



## It's Easter Time!

Isn't it wonderful that we are not in the same situation we found ourselves in last Easter? I'm sure you prefer not to remember the challenges we faced to celebrate Easter where we



were required to utilise current technologies such as phones, FaceTime, Skype and Zoom to connect with friends and family. Easter gifts had to be delivered and then sanitized before handing them over to staff to pass on to your loved ones.

I expect that we are happily giving thanks, that even though we are not completely out of the woods, the Covid situation is showing steady improvement. As we saw in 2020 and the preceding months of this year, things can and do change very quickly and often because of one careless decision or ill-considered action by a small number of people. So as we head into a less restricted Easter and holiday season, we must do our part and stay alert and on our toes for the sake of our whole community. Please don't relax all the safety measures you have learnt and diligently followed to date. Don't share your sniffles, coughs and tummy bugs and always ask questions if you are not sure about how to keep yourself, your loved ones and your environment safe.

Undoubtedly, we have so much to be grateful for this Easter, things that many of us took for granted in years gone by. Let's choose to be grateful for our families and friends and for the support they have been to each of us

through the Pandemic. We may not have always been able to see them when we wanted to but we always knew that they were safe and thinking of us. Let's be grateful we have a roof over our heads and good food on our tables as we remember the many who lost their jobs and even their homes because of the Pandemic. Let's be grateful too that we have a robust health system to support us when our health is compromised, as across the globe we have witnessed the failure of so many Health Systems in both developed and not so developed nations. Let's be grateful that older people and Aged care staff have been made a priority for the Covid-19 Vaccination program when so many people in the world may never be offered it, let alone be made a priority. On a lighter note, let's be grateful that the chocolate supply chain is not broken, as I know we all enjoy a special chocolate treat at Easter!

Why not take a moment to reflect on the things you are personally grateful for this Easter and then take the time to share it with someone you care for.

My prayer for each of you this Easter is that it will be a special time of peace, reconnection and gratitude and that the significance of Easter will be very real and personal for you. Let's remember together that **'God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have Eternal Life.'**

John 3:16

- Viv



## Newcastle Herald interviews Alf Carpenter

On the 9th March 2021, Newcastle Herald journalist Ben Quinn and James Murray Funerals interviewed Alf Carpenter about his years in active service during the war years. It is an important part of our history for ANZAC day. James Murray Funerals coordinated the interview and the filming of some returned service men & women, which will be uploaded to their Facebook site. Alf is a very dear friend to staff at James Murray. He spoke regularly at their RSL services. Alf also provided some interesting stories about his time in Russia during the Cold War.



## Covid Vaccination Update

We are pleased to announce the federally funded vaccination team will be on site on Thursday 1st April @8am to commence vaccinating Maroba residents who have consented to the vaccine. The second follow up vaccine will be delivered on Thursday 22nd April. Maroba will have our qualified Vaccination team ready to work alongside the external team to ensure support for our residents is maximized and that any technical and medical issues are addressed and resolved as quickly as possible.

On the day we will not be restricting visitors as we know some residents will really appreciate the support of family and friends. We will cancel the planned bus trips as it is vital that everyone remains in the building and is accounted for and monitored after they have been vaccinated.

We ask for patience on this day. Please be mindful of social distancing and accept reasonable requests if you are asked to leave the room during the actual vaccination.

A Vaccination update was distributed to families on 25 March 2021. If you missed it, it is available on our website under 'news'.

More information on the vaccine rollout and different vaccines can be found on the following website:

<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines>

## Introducing Jacob Dwyer, Social Work Student

Hi. My name is Jacob and I am the new Social Work Student from the University of Newcastle. I will be at Maroba for the next 17 weeks as I complete my placement. I am excited to be part of such an incredible team, and look forward to providing the best care possible to the residents of Maroba.

A bit out about me - I am married with two loving cats to my high school sweetheart. I enjoy playing classical piano, reading and spending quality time with friends.



**Please  
welcome Jacob**

# Continuous Improvements

## Email Acknowledgement

**You said:** Did you receive my email that was sent to the enquiries@maroba.com email account? I haven't had a response yet

**What we did:** Contacted our IT provider and asked for an automatic message to be placed on our email account.

**Outcome:** Emails are responded to promptly with a message advising the enquiries email account is monitored during business hours only and that all enquiries will be responded to as soon as possible or if the issue is urgent to ring the facility number.

## Gardening Activity

**You said:** A resident asked about gardening and if we could set up a gardening club.

**What we did:** Asked at the resident meetings who else would be interested in gardening and would like to join this activity. Contacted a local gardening club to see if they are able to facilitate this activity.

**Outcome:** Maroba has provided the gardening equipment and plants for Adamstown/Kotara Gardening Club members to attend Maroba to facilitate this monthly activity. The activity commenced on 25 March in the Waratah wing initially and will eventually move to other areas of the facility to brighten and improve our gardens.

### Gardening is beneficial for older people because it:

- is an enjoyable form of exercise
- increases levels of physical activity and helps mobility and flexibility
- encourages use of all motor skills
- improves endurance and strength
- helps prevent diseases like osteoporosis
- reduces stress levels and promotes relaxation
- provides stimulation and interest in nature and the outdoors
- improves wellbeing as a result of social interaction

Source: <https://www.betterhealth.vic.gov.au/health/HealthyLiving/gardening-for-older-people>

- 18 March 2021



## Leaving the facility?

Don't forget to check out of the facility via our Information Management System. This is important in the case of a Covid outbreak at Maroba and will assist the contract tracers (and you) by narrowing down the window of community transmission.



# SOCIAL HIGHLIGHTS

## Celebrating International Womens Day



## St Patricks Day



## Pamper Day for the Ladies

Elizabeth and Fay



## Feedback and Complaints

Our Feedback and Complaints process is outlined in a flyer called 'Have your Say'. This flyer is available at the entrance to The Manor and The Lodge and also on our website under 'Contact us' in the top toolbar.



For personal correspondence to residents: [connect@maroba.com.au](mailto:connect@maroba.com.au)

Any other correspondence: [enquiries@maroba.com.au](mailto:enquiries@maroba.com.au)

P: (02) 4935 0300 E: [enquiries@maroba.com.au](mailto:enquiries@maroba.com.au) [www.maroba.com.au](http://www.maroba.com.au)

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