



## Let's Celebrate...

On 30/07 it was International Friendship Day and even though I missed it I did reflect on the importance of friendship.

Whilst the world is in chaos, I can't help thinking where would we be without friends. As you know the new mantra is "Physical distancing" yet we shouldn't let distance come between true friends. It is not physical closeness that makes our friendships work it is the closeness of our hearts and dreams and how they create a connectedness between us.

Some of my friends especially my old nursing buddies I may not see for years, yet we seem to pick up where we left off each time the opportunity for connection presents. We talk, we laugh, we might even cry, we reflect about the past and dream about what our futures may hold, but we never feel like our friendship is in doubt just because we aren't able to be physically close.

In these times of separation and self-isolation I have discovered it is not hard to make new friends. Think of Captain Tom of UK fame, 100 years old and he decided to do a few laps in his back yard on his walking frame to raise a few pounds for the NHS workers. Wow, not only has he raised millions of dollars but made millions of new friends across the globe. Even the Queen wanted to meet him in person and Knight him for his service to his nation. I call it making friends for Good! He lifted the spirits of millions from all over the world whilst they battled the challenges of the CoronaVirus.

We can all take a moment to reach out with our hearts to make a new friend and refresh an old friendship... let's make Friendship Day everyday, especially in these times when we need each other more than ever. Be the friend you are looking for!

As I'm sure Sir Tom would say....Keep Calm and Carry On !

Viv

**DUE TO AN INCREASE IN LOCAL CASES OF COVID-19 VISITATION  
ARRANGEMENTS HAVE BEEN AMENDED.  
PLEASE KEEP AN EYE ON OUR FACEBOOK PAGE FOR THE MOST RECENT UPDATES  
WHICH CAN ALSO BE DOWNLOADED VIA OUR WEBSITE, UNDER NEWS.**

# The story of 'Keep Calm and Carry On'

BY SARAH GAMBLE

Since the start of the Covid pandemic, my 88 year old father has ended our conversations with 'Keep Calm and Carry On'. I had heard the saying before however I wondered about the origins of this synonymously British slogan so I conducted some research.

The slogan was the last of 3, crafted with the intended aim to 'strengthen morale' of the British population. This poster was to be issued only upon the invasion of Britain by Germany and as this didn't happen, the poster was never officially distributed. After war was declared in 1939 the poster was no long needed so the remaining 2.5 million copies were placed in 'cold storage'. A year later the remaining copies were pulped to aid the severe paper shortage and the campaign consequently cancelled.

The slogan could have disappeared into obscurity were it not for the chance encounter of a bookseller who in 2000 stumbled over an original poster in amongst some second hand books. The owners of the store had the poster framed for prosperity and hung it behind the counter. Enquiries for copies of the poster was strong so they had the poster printed and soon after expanded the line to include other items such as tea towels and mugs.

As we are in the midst of a pandemic one could say we are in a modern day war and with no end in sight the words 'Keep Calm and Carry On' is also very appropriate for today!

[www.KeepCalmAndCarryOn.com/history/](http://www.KeepCalmAndCarryOn.com/history/)



## BUS TRIPS

Bus trips are occurring 5 times per week. Whilst residents remain on the bus at all times they have enjoyed getting out and about in the community. Recently the bus trips have taken in the sights of Catherine Hill Bay, Nobbys Beach, Morpeth, Nelson Bay, Morpeth and Walka Water Works at Maitland.

# STAFF UPDATE

We welcomed 9 new staff recently at orientation. These new staff members will join the care, hospitality and clinical teams.

We would like to introduce 2 staff, Jacqui Culver and Linda Winn who bring to Maroba a wealth of knowledge in nursing and the emergency management field. These skills are particularly relevant now as we manage the Covid pandemic.



## **Jacqui Culver** Nurse Practitioner

Jacqui started working with older people in the UK at 14 years of age in a nursing home specifically designed for people living with dementia. This led her to pursue a career in nursing with the highlight of this being the last 8 years in the advanced practice role of Nurse Practitioner. Jacqui is passionate in building a circular support around the older person, so they can live well with maximum comfort right up until their last days. Jacqui's expertise lies in ageing, palliative care and dementia and apart from nursing holds skills in counselling .

## **Linda Winn** Quality Partner

Linda, a Registered Nurse joins us from the NSW Health Emergency Management Unit where she was the Deputy Director. Linda has also worked in the Emergency Department at John Hunter Hospital and for Hunter New England Health as Disaster Manager. At Maroba Linda is responsible for our quality systems and processes and is also a member of our Covid-19 team. Married with two adult children (and just waiting for grandchildren to arrive!), Linda enjoys gardening, knitting, patchwork, beekeeping and reading.



## CONTACT DETAILS

During the Covid pandemic we are distributing important information to families on a regular basis. We ask all family members to advise us promptly if any of your contact details change, in particular your email address or mobile number.

If you go on holiday and your work email address is the primary means of communication, please advise an alternative contact so that you can be kept abreast promptly of the latest news.

If extended family members and friends wish to be on our Covid distribution list, please email [enquiries@maroba.com.au](mailto:enquiries@maroba.com.au) to request inclusion.

# SOCIAL HIGHLIGHTS



The craft group are making Fairy Gardens



Christmas in July was a small affair with a morning tea in The Junction Café.



## Activities

The monthly calendars have returned for August with a new format. Regular activities now include a knitting group, twice monthly cooking activity, ladies group & an additional men's group.

Birthdays was celebrated this month with an afternoon tea. Jacqui, one of our volunteers played the piano for the session and Michelle gave the ladies hand massages. Thank you Jacqui



## SERVICE IMPROVEMENTS

- Due to demand the gym is now open 3 days per week from Wednesday to Friday and a new seated cross trainer has also been installed.
- We now have a member of the Social & Engagement team working 7 days ensuring there are activities on every day.
- A sound bar has been purchased for the TV in The Lodge Auditorium allowing more residents to enjoy the movie in the larger space.

