



At the going down of the sun...

It has been a very eventful April.

We started the month with 97% of our residents receiving the Pfizer Vaccine and fortunately only a few residents reported minor temporary side effects. This is great news and we are all gearing up for the 2nd dose on the 22nd April. So I would ask that you don't plan any outings that day so we can ensure everyone who received the first dose will get the all-important second jab. The visiting vaccination team gave us a great report all round as they finished their work in record time thanks to the support they received from the Maroba "Vaccination Angels" and administration team.

Every resident received a special Easter gift as we celebrated the Risen Christ on Easter Sunday morning. Linda (our Director of Care) provided a jar of fresh honey from her bee hives with an Easter greeting on everyone's breakfast table. If you haven't tried Linda's home grown honey you have definitely missed out !

On another note it came as a shock to everyone to learn of the passing of the much admired His Royal Highness Prince Phillip Duke of Edinburgh on 9th April. Even though he had reached 99 years and had been quite unwell it was not the news we had expected. To mark the loss our flag flies at half-mast along with flags across the Commonwealth. Prince Phillip influenced people the world over and led with strength, dignity and humor in the many spheres of his life. Although his childhood was troubled and he was taken on by another family, he rose above his circumstances to successfully serve in the Royal Navy, until after his wife Elizabeth was crowned Queen. Service to his wife the Queen, his family, his Nation, and the Commonwealth was the hallmark of his life.

Prince Phillip whilst a royal, knew how to be a practical man and how to make a difference in

the lives of people. He got behind 992 charities and most of us would remember the Duke of Edinburgh awards of which I was a participant. Prince Phillip will be remembered for so much including his exemplary loyalty to his wife the Queen and he showed us what it means to be a husband and father and whilst serving the many beyond his household. His Military service was an all important part of his life and he became a role model to service men and women globally.



Remembrance Day, 2020

And this takes us to ANZAC Day, a most solemn day for those of us who recall or have experienced the horrors of war. As always Maroba will take time to remember all who have served, and the many who laid down their lives for our freedoms. On Sunday 25th April we will gather around

our flag for our ANZAC Services and invite those who would like to join with us to celebrate this special day.

We will remember them !

- Viv



Inside: Anzac Day, Lodge refurbishment, social highlights and more.

We Salute our Veterans!

It's on April 25 each year that Australians come together to solemnly celebrate ANZAC Day. On this occasion we pause with grateful hearts to reflect on the service of generations of Australian service men and women, many of whom made the ultimate sacrifice, so that today, we live as a free and proud nation.

Maroba counts it a privilege to have become, over the years and still today, home to many men and women who have bravely served our country.

Recently, I've had the honour to speak to a couple of Maroba residents and a staff member who proudly recalled their service in the Australian Armed forces. I'd like to share with you a little of what they had to say.

Judith Clarke was a real pioneer when she enlisted as a WRAN in the years following World War 2. Judith stressed that women of her era were not permitted to do sea service, rather they were quickly utilised as administrative support to underpin the efficient operation of naval services.

On a lighter side Judith recalls how popular the WRANS were at the Flinders Naval Depot where, after work, they became the highly sort after dance partners for the 3,000 Able Seamen who were also on the base.

Trish Punshon served from 1977-1996 as an Army reservist at Adamstown and loved every minute of it. She acquired payroll skills, learned to drive a variety of heavy transport vehicles and of course became adept at using a wide range of military weapons.

Linda Winn, Maroba's Director of Care, completed 20 years of service as a Royal Australian Air Force reservist in 2003. After graduating as a Registered Nurse, Linda was awarded the rank of Flight Lieutenant, undertook training at Duntroon and was attached to No.22 Squadron RAAF Richmond, but also spent time in Tamworth and Williamstown. Linda's primary function included the provision of health services and clinical education. Linda's service epitomised her commitment to making a difference in the lives of defence force personnel in preparation for, during and post deployment. Today, Linda brings this commitment to make a positive difference to the life of every person she touches here at Maroba!

These three women although serving at different times and in different branches of the services were agreed on many things. All were grateful for the diverse skills they acquired and opportunities they were offered while serving; all spoke of the great comradery and the wonderful friendships they enjoyed, some of which have lasted until the present time and they all agreed a career in the Australian forces was worthy of consideration by the young men and women of today.

Anzac Day, for each of them, causes them to reflect with gratitude and respect on the many who have served before them and more recently, with them and most importantly, those who have made the ultimate sacrifice. John 15:13 makes it very clear that 'There is no greater love than to lay down one's life for one's friends.'

To Judith, Trish and Linda and all other Maroba residents and staff who have freely served our country we thank you and salute you.

'At the going down of the sun and in the morning we will remember them.'

Lest we forget.

By Helen MacDonald

◀ Linda at 2020 Remembrance Ceremony



▲ Trish & ▼ Judith
at last year's
Anzac Day Service



Anzac Day Services at Maroba
10am in The Lodge
11am in The Manor
Families welcome.

The Lodge Refurbishment

With great pleasure the Executive Team, Sharon Smith (Chair of the Board) and invited residents, Ken McKenzie and Margaret Tuxworth took part in a photo opportunity to herald the start of Stage 1 of the Lodge refurbishment. The ceremonial 'dig' took place on 25 March 2021.

The refurbishment is currently running to schedule with Collaborative Constructions working in the Jacaranda suburb. They are demolishing existing walls etcetera in preparation for the construction of one of the new luxury suites, servery, store room and utility room. This stage is expected to finish early May. Residents continue to dine in the Auditorium and this is working

well. If you have any questions regarding the refurbishment don't hesitate to speak to John Zammit, Property Services Partner who is on site 5 days a week, Monday to Friday.



Vaccination Update

We were delighted that 97% of residents consented to the vaccination with the first dose being administered on 1 April 2021. The second dose of the vaccine will be administered on 22 April 2021. One of our residents, Pam Wray was also interviewed by the Newcastle Herald with the article being published in the paper on 2nd April 2021. Pam, a retired theatre nurse at the Royal Newcastle Hospital thought it 'wonderful' to have a little more protection against Covid-19.

Aged care residents roll up their sleeves for the vaccine rollout

PAM Wray had a front row seat to the power and the value of mass vaccination during the polio era.

So the former Royal Newcastle Hospital nurse had no hesitations to roll up her sleeve to receive the Pfizer COVID-19 vaccine at the Maroba aged care facility in Waratah on Thursday.

"I came up in the era of the polio vaccination period when I was nursing," Mrs Wray, 86, said. "I nursed people with polio, and then the polio injections came and stopped people from getting it. I still believe in stopping all the dreadful things that can happen."

Mrs Wray said it felt "wonderful" to have a little more protection against COVID-19 now.

"The things that can happen to you if you get it are not good," she said.

The aged care facility's general manager, Louise Adnum, said 137 of their 141 residents received their first Pfizer jab on Thursday.

"We've had a 97 per cent uptake of residents consenting to receive the vaccine," she said. "It is definitely a move forward for our elderly



HAPPY: Former Royal Newcastle Hospital nurse, Pam Wray, was pleased to receive her COVID-19 vaccine at the Maroba aged care facility.

residents. I think it will give them some more freedoms and more security and help them feel safe."

Ms Adnum said the past

12 months had been hard on all aged care residents, and staff. But this felt like a step towards normality.

"We definitely tried to

keep the residents up to be able to happy - but part of their family, a



Introducing Damian Moore

Damian commenced working at Maroba in February, 2019 as an Assistant in Nursing whilst in his second year at university. Now a Registered Nurse, Damian was successful in his application for the Graduate Nurse Transition to Practice program which is a new program aimed to support and mentor new graduate nurses transitioning to work to become confident, safe and professional practitioners.

Working in aged care appeals to Damian which he believes is a great foundation for a nursing career and enjoys caring for the older person who he feels is often under-valued and under-appreciated. Outside of work Damian plays the drums in a band and for exercise, enjoys indoor rock climbing. Always keen for a challenge, Damian is aspiring to move towards outdoor rock climbing which is more adventurous than the controlled environment of indoor rock climbing.

Damian's kind, caring and quiet approach to residents has endeared him to the Maroba family.



SOCIAL HIGHLIGHTS

Easter at Maroba

The Easter period was a low key affair with residents enjoying a morning tea and of course the Easter bunny paid a visit with chocolate.



Our Go Blue for Autism fundraiser raised over \$300.



Bee talk

Linda Winn, DOC shared her passion for bees recently and gave a presentation.



The display box and Gaynor

Coals to Newcastle swim

Craig Clarke gave an informative and engaging talk on his 36km swim from Catherine Hill Bay to Newcastle, affectionately called the 'Coals to Newcastle swim'.



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.

