

24th Jan 2025

Dear Residents, Family and Friends,

Wow...hasn't January got off to an interesting start with extremes of weather and ongoing Global and Political unrest and intrigue. On a brighter note, life at Maroba sure is interesting with lots more to look forward to across our community in 2025 even though Covid lingers longer than we would like.

To add to the Covid challenges it has been announced this month that there are 289 active outbreaks of Covid **nationally** involving 1907 cases and sadly 13 residents have succumbed to the virus. At Maroba we have had a small number of cases since the beginning of January all of which have had manageable symptoms and have recovered well. Our strategy for Vaccination, prompt testing, isolation and Antiviral treatment is making a very positive difference. Everyone's co-operation with hygiene, RAT testing and general Infection Prevention protocols is greatly appreciated, as is our resident's willingness to Isolate and protect their fellow residents when infected.

We remind everyone of the increased Respiratory Infections including Covid 19 circulating in the community and ask that we all remain vigilant and cautious over the remainder of the holiday period. We ask that you do not visit if you are unwell or have respiratory or gastrointestinal symptoms. Keep testing before you visit and make sure you remind other family members of the requirement for RAT testing to visit Maroba. The option to wear a mask is something to think about if you wish to protect yourself in the event that you are Immunocompromised or the person you are visiting is immunosuppressed.

Current COVID guidelines at Maroba:

For Residents

- Residents undergo a Rapid Antigen Test (RAT) when they are symptomatic and if there has been an exposure to a Covid positive person or if there is high risk within our community. PCR testing is being carried out if the covid Rat is negative for residents with ongoing symptoms. If an outbreak occurs then all residents in that area will undergo testing for respiratory illness. Please know that if your family member tests positive we will update you as soon as possible by phone.

For Visitors

- all regular visitors need only undertake a RAT test once a week unless you have been travelling, attending large events or have been exposed to any person with Covid or other Respiratory Infection. I suggest it be on your first visit of the week being Monday to Sunday. All other visitors who are not regularly visiting we ask that you undertake a RAT prior to every visit. RATs are available at Reception and at the front door.
- Please write the date of the test on the RAT cartridge before taking a photo or placing it in a secure clear bag. Keep a photo of your RAT test on your phone as proof and present it to reception or a staff member after hours. Free RAT kits are still available at our reception, please feel free to take some home to test before your visit. Do not leave the kits in your car as they must be kept at a cool stable temperature to be effective.
- No restrictions on the number of visitors to Non Covid effected residents.

- There are no visiting hours however for the safety of our residents the doors are locked from sunset until sunrise. During these times visitors access is by pressing the call button at the entrance, so a staff member is aware of your arrival and can let you in...please be patient! Dinner commences around 5.00pm and after dinner residents are usually settling in for the night. Arrangements can be made with staff if you are taking your loved one out during these hours to have easy access on your return.

For Staff, Volunteers, Contractors, Agency Staff & Students

- Our staff, volunteers, students and Agency Staff will continue to RAT test as per staff notices before coming onsite at Maroba.
- Volunteers, Contractors, Agency Staff, and Students will continue to check in using CoolGard.

If you have concerns with our approach, please call us to discuss. Alternatively, you can contact:

- Older Persons Advocacy Network (OPAN) on 1800 700 600
- The Aged Care Quality and Safety Commission on 1800 951 822
- Senior Rights Service 1800 424 079

For additional information, please contact reception at 4935 0300 during office hours or email us at enquiries@maroba.om.au.

Given the very extreme weather days please remember to keep drinking fresh cool water to stay well hydrated ...this measure will help you stay well and it even prevents falls! Remind each other to have that extra glass of water , you will be doing each other a favour. We also keep ice blocks on hand in case you are feeling especially impacted by the heat...just ask and we can deliver !

As we approach the Australia day long weekend be encouraged to stay safe in large gatherings, on the roads and in the sun. We want to welcome you back to Maroba safe and well to reconnect with your family and friends in our community.

Warm Regards



Viv Allanson OAM
CEO Maroba

