



MAROBA CONNECT

NOVEMBER NEWSLETTER 2025

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Hello to our Maroba family, friends and residents!

Welcome to the October edition of the Maroba Connect Newsletter!

The September month featured the Groovy 60's Concert and Luncheon, the bee expert from the Humble Hive, Father's Day barber and BBQ, RUOK Day, armchair travel to Ireland, bus trips and our regularly scheduled activities!

Already this October we have seen a celebration of Oktoberfest, a vintage car display and our regularly run activities! Residents and families can look forward to Pink Ribbon Day morning tea and concert, Maroba's Got Talent and many more fun and exciting activities - refer to the activities program that is available across Maroba or online [here](#)

Warm Regards,
Maroba

[CLICK HERE TO LIKE AND FOLLOW OUR FACEBOOK PAGE!](#)



SEPTEMBER RECAP

Humble Hive - Bee talk and honey tasting!



Father's Day Barber and BBQ - haircuts and lunch for all the important men in our lives



GROOVIN' AND MOVIN' IN SEPTEMBER

Groovy 60s



Ask
RUOK?
ANY DAY

R U OK Day

A day dedicated to inspiring and empowering all of us to connect meaningfully and start conversations that could change a life.

HEALTH & BEAUTY

THE BENEFITS OF A MASSAGE

Did you know that for a small cost, you can receive a relaxing, therapeutic massage or facial right here at Maroba?

Physical Benefits

- Relieves muscle tension.
- Loosen tight muscles, especially in the neck, shoulders, and back.
- Boosts circulation and improves blood flow.
- Eases stiffness in joints
- Supports posture - reduce strain and improve body alignment.
- Quick pain relief: May help ease headaches, neck pain, or soreness from exercise.



Mental & Emotional Benefits

- Reduces stress & improves mood, leaving you calmer and happier.
- Enhances focus. A massage can clear mental fog and boost concentration.

Book online via the website below or speak to a member of staff.

[Beauty Services - Maroba](#)

STAFF SPOTLIGHT:

LARAH HEINRICH (SPIRITUAL CARE)



“Whatever is worth doing, is worth doing well”, my Japanese grandmother used to tell me. She wasn’t the typical sweet nana that many hear about. My life with her was more of a boot-camp. No sleeping through the day, waking me up at 4:45am to start exercise and going straight to the fields. At the age of 9, I had the privilege of celebrating my birthday party at an aged care home, where for the first time in my life, I was surrounded by

lovely elderly who brought about priceless, radiant smiles. I begged my mother (who’s a nurse by profession) to take me to the care home on weekends, to volunteer and sing for them at chapel service. When I was 13, my father developed an incurable illness & suddenly, I became my mother’s helper and took on the responsibility of a parent to my 4 siblings. Following the next 14 years, I volunteered to assist clergy work, where we visit hospice, hospitals, homes where people are unwell and nearing end of life. This led me to acquiring my associate’s degree in divinity and ministry, as well as my Clinical Pastoral Education and Spiritual Care. Perhaps my family’s background and experience has provided purpose why I do what I do now. Whilst supporting my husband’s career and caring for my 3 beautiful daughters, I moved into counselling studies and I am grateful to the blessing of contributing in Maroba community, where I get to work with passionate individuals and continually empower one another to provide the best care we can give to our lovely elderly, who are experiencing the final seasons of their life.

AGED CARE IMAGING SERVICE



It's hard to believe the Aged Care Imaging Service is already celebrated its first anniversary in September! Over the past year, this service has brought x-rays and scans directly to residents, reducing hospital visits and making care more comfortable and convenient. Despite a few weather challenges and unexpected hurdles along the way, the team has remained dedicated to supporting residents' wellbeing and easing the load on healthcare systems. A big thank you to everyone involved for their ongoing support – here's to many more years of making a meaningful difference together!

NEW TRAINEES

This September, Maroba welcomed six new trainees! They're studying their Certificate III in Individual Support and after a quick return to the classroom, they'll soon be ready to take on their care roles with even more skills and confidence. We're so excited to have them join the team and can't wait to show them what being a part of the Maroba family is all about!



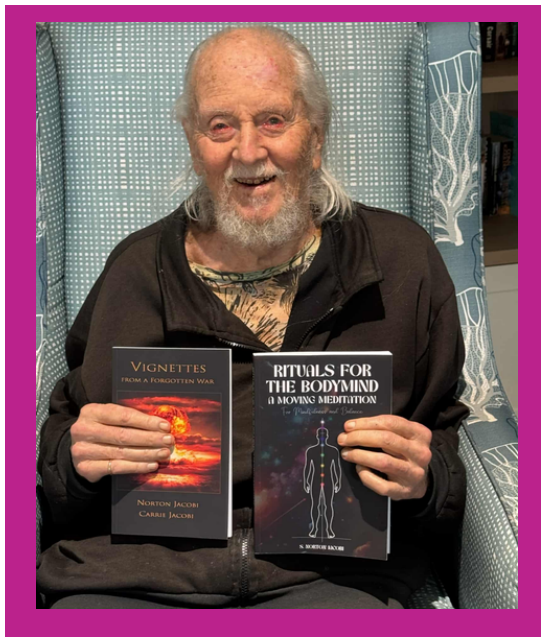
If you're interested in seeing career opportunities with Maroba visit the link below

[HTTPS://CAREERS.MAROBA.COM.AU/](https://careers.maroba.com.au/)



RESIDENTS' NEWS

NORTON GETS HIS BOOK PUBLISHED!



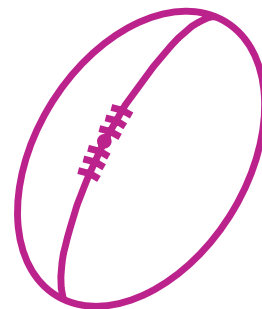
Did you know that our very own Norton has two published books?! His first book 'Rituals for the Bodymind' is all about meditation and mindfulness. His second book, 'Vignettes', which was just recently published, is a collection of short fictional stories set in the early 70s. Norton co-wrote this book with his daughter Carrie.



FOOTY TIPPING WINNERS



This year we ran both an AFL and an NRL Footy Tipping Competition with our residents, with over 40 people participating. Congrats to Colin, our AFL winner, and Pat our NRL winner! Well done boys!



COMING UP IN OCTOBER AND NOVEMBER

28 OCT

Maroba's Got Talent

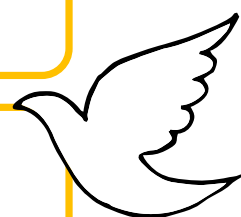


4 NOV

Melbourne Cup Party

5 NOV

Church Service with Communion



11 NOV

Remembrance Day



13 NOV

Vintage Fashion Presentation

25 NOV

Les Peterkin Piano Concert



Plus all of our regularly scheduled activities and events including movement group, bingo, music sing-along, trivia, walks, men's club, school visits, newspaper club, arts, crafts **and so much more!**





HAVE YOUR SAY

HELP US IMPROVE OUR CARE AND SERVICES

Maroba is committed to providing high quality care and services, to meet the needs of our Residents and Clients. We use your feedback to understand what we do well, and where we can improve. To complete our form, scan the QR code below or go to our website (www.maroba.com.au), select 'Contact Us' then 'Feedback & Complaints'. Paper forms are also available at reception if required and can be left in our Feedback box.



Maroba Caring Communities
58 Edith St, Waratah, 2298

(02) 4935 0300
24 hours

24 hour nurse on duty



enquiries@maroba.com.au
For all general enquiries

admissions@maroba.com.au
For all admissions enquiries



www.maroba.com.au
Connecting Community online
For news, online enquiries, general
information including careers,
volunteering and access to the
online excursion form

ADVOCACY SERVICES

The following advocacy services are available to support the rights of anyone receiving or seeking to receive aged care services.

1. Older Persons Advocacy Network (OPAN) on 1800 700 600
2. The Aged Care Quality & Safety Commission on 1800 951 822
3. Senior Rights Service 1800 424 079

National Aged Care Advocacy
Program NACAP@health.gov.au