



## Spring has sprung...

Do you remember what follows these three well-known words? I do! I always enjoyed sitting on my Dad's knee to hear him tell us yet again that "Spring has sprung, the sun is ris, I wonder where the birdies is!" Thinking of those words prompts me to reflect upon days long gone, when spring, on so many levels, meant so much to us. For some, it was and continues to be the opportunity to raise the blinds and open the windows to let the freshness in after a long, cold and windy winter. For others it's time for that big Spring Clean. A time when we roll up our sleeves, clean, and work to refresh everything in sight, a time when we even clean out the cupboards and resolutely shed all those things we haven't worn in years. Many are again lured outside to celebrate the freshness and promise of a new season by gathering to enjoy the spring time garden shows and the variety of outside gatherings where people come together to share the wonders of nature and creativity of humanity.

During the Pandemic with all the lock downs and community restrictions, limited holidays and outings and very few joyful family gatherings where even weddings have been limited to just a few in attendance, it seems as if winter has been upon us since January. Yes, it has been like a very long and harsh winter for us all. So, although the Global Pandemic hasn't gone away, we do get to choose whether or not we remain in winter or embrace the coming spring. Humans, we are told, are very clever and adaptable so we can choose to step into Spring with a hearty and hopeful demeanour or we can remain in the hibernation of winter.

From what I have come to know of all of our residents, I can say with certainty that you have adapted constantly to the challenges that life has thrown at you. You have shown yourselves to be resilient and strong in the face of adversity and hardship, the many highs and lows within your own family, your community and indeed, in the face of many calamitous global events.

Be encouraged that whilst we all want this winter living to go away, I believe you are well and truly ready for a spring adventure, even with the limits now in place. We will be doing all we can to help you enjoy and flourish in this approaching new season. So together, as house mates and friends lets encourage each other as we usher in the new Spring! Wonderfully, in this new season, we all have a role to play – I've chosen to be a Spring spreader, a Joy spreader, a Hope spreader and I invite each of you to join with me.

Viv



**ON THURSDAY 27 AUGUST, MAROBA WAS DELIGHTED TO WELCOME VISITORS ONCE MORE TO OUR FACILITY.**

Please refer to Update #26 & #27 for current visitation arrangements.

These can be downloaded via our website, Facebook page or ask for a copy at Reception.

# INTRODUCING DANIEL DENNIS

## - SOCIAL WORK STUDENT

Daniel is in his final semester of Social Work at the University of Newcastle and will be on work placement at Maroba until November. Daniel is keen to learn about the systems surrounding aged care. He is also very interested in hearing people's stories and has already introduced himself to many of our residents for a chat, learning about their background and exploring the social impact that COVID-19 is having. Daniel is hoping to learn as much as he can whilst at Maroba. Welcome Daniel!



## Covid Exercise – Another First for Maroba

On Friday, 21st August we conducted a multi-agency COVID19 exercise. We would like to take this opportunity to thank everyone that was involved, including our care teams that continued to work around us and the administration staff that greeted and screened our guests. The exercise afforded us the opportunity to physically practice a COVID19 situation at Maroba in real time enabling us to evaluate our plan. It validated components of the plan, identified planning and procedural deficiencies, clarified roles and responsibilities, and improved inter-agency coordination through our Incident Management Team and Emergency Operations Centre.

The participant feedback and recommendations for quality improvement that align with the Aged Care Quality Standards (Quality Standards) 5, 7 and 9, will further enhance our future actions, contributing to team building and providing opportunities to collaborate and strengthen partnerships, and improve the outcomes for elderly residents that have entrusted us with their care.





## STEPHANIE'S CONCERT

Stephanie, a member of our Social & Engagement team held a concert for the residents recently. As Stephanie's lovely tunes of old time favourite songs wafted through the halls The Junction Café soon filled up. Some residents stood up and did a little dance, others sang, clapped and or tapped their feet to the music. It was an enjoyable afternoon for all.



## CONTACT DETAILS

Family members please remember to advise us of any change of details (phone number, email address and or postal address) for Next of Kin or Power of Attorney. Email is the quickest and most accurate means to distribute information.

If any family member goes on holiday and your work email address is the primary means of communication, please let us know and advise an alternative email address. This will ensure that important information is distributed promptly.

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.

It is really important that Maroba has the most up to date contact details for our residents Next of Kin and Power of Attorney, so that we are able to make contact promptly in the case of an emergency

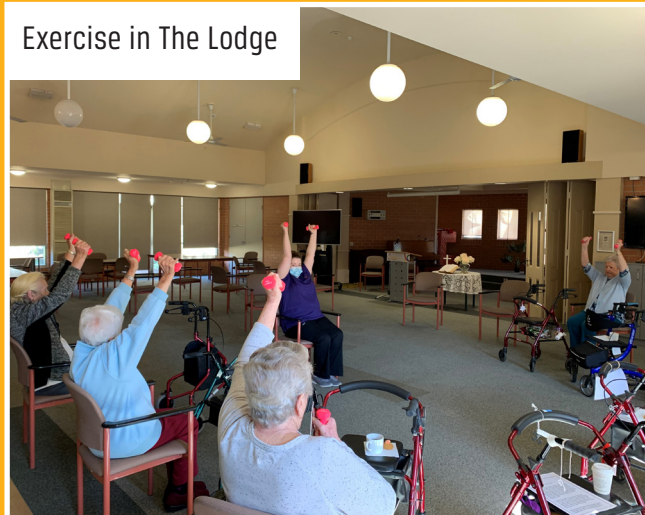


# SOCIAL HIGHLIGHTS

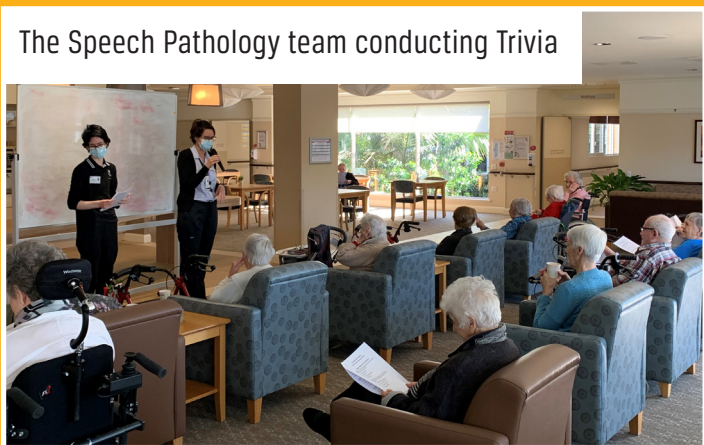
A pamper session in The Junction



Exercise in The Lodge



The Speech Pathology team conducting Trivia



Fun with games

Shuffleboard



Jenga