



MAROBA CONNECT

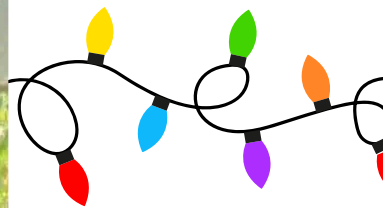
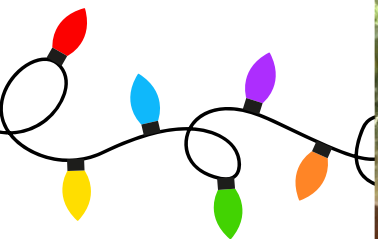
JULY NEWSLETTER

2026

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EMAIL: ENQUIRIES@MAROBA.COM.AU
WEBSITE: MAROBA.COM.AU

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Feedback

We would Love to hear from you!

We would love to hear from YOU! Provide any feedback you may have about Maroba, including compliments, concerns, or general feedback (such as improvements or suggestions). **Everyone is invited to use this form**, including residents, resident representatives, staff, and visitors. **Please rip off this page once completed** and place in a feedback box or give it to a staff member who will place it in the box for you.

Prefer online? Scan the QR code, complete the form online [here](#) or email feedback@maroba.com.au



While we encourage you to provide your details, ***if you wish to remain anonymous you can leave this section blank.*** All correspondence is treated as confidential.

Name:

Contact Details:

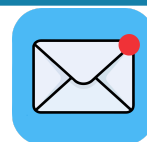
Date:

Details of Person Providing Feedback:

- ☐ Resident ☐ Resident Representative ☐ Employee ☐ Contractor/Supplier Volunteer
☐ Member of the Public ☐ Other

Details of Feedback (please provide as much information as possible):

NEWSLETTER VIA EMAIL



JULY
2026

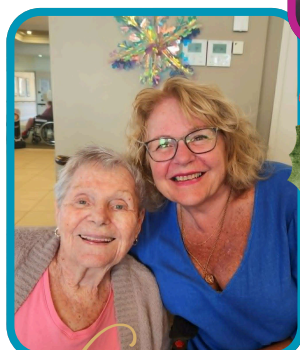
If you would like to receive your Maroba Connect Newsletter via email, please send your name and email address to enquiries@maroba.com.au or see reception.



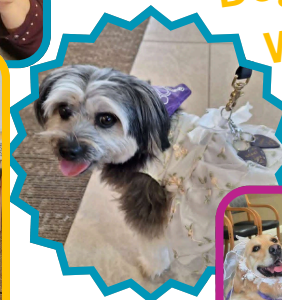
JUNE RECAP



Christmas in July Luncheon



JOLLY JULY



Doggy Dates Wedding



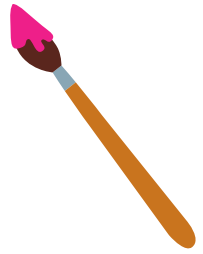
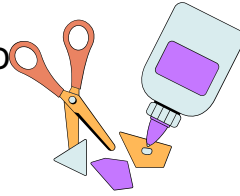
RESIDENT ARTS & CRAFT

Every Friday afternoon in the Lodge and throughout the week in the Manor, residents come together to relax and channel their creativity at Arts & Craft! Residents can join in a range of creative styles including colouring in, painting, cardmaking, scrapbooking, beading and more!

The Maroba team consider different interests and the needs and abilities of residents so that those who want to can join in for some creative fun.

Creative activities can stimulate memory and thinking, improve fine motor skills, reduce stress and anxiety, and encourage self-expression. It can also promote social interaction, build confidence, and provide a sense of purpose and achievement.

This is a great option for people who love to express creatively and want to join others that love the world of art and craft too - come & join us!



DIETETIC STUDENTS

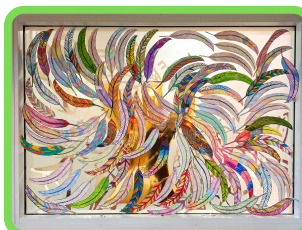
For the past few weeks Maroba has welcomed Dietetic Students from the University of Newcastle on placement. As this is the first placement for these students in Aged Care, a key focus for them is building their communication skills and confidence working with older adults, so you may have seen them participating in wonderful social activities. Under the supervision of Accredited Practising Dietitian Kelly Squires, they support resident care by assisting with nutritional screening assessments, while learning to work collaboratively within the multidisciplinary team alongside Speech Pathology and Oral Health Students. If you see them around, say hello! They are always happy to chat and answer any questions about the role of a dietitian.

NAIDOC WEEK

This month at Maroba, we were proud to celebrate NAIDOC Week together through a range of meaningful activities that honour the rich cultures, histories and traditions of Aboriginal and Torres Strait Islander peoples. Our residents enjoyed cooking, crafts, and Dreamtime stories, while our opening ceremony featured an Acknowledgement of Country and a warm introduction from Gwenda Darling. A special thank you to Sarah Corrigan



from Rainbow Crow Collective for sharing stories, yarning with our residents, introducing us to bush tea tasting, and leading some wonderful cultural crafts. Thank you for helping us create such a memorable and meaningful celebration.



AUSTRALIAN CENSUS



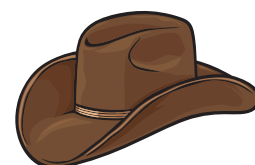
The 2026 Census is scheduled to take place on 11 August 2026 and will be conducted by the [Australian Bureau of Statistics \(ABS\)](#). Residents that are able will be asked to complete the Australian Census form. Further information and notice will be given closer to the census date.

UPCOMING THEMED LUNCHEONS

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



August 6th - Pirate Party
September 3rd - Country & Western



MENU UPDATE FOR VISITORS

We would like to inform you of a meal price increase for families, visitors and community members residing in the self-care units. The increase is due to an increase to food costs from our catering suppliers.

We are also introducing a new menu item, the Monday Lunch Special (1 course only) for \$20. Examples of the Monday Lunch Special include Crumbed Cutlets, Barramundi and Pork Chops. Please see the updated prices below:

Lunch / Dinner options:

- 3 Course Main Meal (hot) - \$16.00
- 2 Course Main Meal (hot) - \$13.00
- 1 Course Main Meal (hot) - \$10.00
- Sandwich - \$5.50
- Salad - \$7.50

This will not affect any current residents of the Manor or Lodge.

RESIDENT CARE COORDINATOR UPDATE

We're pleased to share that Jerald James, our RCC for the Ground Floor, has now commenced and is settling in well.

With Jerald now on board, our RCC team is complete:

- Karen – The Lodge - karen@maroba.com.au
- Jerald – Ground Floor - jerald.james@maroba.com.au
- Jess – Lower Ground - Jessica.Archer@maroba.com.au

If you have any questions about the RCC role and how it can support you, please reach out to your RCC or Janelle.

Jess Archer



Karen O'Neill



Jerald James



RESIDENT CARE COORDINATOR - GROUND FLOOR

As you may be aware, we have recently introduced Resident CARE Coordinators (RCC) across Maroba. The RCC role provides an additional layer of on-the-floor clinical leadership, offering a consistent point of contact for residents and families on each floor. The role supports communication, coordination of care, and the overall resident experience.

Jerald James has been appointed as RCC across Nobbys and The Hill. Jerald brings over 14 years of of nursing experience, including education, trauma emergency and aged care. Jerald has a Bachelor of Nursing and Master of Nursing.

Starting his career as a Registered Nurse in India, Jerald excelled, allowing him to become a Nursing Lecturer and deliver theoretical and clinical nursing education, mentoring and assessing students. Jerald then worked in staff training, quality improvement and clinical education programs as a Program Officer. Jerald gained experience for complex clinical situations and emergency responses by working in a Trauma Emergency Department in the acute sector.

In 2020, Jerald's Nursing qualifications were recognised by the Nursing Council of New Zealand (NCNZ) and he moved to work in Aged Care by providing clinical support, leadership support and staff education as an RN. Shortly after, Jerald was approved by the Australian Health Practitioner Regulation Agency (AHPRA) as an Internationally Qualified Registered Nurse (IQRN) and moved to Australia to continue his passion and work in Aged Care as an RN.

Jerald is determined to provide clinical guidance and high-quality care in alignment with the expectations of Maroba's residents, practices and values. Jerald brings a calm, level-headedness to the role and is determined to listen to resident's ideas and needs to provide the best quality care. Jerald has commenced in his RCC role.



Feel free to call in and say hi to Jerald!

STRENGTHENED AGED CARE QUALITY STANDARDS: 6. FOOD AND NUTRITION

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 sixth is Food and Nutrition.

There are 7 strengthened Quality Standards:



Standard 1: The individual



Standard 5: Clinical care



Standard 2: The organisation



Standard 6: Food and nutrition



Standard 3: The care and services



Standard 7: The residential community



Standard 4: The environment

What does Standard 6 mean for you?

You get plenty of food and drink that you enjoy. The food and drinks served at your aged care home are nutritious, appetising and safe, and meet your needs and preferences. The dining experience is enjoyable, includes variety, supports a sense of belonging, social engagement, function and quality of life.

Maroba must:

- provide food and drink options that you like
- prepare food that is nutritious and appetising
- support your choices about your dining experience
- work with you to create an enjoyable dining experience
- support you to eat as you choose, in a way that is safe.



Ways Maroba supports you:

Maroba uses a digital dining system called Embrayse that allows residents to share preferences, choose, order and provide feedback on meals for a more interactive, personalised, and transparent dining experience.

Residents have access food, drinks and snack options at all times.

HYDRATION

What is Hydration?

Hydration means drinking enough fluids to keep our body working properly. Every day your body loses fluid through breathing, using the toilet and sweating. When you are unwell, especially if you have a fever, vomiting and diarrhoea, you lose even more fluid. If these fluids are not replaced, you can become dehydrated.

Most of the fluids we need come from drinks such as water, milk, tea, coffee, cordial and juice. Some foods also contain water and can help with hydration, including soups, jelly, yoghurt, ice cream and fruits and vegetables such as watermelon, cucumber, and tomatoes.

Australian Dietary Guidelines recommend:

- Adult males consume approximately 2.6L of fluid a day (about 10 cups).
- Adult females consume approximately 2.1L of fluid a (about 8 cups).

Tips to Improve Your Hydration

- Don't wait until you feel thirsty.
- Keep your water jug or drink within easy reach and take small sips throughout the day.
- If you don't like plain water, try other drinks such as juice, milk, tea or cordial.
- Limit drinks high in caffeine, as they can make you need to use the toilet more often.
- Take a few extra sips of fluid when taking your medication.
- Use your water jug as a guide. Drinking 3-4 jugs a day will provide you with 1.5-2L of fluids, even before counting other drinks and fluid-rich foods.

WRITTEN BY NUTRITION
AND DIETETICS STUDENT
BROOKE TAYLOR



Why is Hydration Important?

Staying hydrated is important because water helps your body work properly. Some examples include:

- **Supports brain function.** Your brain needs water to work well. Dehydration can make it harder to concentrate, remember information and stay alert.
- **Keeps your mouth moist.** Your body needs fluid to make saliva. If you are dehydrated, you may have a dry mouth.
- **Helps prevent constipation.** Fluid helps keep stools soft and easy to pass. Not drinking enough can lead to dry and hard stools and constipation.
- **Protect your joints.** Water helps lubricate your joints, allowing them to move smoothly. Not drinking enough fluids may contribute to stiffness and joint pain.

Sources: All information sourced from Eat For Health (Australian Government), Better Health Channel (Victorian State Government) and Dietitians Australia. July 2026.

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. We use your feedback to understand what we do well, and where we can improve. You can provide feedback:

- in person
- by phone – call (02) 4935 0300
- by completing the Feedback form located at the entrance to The Manor or The Lodge, and in each suburb
- Completing the Feedback form [on-line here](#) or scanning the QR Code
- By emailing your compliment, concern or general feedback in confidence to feedback@maroba.com.au



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 opportunity for residents to contribute ideas, shape community life, and share their thoughts directly with the leadership team. If you would like to get involved with the Resident Advisory Council, please let reception know.

