received. The bus trips have taken in the sights of Singleton, Lochinvar and the beaches. One recent group of residents were thrilled when they caught a glimpse of whales breaching off the coast of Newcastle.



The month of June saw residents enjoying special morning teas for the Queens Birthday and the arrival of winter with a Winter Wonderland celebration.



Our library in The Manor has been moved to a corner of The Junction Café. Doesn't it look inviting? With the bigger area and more natural light it is attracting residents who would not normally visit the library.



Mildred and Pam had some fun recently in the Beauty Salon.

Stephanie and Win got into the groove of a song at a recent Happy Hour!



MARK HUGHES FOUNDATION

We have sold out of Beanies – many thanks for once again supporting our Mark Hughes 'Beanies for Brain Cancer' fundraiser. 50 Beanies have been sold raising much needed funds for brain cancer.