



Message from the CEO

International Women's Day 2022

The 2022 theme for International Women's Day is **Break The Bias**. This is designed to keep the focus on breaking gender stereotypes experienced by women world-wide.

It is unsurprising that many older women are reflecting upon just how far they have really come since the very early female activists took to the streets around the globe to advocate for a better deal for women and girls everywhere. Women of my generation tend to take for granted something as simple as enjoying the freedom to hold a license to drive a car. Yet this privilege has not been universally enjoyed. Indeed, it was as recently as July 2018 that women in Saudi Arabia, who had been campaigning for women to be able to drive for years, took to the streets to celebrate when that nation lifted the ban on women driving.

Australians may find that hard to believe and for a fleeting moment we possibly think that Australia is so much more socially advanced. However, when we consider that our mothers, our sisters and daughters are often not afforded safety within their own homes, or when going out and walking alone or even in their workplaces from a building site to parliament house, I truly despair at how backward sections of our society really are.

We only have to look at how successive governments have repeatedly rejected the calls from older Australians for adequate resourcing to ensure they might have access to timely, quality and contemporary care whether for residential or home care options. And this is despite the findings of a recent Royal Commission! Would the fact that the majority of care recipients and carers, both in residential and home care settings are women allow for such inexcusable neglect? Maybe the colour of my hair has made me cynical, but I would say what I see with my eyes, hear with my ears and sense with my heart tells me that the bias against women is thriving. This is clearly evidenced when report after report

and carefully considered recommendations to change this story are rejected or picked over at the highest levels to maintain a sick status quo. There is no doubt at all we have much more to do.

I call upon women and men, boys and girls to work together to learn, understand and practice mutual respect and behaviours that raise up our fellow human beings.

Think again before you make that joke about gender or blondes, think again before you stare at someone else's features or what they are wearing, think again before you elevate your own attributes over those of another, think again before you condemn someone else's mistakes as if you have never made one, think again before you dismiss the input of those around you as if you know it all.

Instead let's all commit to raise one another up, let's call out the greatness in others, let's laugh together at ourselves, let's release joy and hope by addressing others by name in a tone that speaks of our own humility and gentleness and let's seek out the wisdom of colleagues, family and friends because together we can really change the world.

Let's choose this day to honour women everywhere and continue to include and encourage the men in our lives to be part of the change needed across our society.

Today I do honour and thank all the wonderful women in my life who have been part of my journey from birth right up to the present day. Yes those of all ages, all colors, all persuasions and all backgrounds. You have all made a difference in ways that only you could for you did indeed 'Raise Me Up'!

Now it's over to you! Why not tell someone in your life of the difference they have made to you, perhaps someone really does need to know, and it could mean the world to them to hear it from you.

Happy International Women's Day

- Viv





Query about RAT testing

We received a great question recently from a family member and we thought to share this question and response with the Maroba Community.

The family member received an alert from Service NSW to say that they had checked into Maroba around the same time as a covid-19 case and wondered how this could happen if a negative RAT test is required prior to any visit.

Our response.

'Yes everyone must do a RAT prior to visiting Maroba, however those tests will only pick up on a moderate to high viral load thus a negative test may turn positive a couple of days later or even on the same day, when the viral load has increased. We are acutely aware that no one measure gives us the protection we all desire which is why multiple strategies are employed together.'

Once symptoms appear it is assumed that the person has been infectious during the 48 hrs prior and if symptoms never appear and a person tests positive test through surveillance testing then they are assumed to have been infectious for the same 48 hr period before testing positive.

RAT testing has been incredibly beneficial for Maroba staff, Volunteers, contractors and visitors as we have picked up a number of Covid positive people before they enter the facility.

Once there is an exposure which is why you would have received the notification, there is a risk assessment we undertake which considers all the other risk mitigating factors and then we can isolate affected residents and entire wings if necessary.

When we receive a notification, we remain unaware of who the person is or what time they attended. So, unless visitors contact us and advise of their Covid positive status we have to spend a very long time to go through a process of elimination to narrow down the field of risk to residents and staff. So, thank you for letting us know you received a notice.

Thank you for playing your part in our risk mitigating strategy, it is greatly appreciated.'

Registered Nurse Graduates

We welcome the following Registered Nurse Graduates to Maroba.

Ebonnie Thomas • Isabel Edwardsmith • Siobhan Gaughan

Eve Pratten • Neha Sharma • Benita Subedi

The graduates will work in a Care Team Leader role whilst completing a 12-month 'transition to practice' program specifically designed for the aged care sector.

Poppies

Our contingent of volunteers are still madly knitting and crocheting poppies. If you have poppies to contribute to our project, if you could drop them off at Reception by 31 March that would be appreciated.

Thank you for your support.



Waratah in lockdown - a reflection by Karl Davis, EN

I'm not much of a writer.

I worked as a care team leader during the COVID-19 outbreak in our dementia specific care unit.

When I saw the first RAT show up positive, I honestly had to do a double take because I couldn't believe what I was seeing, but by the time I saw the second, third and fourth, I knew we just had to get to work. At the beginning we lost a lot of the care team to COVID and so we were running with a skeleton crew. I walk to work, and so I usually spent the walk wondering how many staff we would have that day and planning how best to utilize them.

We had been through close contact lockdowns and scares from local cases so many times before that donning N95 mask, goggles, aprons and gloves was second nature. We set up our equipment stations and contaminated waste trollies like clockwork. I have never seen such a small team work so efficiently and cooperatively. Even while dragged down by the heat of wearing what feels like a garbage bag over your whole body, the staff I worked alongside continued to smile, laugh and act with uncompromising compassion for the residents.

I could complain about the heat, or the pressure areas that form behind your ears from wearing a mask all day, or how lonely it felt some days, but it feels like all of that would take away from the genuinely spectacular miracle work that every single member of our team contributed.

When I'm talking to my friends or my family about it, I don't even recall any of the bad stuff.

I usually just



Karl and
Mrs Roberts

say "we did some really amazing nursing." I feel like I'm bragging. I know some people in the industry had it so much worse than we did. You hear so many horror stories about residents left all alone and almost entire wards left unstaffed due to outbreaks. We honestly had it pretty good, though I'm sure there's a lot to learn from and improve on as we move forward.

If I had to go through it all again, I know that I could because of the support of the care team, the hard work of the kitchen, laundry and maintenance, and the heart of the residents. When I think of the outbreak the only thing in my mind is us all, staff and residents alike, celebrating together in the loungeroom when the doors opened.

My heart goes out to all the families affected by this outbreak and especially the families of the beloved residents we lost during this time.

May they rest peacefully.

Change of season - clothing

With the change of season upon us, please take time to consider your loved one's wardrobe and whether more warm clothes are required. Perhaps also a good opportunity for a general re-fresh of your loved one's wardrobe.

SOCIAL HIGHLIGHTS

Valentines Day



A big shout out to Sharp and Co who after the de-isolation of the Waratah unit surprised us with some yummy and healthy food treats for staff. They were delicious! If you are looking for some grazing platters and or boxes for a function why not consider Sharp and Co. visit their website for more information:

www.sharpandcoplatters.com.au



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'.



58 Edith Street,
Waratah NSW 2298



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



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For Suggestions, Compliments,
Concerns & Complaints

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