



# MAROBA CONNECT

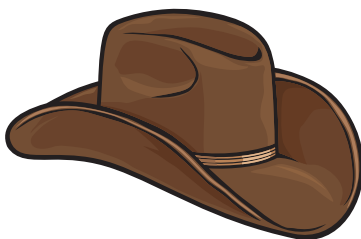
## SEPTEMBER NEWSLETTER

### 2026

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





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



## SEPTEMBER FUN Country and Western



# THEMED LUNCHEON COUNTRY SINGER

In September we took a trip to the Wild West with the Country and Western themed Luncheon to celebrate International Country music Day on 17<sup>th</sup> September. We were joined by country singer Sammy Hollier and we also had the privilege of enjoying country singing from resident Ann Lowe who was a big part of the country music scene. Ann prepared 3 songs to entertain an audience of about 70 people. We are so amazed and impressed with the talent at Maroba.



## FATHERS DAY @ MAROBA

Recently Maroba celebrated the wonderful men of Maroba with a special Father's Day BBQ and Barber. Our friends from 88 Custom joined us to give the gentleman a fresh haircut and to help them look and feel their best. It was lovely to celebrate the fathers, grandfathers and great grandfathers in our Maroba family.



♥ HAPPY ♥  
FATHER'S  
DAY ♥

# OPTOMETRY NOTICE

EYE SEE YOU Optometry will be visiting Maroba on **Tuesday 10<sup>th</sup> November 2026**.

Appointments can be booked at reception where you will be asked to complete and return a consent form or you can email your consent for to [alliedhealth@maroba.com.au](mailto:alliedhealth@maroba.com.au)

You can also contact EYE SEE YOU directly on 0490 090 713

**All consultations are bulk-billed to Medicare.**



## LOST AND FOUND

### DO THESE ITEMS LOOK FAMILIAR?

We have a range of items in Maroba’s Lost and Found including watches, keys, broches, glasses and jewellery that are currently unclaimed! These items have been found in the laundry, in the carpark and in foyer areas. We encourage everyone to see if any of your missing items are there. The lost and found is located in the Manor reception area. This photo shows just some of the items we have found.



## KIOSK DRINK PRICE INCREASE

Following a review of kiosk costs and pricing, a decision has been made to adjust the prices on selected beverages.

The new prices will come into effect on Monday, 5 October 2026:

| Item                                           | Current Price | New Price |
|------------------------------------------------|---------------|-----------|
| Can of Soft Drink (375ml)                      | \$2.00        | \$3.50    |
| Bundaberg Sparkling Drink (375ml glass bottle) | \$3.00        | \$4.50    |
| Bundaberg Ginger Beer (375ml glass bottle)     | \$3.00        | \$4.50    |

We appreciate your understanding and thank you for your continued support of the Maroba kiosk at the Manor reception.

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# REMINISCING

One of Maroba's often programmed activities include Reminiscing Therapy. Reminiscing or reminiscing therapy involves the use of everyday objects, sounds, photographs, familiar places and other items to help a person remember past events or experiences ([ARIIA, n.d.](#)).

Supported by the Maroba Team, reminiscing activities are designed to inspire residents to share memories, stories and experiences individually, in a group setting. Families and supporters can also have their own one-on-one reminiscing therapy with their loved one.

Reminiscing can evoke positive emotions, reactions and communication. It can help an individual connect with their past, regain a sense of personal identity and strengthen relationships between residents, families and the Maroba team ([Traynor, 2024](#)).

Reminiscence therapy has emerged as an effective intervention not only for Dementia and Alzheimer's Disease, but also for other conditions such as anxiety, depression and mental health issues ([Dementia Australia, 2024](#)).

## VACCINATION CLINIC

Rotating through the floors each month, a vaccination clinic will be available for residents that need to update their vaccinations. The next clinic will be for residents on the Ground Floor in the Manor on Friday 9<sup>th</sup> of October followed by the Lower Ground Floor 6<sup>th</sup> of November. Residents will be notified if they are required to attend.

Please reach out to the team if you have any questions and keep your eyes peeled for the next clinic in your floor.



# RESIDENT SPOTLIGHT: ANGELO



Born in Newcastle of Greek decent, Angelo lived with his parents, grandfather and two younger brothers, right in the heart of the city on King Street.

After finishing school, like a true local, Angelo worked at BHP as a clerk, before working to collect rent for the Department of Housing. He then began working at GIO where he managed country offices including in Wollongong, Dubbo, Tamworth and Gosford. Angelo also worked in the head office in Sydney where he was the manager of workers compensation.

Angelo was married in 1961 to his lovely wife Katie. They had two beautiful daughters, Sophie and Stacey who grew up on the Central Coast while Angelo was employed by GIO.

Throughout his life Angelo enjoyed all kinds of sport including going to the beach and playing Australian Rules football for Newcastle City where he is a life member. In his later years Angelo tested his strength and flexibility through pilates, both mat and reformer. Angelo is cheeky, charming, always loves a laugh and is a bit of a jokester.



Angelo joined the Maroba family in 2025, with his daughter Sophie commenting “dad has settled in nicely and likes the staff.”

Music and dancing are some of Angelo’s favourite activities and at Maroba he enjoys singalongs, concerts and performances. You’ll often see Angelo’s hands dance to music as if conducting the sound around him.

Angelo has always been a people person, likes to be social and give a friendly hello. You’ll often find Angelo and daughter Sophie enjoying time in the sun out the front of the Manor. Feel free to say hello and have a chat if you see them! They are always welcoming to old and new friends.

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# CARER GATEWAY SUPPORT FOR FAMILIES

Carer Gateway is an Australian Government program that provides **free support and services for carers**.

If you care for a family member or friend who has a disability, medical condition, mental illness, or is frail due to age, Carer Gateway can help you in your caring role.

Services available through Carer Gateway include:

- In-person and online peer support groups
- Tailored support packages, including assistance with planned respite, transport services, and other supports
- Professional counselling, available in person or over the phone
- In-person and online self-guided coaching programs
- Online skills courses to support your wellbeing and help you understand your responsibilities as a carer
- Emergency respite services if you are suddenly unable to provide care due to illness, injury, or another unforeseen circumstance

Contact Carer Gateway:

☎ Phone: 1800 422 737

🕒 Hours: Monday to Friday, 8:00 am to 5:00 pm

🌐 Website: [www.carergateway.gov.au](http://www.carergateway.gov.au)

Carer Gateway is here to support carers with practical assistance, information, and wellbeing services, helping you continue in your caring role with confidence.

*“Side by side, we choose to lead with love and purpose, anchored in the enduring truth: ‘Love your neighbour as yourself’ (Mark 12:30–31).”*

## 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!



**October 1<sup>st</sup> - International Day of Older Persons**

**Tuesday November 3<sup>rd</sup> - Melbourne Cup**



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# UPDATE REGARDING DERMATOLOGY SERVICES WITH DR NEIL MACPHERSON

Effective immediately, any **new referrals** to Dr MacPherson will be seen at his clinic rather than at Maroba. Following the initial consultation, new residents referred to Dr MacPherson will no longer receive ongoing dermatology reviews on-site at Maroba.

For residents who are **already under Dr MacPherson's care**, he will continue to provide on-site reviews for dermatological conditions that he is currently managing. If a resident develops a new skin concern or requires assessment for a different condition, a new referral will need to be arranged.

Our team will continue to work closely with residents, families, representatives, and treating doctors to ensure appropriate arrangements are made when specialist dermatology care is required.

## AGED CARE ACT 2024 - STATEMENT OF RIGHTS

The Aged Care Act 2024, which started from 1 November 2025, includes the [Statement of Rights](#). This explains the rights you have when accessing aged care services funded by the Australian Government which includes Maroba.

### **Independence, autonomy, empowerment and freedom of choice**

You have the right to make your own decisions and have control over:

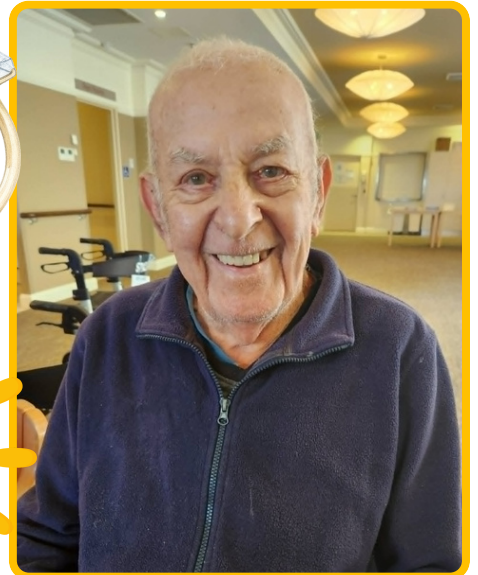
- which funded aged care services you use
- how you access funded aged care services and who provides them
- your money and belongings
- how you live, even if there is some personal risk.

You have the right to get support to make these decisions if you need to.



# RESIDENT MOMENTS

In August we had a very special visit from Jan's granddaughter Jess and her new husband Shaun! They came to visit Jan at Maroba dressed in their wedding attire to share some precious moments between grandmother, granddaughter and grandson-in-law! Jan was absolutely beaming, and it was wonderful to see the joy on her face as she saw her granddaughter as a bride and new husband. Congratulations to the happy couple!



## Sun Safety

With the beginning of spring and things heating up we would like to remind residents that sunscreen is available in every floor and umbrellas can be used around the Maroba premises.

## 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](mailto: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](mailto: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.

