



## Viv's message 'Tune Up'

Greetings to all our Maroba family! It is so encouraging to see so many people once again visiting Maroba, enjoying a coffee and putting more smiles on the faces of our residents. Everyone seems more relaxed which is great, as it is a reminder that we are all emerging from the Covid and winter 'hibernation' period ready to embrace all that this new season brings.

Only last week our residents let their hair down and celebrated the Melbourne Cup Maroba style! Everyone was dolled up sporting the latest in fascinators and accessorised outfits. The many race day games and competitions really brought out the competitive nature of even our more reserved residents. Lots of laughs and cheering as the carpet ponies jumped out of the barrier, shouts of joy when the most fashionable attendees were announced and lots of Aussie style finger licking as the fisherman's baskets were served. It did my heart good to see our residents continue to enjoy the simple, but exciting things of our unique Australian way of life.

At Maroba we have been thinking about the Christmas festivities which this year, will look a little different. Some things won't change however with our beautiful decorations traditionally arriving towards the end of the month. They always help to create a wonderfully vibrant and celebratory atmosphere at Maroba that certainly affirms that Christmas is indeed on its way. Residents will still be able to enjoy social gatherings with their friends who enjoy coming to wish them well for the festive season but these functions will be on a smaller scale. Unfortunately the current visitation

restrictions in Aged Care look likely to continue for some time, thus we have made the difficult decision to cancel the family Christmas lunch offering, as we are unable to open up the communal spaces for visitors that, in the past, has allowed us to accommodate this option. On a positive note if the Covid-19 arrangements remain as they are, we will certainly be open for visitors on Christmas day with the current restrictions and screening requirements in place. Alternatively, if you wish to take your relative out on Christmas Day for a family gathering, your request will be assessed under the existing requirements for outings. A reminder too, that if you need to book a taxi that caters for the disabled, please get in early to ensure you won't be disappointed. As always, residents remaining at Maroba for Christmas will enjoy a delicious Christmas feast!

Allow yourself to 'tune up' and at the same time 'tune in' to the sense of emerging optimism as the community Covid-19 restrictions begin to lift. Embrace life and seize the day for the time is right!

Viv



### ALWAYS WAS, ALWAYS WILL BE. NAIDOC WEEK: 8-15 NOVEMBER

This week is NAIDOC Week which celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. It is so important that we acknowledge and celebrate the First Nations peoples of this land, and the knowledge that enables us all to connect with country. NAIDOC 2020 acknowledges and celebrates that our nation's story didn't begin with documented European contact. The very first footprints on this continent were those belonging to First Nations peoples. Always Was, Always Will Be recognises that First Nations people have occupied and cared for this continent for over 65,000 years, and acknowledges that hundreds of Nations and cultures covered this continent, managing the land to sustainably provide for their future.

Maroba will acknowledge and celebrate NAIDOC week with low key activities. Keep an eye out on our Facebook page for details.



# CURRENT VISITATION & EXCURSION ARRANGEMENTS

- Visits to Maroba without appointments is possible weekdays, Monday to Friday from 10am – 4.30pm. Doors are locked at 5pm.
- For inside general visits there is to be a maximum of 2 visitors (including children) per visit. Residents can have more than 1 set of visitors per day.
- On arrival please make your way to The Manor reception area to sign in via Coolgard, our Visitor Management System. If you are visiting The Lodge you will be loaned a Fob to enable access to the Lodge building. Once inside the doors, please leave the Fob in the basket located on the small table at the entrance way.
- Visits to Maroba on the weekend require an appointment and this can be made via Reception during office hours.
- Carefully planned day excursions are possible on application. Forms are available at Reception, on the Covid-19 page on our website or request a form via email [enquiries@maroba.com.au](mailto:enquiries@maroba.com.au).
- If you are visiting Maroba for the first time, please ensure you have a copy of your influenza vaccination with you.

## CHRISTMAS ARRANGEMENTS

We are currently planning our resources for Christmas day and we will provide more information in due course. Please start thinking about this day and how you will celebrate Christmas with your loved one. You may like to take your relative out to celebrate Christmas with family. Why not consider purchasing a gift voucher for our Beauty and Day Spa?



## Remembrance Day – 11 November 2020

Originally known as Armistice Day, Remembrance Day is a special day.

November, 1918 is the month the Germans called for an armistice (suspension of fighting) in order to secure a peace settlement. The allied terms were accepted and at 11am on the 11th November the Western Front fell silent of gunfire after more than 4 years of continuous warfare. This day was for obvious reasons very significant.

A year later at 11am on 11 November, a two minute silence was held as part of a commemorative ceremony in London. Soon after this concept was endorsed by the British Cabinet and adopted as part of ongoing Armistice Day activities. On the second anniversary in London an unknown soldier was buried, giving Armistice Day an added significance. Over 1 million people in a week paid their respects at the Unknown Soldier's tomb.

At the end of World War 2 it was decided by the Australian and British government to change the name to Remembrance Day to allow us to honour all those who died or suffered in all wars and armed conflicts.

On the 75th Anniversary in 1993, an unknown Australian soldier was ceremoniously entombed in the National War Memorial's Hall of Memory. This event brought Remembrance Day once again to the forefront of the Australian nation, re-establishing Remembrance Day as a significant day of commemoration.

On 11 November Maroba will hold a 2 minute silence to honour all who have died or suffered in all wars and armed conflicts.





# Pink Morning Tea a huge success!

Thank you to everyone who supported our recent fundraiser for the Hunter Breast cancer Foundation.

Both The Manor and The Lodge recreational areas looked fantastic; decorated with balloons, flags and banners as were the guests who all dressed for the occasion in various shades of pink. Games between staff and residents involving balloons, cups, eggs and spoons were held in the Lodge which was lots of fun for everyone.

Through the sale of raffle tickets and bakery items we raised \$1700 and Ellie, seen here with Carolyn and Viv was delighted to receive this donation.

Congratulations to Billie Jaye and Wendy Everson who won first and second prize respectively in our raffle.



## SPIRITUAL CARE WEEK

The week of 25-31 October 2020 was Spiritual Care or Pastoral Care week and the theme for this year was 'Chaplains Complete the Picture'.

The aim of this week was to raise awareness of Spiritual Care and the good work that occurs quietly behind the scenes comforting residents and staff in times of need, helping to find connection to a person's spirituality whether that be through nature, art, family connections or through established religious beliefs.

We thank Vicki and Jo for their care and support of residents, staff and families. If you wish to find out more information about Spiritual Care at Maroba please feel free to chat to Vicki or Jo when next visiting us. Their doors are always open!





# SOCIAL HIGHLIGHTS

20 October – Michael and Stephanie facilitated the game show 'The Price is Right' in The Lodge



7 October – OktoberFest was celebrated in style!



Bus trips this month included Covid safe refreshment stops with one trip stopping at Kilaben Bay Park for morning tea.

