



# MAROBA CONNECT

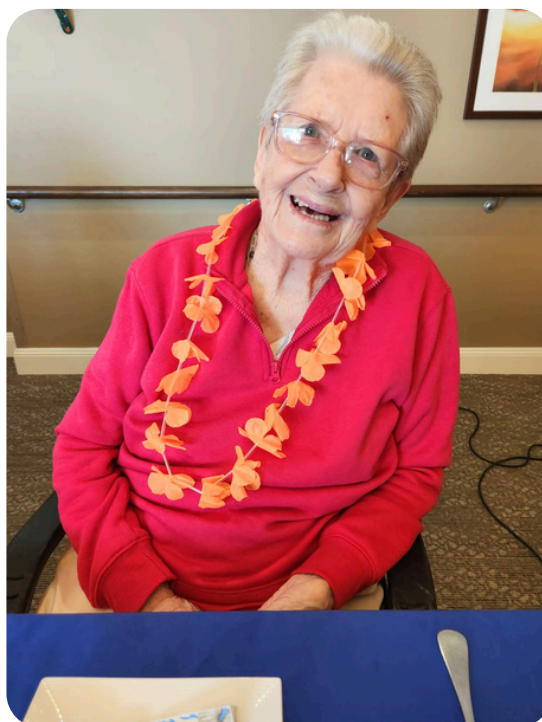
## APRIL NEWSLETTER

### 2026

**58 EDITH STREET  
WARATAH NSW 2298**

**PHONE: (02) 4935 0300  
EMAIL: ENQUIRIES@MAROBA.COM.AU  
WEBSITE: WWW.MAROBA.COM.AU/**

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# NEWSLETTER VIA EMAIL



APRIL 2026

If you would like to receive your Maroba Connect Newsletter via email, please send your name and email address to [enquiries@maroba.com.au](mailto:enquiries@maroba.com.au) or see reception.

## MARCH RECAP

## St Patrick's Day fun!



## APRIL ADVENTURES



## Beach and Sea Luncheon

# EASTER EGG HUNT



# ARMCHAIR TRAVEL

Armchair travel is an activity that allows residents to kick back and ‘travel’ to places all around the world by learning about different countries, cultures and celebrations. Each session, residents are given an information fact sheet about the country they are visiting. They also shown music and videos including of traditional dances, significant buildings and places.

In March, residents travelled to Ireland for St Patrick's Day where they enjoyed Guinness, potato chips, videos of Irish landmarks, music and dances. Did you know Ireland holds the record for the most wins at the Eurovision Song Contest with 7 titles?

We also encourage the residents to share stories of their own travels as it is a great opportunity to reminisce.



# IMPORTANT: SIGNING IN AND OUT

We would like to give a friendly reminder to visitors of Maroba to remember to check in and out of LoopSafe every visit.

It is important to sign in and out as it ensures an accurate record of everyone onsite at any point in time, which is particularly important in the event of an emergency.

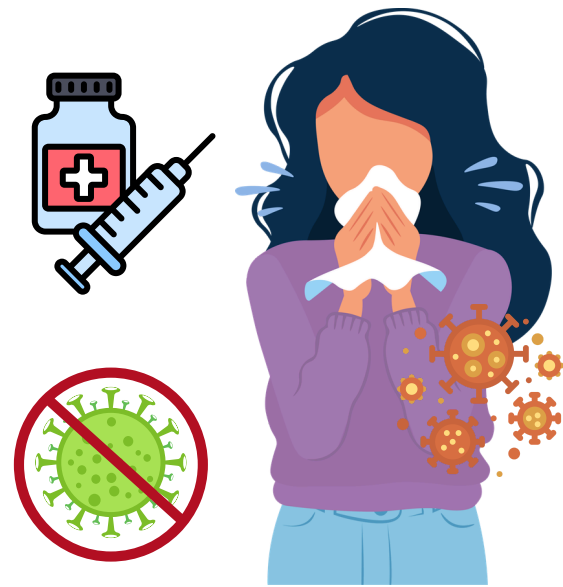
For privacy reasons no images are stored on the device as identification occurs immediately, and biometric information is de-identified and encrypted.

No information is transferred to, shared with or accessible by any third party at any time.

Feel free to ask reception if you need any assistance. Thank you to those who have been using LoopSafe.



# VACCINATION NOTICE



We have now completed gathering consent for residents' vaccination preferences for 2026.

On May 13, 14 and 15 residents who have consented will receive a free flu vaccination. Covid boosters will administered as required.

All other vaccines will be administered in 2026 as required.

Resident consent will be revisited on day of administration and if required supporters may be contacted as well.

# UPCOMING THEMED LUNCHEONS

On the first Thursday of each month Maroba hosts a Themed Luncheon for our community to enjoy good food, fun entertainment and dazzling decorations. Check out the dates below for these fun-filled days!



May 7<sup>th</sup> - Back to the 80s  
June 4<sup>th</sup> - Circus/Magic



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# STAFF EDUCATION

Education is an important way to ensure that the Maroba team have the skills, knowledge and abilities to perform their role confidently and effectively. Recently we have had a series of training sessions designed to assist our staff in providing the best possible care for residents.

## Dementia Education

The [“Dine with Ted” virtual reality dementia education](#) session is a powerful experience where staff viewed a mealtime in two ways – first as a care worker, and then through the eyes of Ted, a person living with dementia.

Seeing the dining environment from Ted’s perspective highlighted how much food presentation, surroundings, noise, and the way support is provided can influence a person’s mealtime experience.

This immersive training run by [Dementia Australia](#) helps our team better understand the challenges people living with dementia may face and reinforces the importance of patience, thoughtful environments, and compassionate support at every meal.

## Diabetes Education

Our Registered Nurses recently completed a Diabetes Education session run by [Diabetes Australia](#), covering important topics such as the different types of diabetes, potential complications, and best practices for managing residents’ care. The training included guidance on blood glucose monitoring, insulin management, recognising and treating hypo- and hyperglycaemia, and the importance of foot care. This ensures our team is well-equipped to provide safe, effective, and compassionate care for residents living with diabetes.

## Emergency Coordinator Training

This training run by [STADS](#) supports our Registered Nurses to feel confident and prepared if an emergency ever occurs. It focuses on how to respond quickly, calmly, and safely in a range of situations.

This includes responding to fires, evacuations, and other emergency scenarios, ensuring our team is prepared to act quickly and safely at all times.

To support this, there is always a Registered Nurse on shift who has completed this training annually, helping to provide guidance and reassurance in the event of an emergency. Your safety and wellbeing are always our priority.



# SLEEP HYGIENE

Sleep hygiene is a set of [practices and routines that help you get better sleep](#). Adequate, good quality sleep allows your body to experience the physical maintenance and repair, immune system boost, and emotional and cognitive renewal that sleep provides. There are 4 goals that can assist with maintaining good sleep hygiene including quality, quantity, regularity and timing.

## Quality

To achieve deep sleep (restorative for body) and REM sleep (restorative for mind and a cleansing process for the brain):

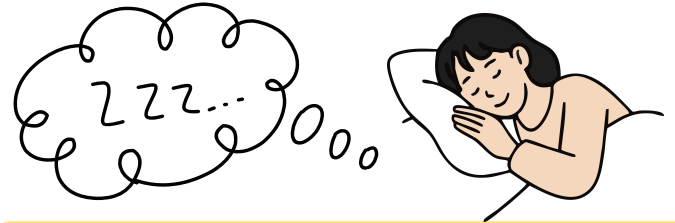
- Body temperature needs to remain cool overnight to maintain sleep. Keeping the room cool (approx. 18 degrees Celsius) works best.
- Room needs to be dark (as dark as possible), quiet and peaceful to promote good sleep

## Regularity

- Keeping a regular daily routine (activities, exercise, meals) and night routine can assist with sleep.
- Go to bed at the same time each day and rise at the same time each day (avoid sleeping in more than about 30mins)
- Quiet time / routine prior to going to bed that includes turning off phones and computers at least an hour before bed

## Timing

- Indicative of time we go to bed and rise. Leave plenty of time for a full nights sleep



## Quantity

- This will vary from person to person however the older you are the less sleep you need (less physical / cellular recovery)
- Women need more sleep than men
- Average length of sleep needed usually 7-9 hours

## Ways Maroba assists:

- Building temperature is maintained to ensure a comfortable sleeping temperature
- Maroba uses light blocking window coverings at the residents discretion and noise is kept to a minimum.
- We support preferences and routines specific to you including assisting with morning and night routines, eating meals at the same time each day and assisting residents to attend regular activities.
- Activities including exercise classes are held at the same time each day and are kept to a regular schedule.

# STRENGTHENED AGED CARE QUALITY STANDARDS: 3. THE CARE & SERVICES

The Aged Care Quality Standards (Quality Standards) are a set of requirements that define what good care looks like. They describe the standard of care you can expect from Maroba. The Quality Standards have been strengthened to deliver better aged care for older people and took effect with the new *Aged Care Act 2024* from 1 November 2025. There are 7 Quality Standards and the third is the care and services.

## There are 7 strengthened Quality Standards:



**Standard 1: The individual**



**Standard 2: The organisation**



**Standard 3: The care and services**



**Standard 4: The environment**



**Standard 5: Clinical care**



**Standard 6: Food and nutrition**



**Standard 7: The residential community**

## What does Standard 3 mean for you?

The care you get is safe and effective. It optimises your quality of life, including through maximising independence and reablement.

Your care meets your current needs, goals and preferences. Assessment and planning processes are well planned and coordinated and involve ongoing communication with you, your supporters and aged care workers. Your right to take risks is respected.

## Maroba must:

- work with you to develop and review your care and services plan
- deliver care that meets your needs, goals and preferences
- provide care that is culturally safe and appropriate
- keep you informed about your care, especially when things change
- make sure care is planned and coordinated
- work with other people involved in your care, including the people you choose to support you
- respects your right to take risks
- prioritise improving your quality of life.



# RESIDENT SPOTLIGHT: JIM



If you know Jim, you know it's not hard to see the love he has for his family and the joy that he brings to the people around him.

Growing up in Murwillumbah with his parents, two brothers and sister, Jim enjoyed the love of his family and growing up in a Catholic household, he learned about the love of God and now holds the Lord dearly to his heart.

His father was a truck driver and occasionally Jim would help his dad on trips, leading him to explore around the area.

With a spirit of exploration, Jim travelled across the world through an organisation called Friendship Force International. He did bus tours of Russia and Turkey, an exchange with a family in the USA, and a trip to England. He also travelled to Nepal and trekked on the K-2 (the second highest mountain on earth!) and while he was there, he got struck by lightning! Jim described the sensation like a bang on the head saying, "it was like having a wooden log pushed down on your head."

He also walked across Spain, did the Kokoda track 3 times, several treks around the Kimberly Region in North-Western Australia and travelled on small planes seeing the beautiful sights of Kati Thanda - Lake Eyre.

After finishing school, Jim moved to Newcastle to work as an electrician at BHP for 10 years, Greenleaf Fertilisers Kooragang for another 10 years and then Port Waratah for around 26 years!

During this time Jim would explore the city and attend dances including at the Palais Royale where he laid eyes on his beautiful wife Glenda. Jim recalled lovingly, "She was wearing a white dress and stood out in the crowd."

They got married in 1969 and have a long and happy relationship with each other. Together they have two wonderful sons and three beautiful daughters.

In his spare time, Jim enjoyed surfing, bike riding, and playing football. He played for the South Newcastle Football team for several years representing Newcastle in First Grade.

He also became very interested in wine making, tasting and collecting. Jim has even completed courses and joined clubs to understand more, including the Kirkton Wine Club. Between 1996 – 2012 Jim and Gleda presented wine tasting to the club nine times with wines from all over the world including Europe, and New Zealand. Over the years, Jim has gathered a personal collection of wines which he still has in the care of his wife.

One day at a bike race, Jim fell off his bike and was unable to sit or stand up.

# RESIDENT SPOTLIGHT: JIM

Because of the accident it was believed he was just dazed, however in this moment Jim was having a stroke. When he was eventually taken to hospital, he was given the heartbreaking news and told he needed rehabilitation.

He felt very supported by his family at this time saying, “at the hospital, my family came up and stayed with me which was nice.”

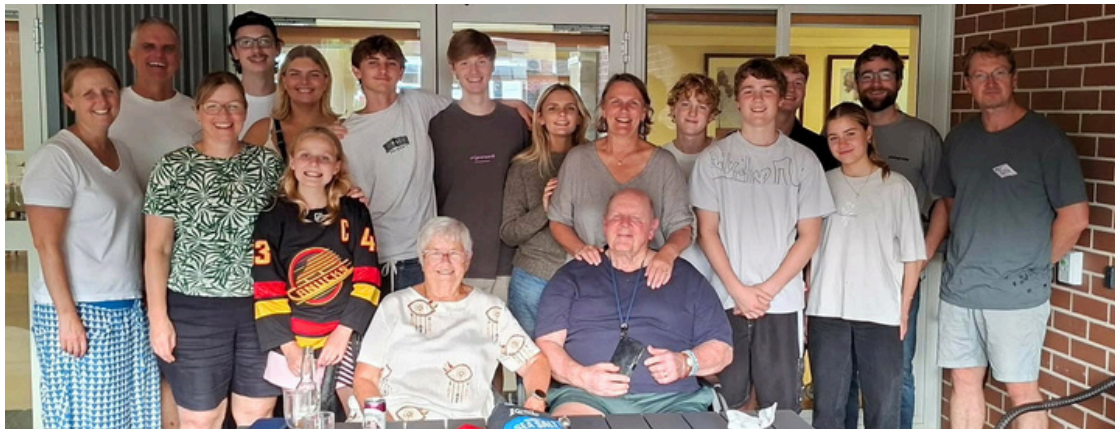
Part of Jim’s rehabilitation involved Surf Life Savers at Bar Beach putting Jim onto a special trolley and placing him into the water where he would stay for about an hour. For Jim, rehabilitation has been a long road, and the effects of the stroke have been long lasting, however with strength and resilience Jim was able to regain some mobility including in his left hand.

Jim moved to Maroba in 2025 and likes to test his knowledge at trivia, get a workout at fitness groups and the gym, and he enjoys events like concerts and themed luncheons.

When asked what he thought about the staff, Jim said “the staff are excellent, they’re always available when I need them.”

Jim now has 9 grandchildren with his family visiting him often. They even celebrated one of his grandkids 18<sup>th</sup> birthdays right here at Maroba with a classic Aussie BBQ.

The humour, stories and love Jim shows to his family, friends and staff shows why he is a valuable and loved part of Maroba.



## GARDENING CLUB

If you love gardening, plants or getting your hands dirty then please join! The group meets on Wednesdays @ 9:30am in Waratah Courtyard.

So far this resident led gardening group has been rolling up their sleeves and planting an impressive spread of vegetables and vibrant marigolds. They have also been potting up succulents in preparation for Mother's Day!

**Get involved!** Whether you're an experienced gardener or simply love being outdoors and helping others, we'd love to hear from you. Reach out, volunteer and be part of something truly growing!

[enquires@maroba.com.au](mailto:enquires@maroba.com.au)



## FEEDBACK

### 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 or go to our website [www.maroba.com.au](http://www.maroba.com.au) select 'Contact Us' then 'Feedback'. Paper forms are also available at reception and each suburb and can be left in Feedback boxes.



## 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](mailto:NACAP@health.gov.au)

## CONSUMER ADVISORY BOARD

Maroba values open communication and actively seeks feedback from our residents and their families.

If you would like to join Maroba's consumer advisory board, please contact us to let us know.

