



## Message from the CEO

It's that time of year when we start to change out our summer wardrobes in preparation for the cooler weather and, let me add, increased incidences of challenging and inclement conditions. It's also the time when we make plans for Easter and Anzac Day. And it's during this season that we're afforded the opportunity to reflect on what life may bring our way and how, in times such as this, we might bolster our hope and resilience in the midst of one crisis after another.

It is hard to imagine how our fellow Aussies, who have fallen victim to repeated catastrophic and unrelenting weather patterns, are feeling. Significant numbers have lost all their worldly possessions and sadly, many of them were unable to afford insurance.

From the safety and comfort of your lounge rooms, you may have been following the conflict in Ukraine. Many thousands have been forced from their homeland, separated from their families, with those who do remain, deprived of power, food, water and safe shelter. There is a growing refugee crisis, and the death toll is growing daily. It will come as no surprise then, that many Ukrainian citizens have lost all their worldly possessions.

Covid, too, has tested everyone across the globe. Many have lost their jobs, family businesses, indeed their very livelihood and for some even the security of the family home. Yet undoubtedly the greatest tragedy has been the loss of life resulting from this dreadful Coronavirus. Families have been forced to mourn the untimely death of grandparents, parents, an uncle or aunt, a sibling and even more devastating, the loss of a precious child.

We are living in a world where it is becoming very clear that worldly possessions can be easily snatched away by circumstances not of our own making. Let me encourage you to never place your hope in possessions. I have been heartened by witnessing so many of the victims of floods, war and Covid standing resolutely and declaring 'I may have lost everything' but I still have hope!

How is that? I believe it is because they recognise that life itself is far greater than the stuff we accumulate, the love of family is more powerful than the force of flood waters, Covid or bombs. In their various circumstances they saw love in the hand that reached into the waters and pulled them to safety, they saw love in the arms of the stranger that received them as they crossed the border from war to safety, they saw love in the eyes of the carer who nursed them to health when their body was ravaged by Covid.

This, friends, reflects the message of Easter! Hope and Love delivered in one man, Jesus, who freely laid down His life that we might have eternal life. He has called us to a life of service, to be his hands and feet in a world crying out for Hope and Love. The Amplified Bible says it this way in John 3:16-17. 'For God so greatly loved and dearly prized the world that He even gave up His only begotten Son, so that whoever believes in (trusts in, clings to, relies on) Him shall not perish (come to destruction, be lost) but have eternal (everlasting) life. For God did not send the Son into the world in order to judge (to reject, to condemn, to pass sentence on) the world, but that the world might find salvation and be made safe and sound through Him.'

Together, let's reflect on what Easter means and honestly consider if we are willing to reach out to others, just as Jesus reached out to us? We get to choose - will we hold onto worldly possessions, or will we count it a privilege to reach out with Love and Hope to those around us - yes, even to those we don't yet know.

Let me take this opportunity to wish you all a very special and blessed Easter, knowing that in a time of unprecedented uncertainty, you are loved!

- Viv





# A reflection on the meaning of Anzac Day

- Linda Winn, Director of Care

Anzac Day is about the things we don't have; it's about those buried in military graves in foreign lands, their headstones remaining as a profound statement of our nation's ideals. It is a Great Uncle and Grandfather who didn't come home from WW1 and now lay at rest in graves at Peronne & Grevillers. It's a Great Grandmother who wrote on the receipt slip for Lambton's Memorial Scroll wreath hoping to see her son is laid to rest - but it took 93 years before a family member could fulfill that wish.

The day is about the young people lost, the voices that have fallen silent and those who carried their wounds through the rest of their natural life. Like my Great Uncle, who served and returned from WW1 and WW2. He was in the 12th Lighthorse and fought in Gallipoli as an original ANZAC. My great Uncle was awarded the Gallipoli medal; however he was emotionally scarred and rarely talked about his 'war years'. Another relative also served, an Uncle in Vietnam and eventually he died with a rare form of cancer found in Vietnam veterans. Anzac Day is about remembering what those lives and voices were like - and why they were sacrificed. We are all united by sacrifice and by the tragedy of war.

As health support personnel, our role is about preparing and being there for others when they need help, no matter where they are, or who they are. It is doing your best in the worst situations and praying to God that it is enough and asking for forgiveness when it is not.

Each year we listen to the Last Post played on the bugle. Historically this music was played in army camps to announce the end of the day, a time when soldiers should be resting. Today the Last Post is played for those

who have made the ultimate sacrifice. It means they have completed their duty and are now at rest. Following the last post, we have one minute of silence. During this time, I remember and reflect on those who have served in the ADF, those colleagues that continue to serve, and those who have lost their lives.

In conclusion, for me Anzac Day is a sad day when my thoughts also turn to wars' enormous cost and the toll it takes, not only on those who fall, those who serve but loved ones at home. This year, I will be particularly thinking of those in Ukraine, those service men, women, volunteers and essential service personnel who are fighting to defend their country.

Linda Winn is our Director of Care. Linda served with the Royal Australian Air Force Cadets (Air Training Corps) while in High School.

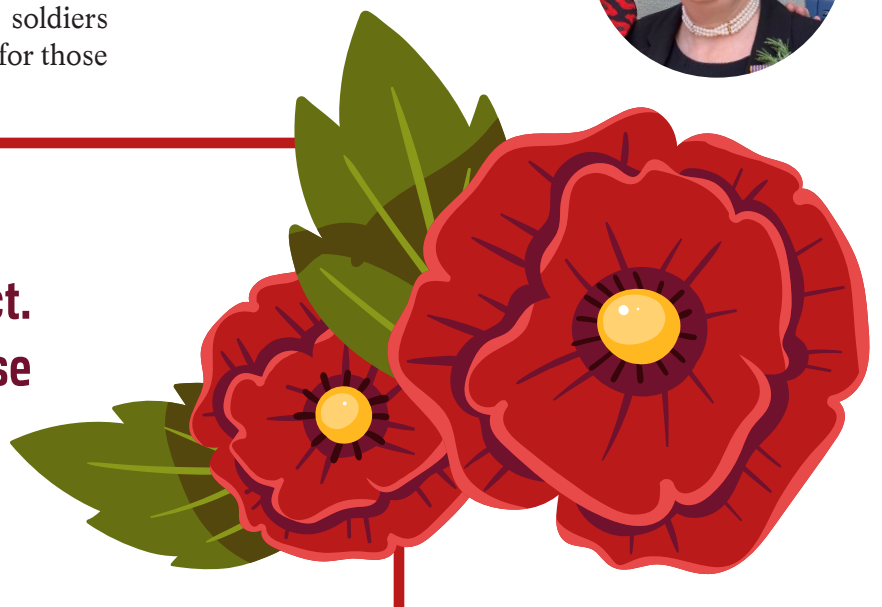
Linda says 'ATC provided valuable life skills - being part of a team and developing team building skills, leadership and survival skills (mind you I failed every navigation course I attended). I have had the opportunity to meet many amazing people, experience challenges, and learnt to take responsibility. As a registered nurse, I became a Flight lieutenant spending time at RAAF Richmond and Williamstown, as well as supporting SOER (Holsworthy-Army) and 3 HSB (Army) as a reservist.

Much of this work was to provide education and training, pre-and-post deployment medicals and planning.'



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**Thank you to everyone who has contributed to our Poppy project. We are thrilled with the response and can't wait to reveal the project later in the month.**



# Celebrating our staff for everything they do!

We had a range of activities in the week of 28 March to thank our staff for their commitment and support to Maroba and our residents.

An ice cream truck arrived on the Monday and served delicious ice creams for residents and staff whilst playing Greensleeves under the portico.

Tuesday was cup cake day, Wednesday massage day. Thursday we had lunch catered for and Friday was gift bag day.

Many thanks to those families who helped make this day possible.



## Covid Booster Clinic

Maroba will open a Covid Booster Clinic on 22 April 2022 for consenting residents and staff. If you or your loved one wishes to obtain a Covid Booster Vaccine we ask that the vaccination consent form located on our website be completed prior to 19 April 2022.

## Easter visiting arrangements

Maroba will be open for in-room visits on SUNDAY 17 APRIL 2022.

- Visits are by appointment only at 10am & 3pm (two visiting times)
- To make a booking, please ring Reception on (02) 4935 0300 or email [enquiries@maroba.com.au](mailto:enquiries@maroba.com.au) by Tuesday 12 April 2022
- Unless prior arrangements have been made, Maroba will be closed for general visiting on Friday 15, Saturday 16 & Monday 18 April
- Maximum 2 visitors per resident on the day
- Half hour visits
- Social Excursion forms for the 4 day holiday period to be submitted by Tuesday 12 April 2022

Wishing all our residents, families, friends and volunteers a very Happy Easter!





# SOCIAL HIGHLIGHTS



◀ Elizabeth cooking with Susan.



▶ Michael and Margaret enjoying a dance. The 'Moove and Groove' program is a new program recently introduced for our residents with dementia.



▶ The Lodge residents enjoyed a bus trip to Karuah



▶ Residents enjoyed a themed luncheon for St Patrick's Day with live entertainment in The Junction Cafe.

## 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**



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