



MAROBA CONNECT

MAY NEWSLETTER

2026

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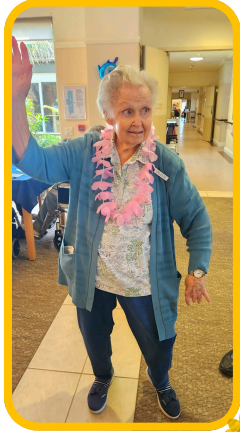
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If you would like to receive your Maroba Connect Newsletter via email, please send your name and email address to enquiries@maroba.com.au or see reception.

APRIL RECAP



MAY MAYHEM



80s Luncheon



VENDING MACHINE UPDATE

Over this week, the vending machines in the Manor will be removed by the vendor due to increasing malfunctions. While we look towards a permanent solution, we would like to inform residents, visitors and staff that food, drinks and snacks are available for purchase at reception. The vending machine in the Lodge will remain operational.

Residents have 24/7 access to snacks and food in their suburb.

VACCINATION NOTICE - RSV UPDATE

Residents who consented have now received a flu vaccination and any required Covid boosters.

RSV vaccine consent will soon be requested and is scheduled to be administered in May/June. Supporters will be contacted regarding consent for those who are unable to consent. All other vaccines will be administered in 2026 as required with consent. Resident consent will be revisited on day of administration and if required supporters may be contacted as well.

GROWING TOGETHER IN THE WARATAH GARDEN



There's been no shortage of activity in the Waratah Garden lately! Our resident led gardening group has been rolling up their sleeves and transforming the garden into a thriving, productive space over the past few weeks. The group has been busy planting an impressive spread of vegetables including carrots, brussels sprouts, corn, onions, peas, beans, chard, tomatoes, strawberries, and eggplants in the garden beds. And for a cheerful splash of colour, they've also tucked in plenty of vibrant marigolds, which are wonderful for keeping the garden healthy and bright. During the clean-up, the group discovered established clumps of ginger and turmeric hidden beneath the soil.

The green-thumbed residents also recently potted up succulents for Mother's Day! We're so proud of everything this dedicated group has achieved, and we'd love to see the garden grow even further – in every sense! We're calling on volunteers who would like to lend their time, knowledge, and passion to support and guide our residents in the garden.

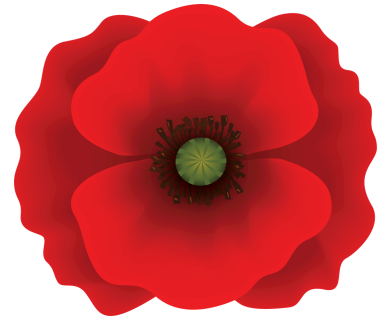
Get involved

Whether you're an experienced gardener or simply love being outdoors and helping others, we'd love to hear from you. Reach out and be part of something truly growing! enquires@maroba.com.au

ANZAC DAY

Anzac Day is one of Australia's most important national occasions. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War. On April 25th, we were honoured to come together as a community to commemorate ANZAC Day with a special service.

At Maroba, our ANZAC Day Ceremony was a meaningful morning of reflection, remembrance, and respect, as we paid tribute to the courage, sacrifice, and mateship of the men and women who have served our country. Our residents, staff, and families shared in this important tradition, taking time to pause and remember those who gave so much.



We would like to acknowledge some of our incredible residents who helped make the service so memorable. Ailsa shared a deeply personal reading of letters her father sent home while serving at war, Frank, a war veteran, delivered a poignant poem, and Clyde, also a war veteran, had the honour of laying the wreath. A special mention also goes out to our wonderful resident Gloria who knitted all of the poppies for our Anzac waterfall. Lest We Forget.

OUR STORIES OUR STRENGTH

Driven by conversation, Our Stories Our Strength group provides the opportunity for residents to develop connections through sharing life experiences and stories with one another on a deeper, more personal level. Supported by our Spiritual Care team, residents engage in meaningful conversations. This can be about personal experiences, collective experiences and discussions around personal beliefs and values.

We aim to build stronger understandings, bonds and connections between residents. This group can work well to welcome new residents. Our Stories, Our Strength creates space for residents to share stories, thoughts or feelings after the passing of a loved one or another resident.

The sessions can look different each week as there is no set structure or agenda. Residents are encouraged to find strength in their own life experiences or learn from other resident experiences to grow and adapt.

SCULPTURE UNVEILING

On May 6th, 2026 Maroba hosted the unveiling of the brand new Loving Out Loud statue in Honour of Viv Allanson which marked a historic and important moment for Maroba.

Maroba has been at the heart of Viv's leadership since June 2, 1994, when she became Director of Nursing. She gave 31 years of dedicated service to Maroba with 25 years as CEO until her retirement in 2025. The Loving Out Loud statue honours Viv's leadership, strength, vision and faith that innovated and transformed Maroba into the loving community it is today.



Today, Loving out Loud is clearly reflected in the big hearts of our Maroba team. Their dedication, care and personal connections with each other, families and of course, the residents show that everyday these values are embraced, encouraged and nurtured.

Feel free to take a photo right in the heart of Maroba and tag us!

AUSTRALIAN CENSUS



The 2026 Census is scheduled to take place on 11 August 2026 and will be conducted by the [Australian Bureau of Statistics \(ABS\)](#). Residents that are able will be asked to complete the Australian Census form. Further information and notice will be given closer to the census date.

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!



June 4th - Circus/Magic
July 2nd - Xmas In July



PROPERTY & HOTEL SERVICES PARTNER UPDATE

After 17 years of dedicated service, care and commitment, John Zammit recently resigned from his role and has now passed the mantle of Property and Hotel Services Partner to Christine Davis.

In her role, Christine is responsible for Maroba's buildings and grounds, maintenance and essential services, cleaning, laundry and waste services, and working with service providers such as catering and maintenance contractors.

Her focus is to ensure Maroba continues to be a safe, well-maintained and welcoming place to live. Importantly, this change does not affect resident care or clinical services. Nursing, care support, lifestyle and resident engagement services continue as normal, with the same teams and standards in place.



RESIDENT ADVISORY COUNCIL INFO SESSION

Recently, CEO Phoebe hosted the first Resident Advisory Council Information Session. This information session clarified that the purpose of the council is to provide an avenue for residents to contribute ideas, shape community life, and share their thoughts directly with the leadership team. Residents across Maroba are encouraged to share their ideas and be a part of the council. The council meetings are in to be held in addition to existing resident meetings and opportunities for feedback.

If you would like to get involved with the Resident Advisory Council, then please let a member of the team know and keep an eye on the monthly programs.



STRENGTHENED AGED CARE QUALITY STANDARDS: 4. THE ENVIRONMENT

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 fourth is the environment.

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 4 mean for you?

You feel safe when using Maroba's services. The equipment used is safe, appropriate and well-maintained. Precautions are taken to stop the spread of infections. When receiving care at Maroba, the environment is clean, safe and comfortable and supports your sense of belonging, social connection and function. You can move around freely.

Maroba must:

- use safe, appropriate and well-maintained equipment
- take precautions to stop the spread of infections, including making sure workers use hygienic practices
- identify and manage environmental risks relevant to the delivery of your care.
- maintain an environment that is clean, safe and comfortable
- support you to feel safe in your environment
- maintain an environment that allows you to move around freely
- make sure you can access the things you need.



RESIDENT SPOTLIGHT: MARLENE



Marlene is a brightening presence at Maroba, her kindness and sincerity are shown through the love and care of the people around her.

Born in Tamworth to two loving parents, Marlene was the second oldest of 2 girls and 2 boys. In her childhood, Marlene spent 6 months in Tamworth Hospital due to an abscess in her lung which required surgery to remove it. The surgery was successful but removed part of her lung too. Marlene estimates she missed around 18 months of school due to sickness. She attributed these gaps to her distain for school. Marlene would even often ask her mother if she could scrub the floors to get out of school.

Some time later Marlene and her family moved to Kurri Kurri to be closer to her mother's friends and family. Soon after that her father got a job in Cessnock in the mines. One day an accident at the mining site resulted in Marlene's father needing to have his legs amputated and replaced with Prosthetics.

At 14 years and 9 months old Marlene left school to work in factories making men's clothing. She even worked for 10 years at Aird's of Lochinvar when it was just a small shed.

Marlene became quite close friends with her colleagues including the sister of a man that would become her husband. Marlene recalls going to the pictures with her friends and spending time as a group getting to know each other. They married in 1960 when Marlene was 27 and her husband Dick was 30. Marlene reminisced with a smile “we had a loving marriage... he helped everyone.”

Sadly, Dick passed in 2017 with Marlene stating softly that it was "very hard to lose him... I wish every day I had him back.”

Marlene and her husband had a wonderful son and beautiful daughter together. Marlene worked at her children's school in roles including being the ‘cool canteen lady.’ Today she currently has seven grandchildren, 7 great grandchildren and one great, great granddaughter!

“I'm a proud grandmother of all my children and I wouldn't part with any of them... I love every hair on their heads,” said Marlene.

Through her life Marlene absolutely loves to knit, play tennis and cook.

Marlene crotched the blanket that is on her bed today and she even knitted clothes for her children which they kept for their children.

Although claiming to not be very good, Marlene enjoyed playing tennis saying, “I loved tennis and to this day when it's on, I love watching it.”

RESIDENT SPOTLIGHT: MARLENE

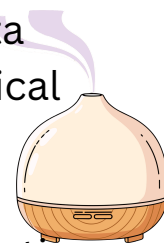
Marlene joined the Maroba family in 2021 where she enjoys participating in activities that include singing or musical performances and as a woman of faith Marlene “very rarely miss[es] church on a Wednesday.”

Marlene said, “I'd lie if I said everything was hunky-dory all the time... but as far as the [carers] go, I could not speak more highly of the [carers],” she followed up saying, “I live by the saying treat others as you would expect to be treated.” Marlene's kindness, calming spirit and reassuring smile shows the love she freely gives to the Maroba community.



AROMATHERAPY

Aromatherapy is a natural therapy that uses essential oils in forms such as inhalation diffusers and massage oils. The practice is based on the idea that aromatic compounds can influence both the body and mind through scent and skin absorption. When used thoughtfully and safely inhalation aromatherapy has the potential to reduce stress and anxiety with data emerging to further support this result across a wide modality of clinical treatments (Hedigan, Sheridan and Sasse, 2023).



Research has recognised the potential of aromatherapy as a complementary intervention in palliative care. Aromatherapy interventions demonstrated significant efficacy in reducing pain, anxiety, nausea, and improving sleep quality among patients (Gonçalves, Marques and Matos, 2024). Our qualified beauty therapists use Australian Certified Organic essential oils in diffusers across the Manor and Lodge each day, and with massage oils used for treatments in the Maroba spa.

Gonçalves, S., Marques, P. and Matos, R.S. (2024). Exploring Aromatherapy as a Complementary Approach in Palliative Care: A Systematic Review. Journal of Palliative Medicine, 27(9).

Hedigan, F., Sheridan, H. and Sasse, A. (2023). Benefit of inhalation aromatherapy as a complementary treatment for stress and anxiety in a clinical setting – A systematic review. Complementary Therapies in Clinical Practice, [online] 52(101750), p.101750.

PERSONAL CARE SIGNS

To further respect resident privacy and dignity we have introduced ‘Personal Care in Use’ signs. These signs are carried by the care teams to place outside a resident's door when performing personal care such as showers or procedures. This lets the team know the resident requires privacy, may not be able to answer their door but are safe and cared for by a team member.

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 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

MAROBA RESIDENT ADVISORY COUNCIL

The Resident Advisory Council is an avenue for residents to contribute ideas, shape community life, and share their thoughts directly with the leadership team. Residents across Maroba are encouraged to share their ideas and be a part of the council. If you would like to get involved with the Resident Advisory Council, then please let reception know.

