



The Maroba Marathon...

It's hard to believe we are into the final quarter of 2021. What a year it has been for everyone as I hear one story after another of what another Pandemic year has been like for individuals, families, workplaces, school children, and for health workers. Whilst we are very excited that there is a new "roadmap" to take us into the next phase of the pandemic, we are all acutely aware that this marathon has quite a way to go yet. Just like the seasoned marathon runner we must regularly take stock of our progress, our speed, the head winds, our nourishment, our fitness, our support team and our kit bag for the journey. For a runner it only takes a small stone in a shoe to completely throw them off stride and take them out of the race. It is the same for thriving in a Pandemic...tend to the small things consistently while looking ahead for the pot holes and it will place us in good stead to get to the finish line in pretty good shape.



Our next best protection will be the Booster Vaccine as we navigate the next part of the course. The Government is giving positive messaging that the 3rd jab will roll out in November and that Aged Care residents will be a priority. Plan and prepare is our motto so please get in as soon as possible to provide a formal consent so that when the day arrives for the Vaccine roll out we will be on the front foot and ready at the get go ! Consent forms will be available soon on our website or phone reception for further advice. Like every great Marathon we will keep adjusting to the conditions, so stay alert to notices and updates so that you can stay in the race with us...we need you on our team to ensure we have the best finish possible.

Did you know that on 1 October, the world celebrated the United Nations International Day

of Older Persons (IDOP)? The theme for this year is "Digital Equity for All Ages" highlighting the need for access and connection virtually for older persons. It is a reminder of how much we have relied on technology throughout the Pandemic and how important it is to support older people wherever they reside to stay connected with the world via digital options. Thank you for your patience as we experienced the challenges that come with technology whilst balancing care expectations. It wasn't a perfect scenario in every circumstance but we will keep trying to get you connected as planned. Connecting with loved ones means so much to all our residents, so we hope you will take advantage of the new visiting arrangements and see each other in person as soon as you are able. (Check ongoing exclusions as per NSW Health)

It's that time of year when you are able to nominate a staff member in the "People's Choice" award. I'm sure there have been many moments that really made a difference to you over the past year, so ask for a People Choice form and nominate as many as you would like. The most nominated team member will be awarded a trophy and prize at our Annual staff recognition event in November.

I look forward to seeing everyone again when you next visit Maroba and if we haven't had a chance to meet please stop me and introduce yourself... so till then stay connected and keep the stones out of your running shoes !

- Viv



Maroba is a winner!

Congratulations to Us! Maroba Aged Care has been awarded the Work Integrated Learning Hall of Fame Award as part of the University of Newcastle's 2021 Employability Excellence Awards. This has been a result of our partnership and creation of the only Speech Pathology Student unit in a care facility in Australia. Kristen Munro, the onsite Senior Speech Pathologist has been the driving force since 2012.

Maroba has hosted social work, nursing and allied health students on placement for many years now and this award, together with the 2019 Most Valued Partner Award from the Faculty of Health and Medicine, University of Newcastle is in recognition of our commitment and contribution to sector development.

Joke Corner

'I love approaching 80, I learn something new every day and forget 5 other things.'

'I may not be that funny or athletic or good looking or smart or talented. I forgot where I was going with this.'

Housekeeping

Social Leave for residents

As of 26 October, residents are now able to leave the facility on social leave.

We would appreciate at least 48 hours' notice (business days) of the intended excursion date and a Day Excursion form is to be completed.

The Day Excursion form can be completed online. The form is located under 'contact us' on our website.

<https://www.maroba.com.au/external-day-excursions-risk-assessment-form/>

Covid-19 Vaccination Certificates

If you require evidence of a resident's Covid vaccination certificate, a residents Enduring Guardian is able to obtain a copy by completing a Consent form. This will enable us to access the Australian Immunisation Register and download a copy of the immunisation record.

The 'Consent to download proof of Covid-19 form' is available to download from the Covid-19 webpage on our website.

<https://www.maroba.com.au/covid19-information/>

Covid-19 Booster Shots

You may have heard on the news that Pfizer booster shots may soon be available to residents in aged care facilities. As yet we have not been advised any details, however in preparation for this advice which we expect to be early November, and a potential green light we will soon be re-instating our Consent form for Covid-19 Vaccinations on our website. Once our consent form is activated we will advise via email.

Spiritual Care News

With the departure of Vicki Carpenter back in April, we have had some changes in the Spiritual Care Team. Jo Patterson has stepped up into the Spiritual Care Co-ordinator role after 4 years working in the Pastoral Care role, and in August we welcomed Annita Campbell to the role of Pastoral Care.

Some people may wonder what is Spiritual Care? The focus of our team is the wellbeing of our residents. Spiritual Care aims to improve

emotional and spiritual health at a time when physical health is often declining. Discussions can involve what is meaningful in a person's life, what provides contentment and what adds value. For some, spiritual care is faith based, for others it may be family or caring for others.

Jo, originally from the UK works 4 days a week and oversees the Spiritual Care program at Maroba. She aims to promote understanding of Spiritual Care while providing support and comfort to any resident as need arises.

Annita has only been in the role for 3 months but has already settled in nicely facilitating church services and sitting with residents providing comfort and companionship. Annita joins Maroba with a background in disability and is currently studying Counselling and Pastoral Care.

The Spiritual Care team have an office in The Manor, just around the corner from the Library. Jo and Annita welcome visitors so please come and say hi.



▲ Jo



► Annita



SOCIAL HIGHLIGHTS

We celebrated International Day of the Older Person on October 1 with a series of activities across the facility. At some functions, social and Engagement team member, Gaynor read some poetry whilst residents enjoyed a High Tea.

We also recommenced our outside BBQs for residents.



**58 Edith Street,
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www.maroba.com.au
Connecting community online

For news, online enquiries, general information including careers & volunteering.

24 hours
(02) 4935 0300



Reception Hours
Monday to Friday
8.30am - 4.30pm



feedback@maroba.com.au

For Suggestions, Compliments,
Concerns & Complaints

connect@maroba.com.au

For corresponding with residents

enquiries@maroba.com.au

For all general enquiries

marketing@maroba.com.au

For requests to receive newsletters and other general information from Maroba

For Suggestions, Compliments, Concerns and Complaints

Help us improve our
Care & Services.

'Have your Say' flyer with forms are available at the entrance to The Manor and The Lodge and an e-copy is available on our website under 'Contact Us'.



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