maroba caring communities
choose to belong

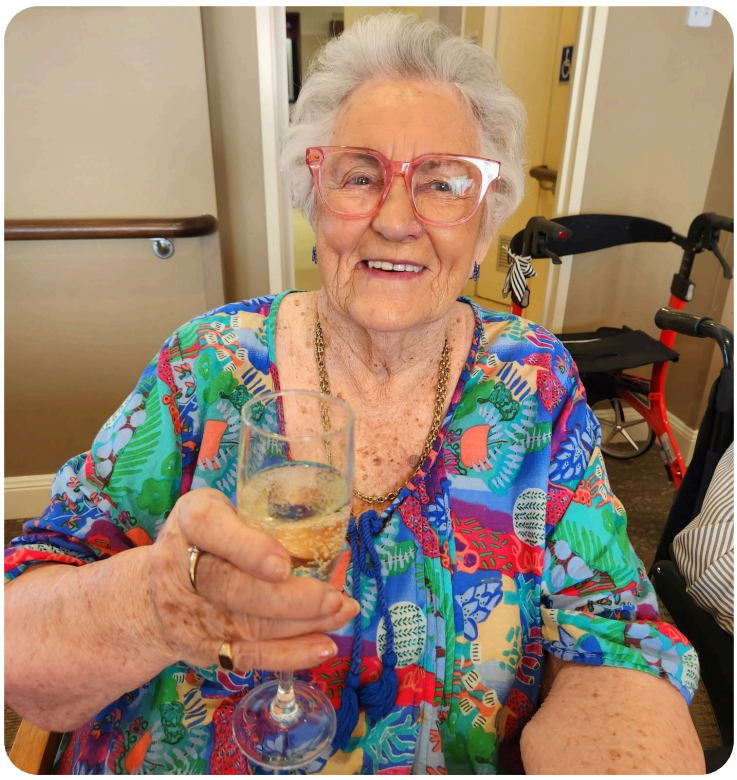
MAROBA CONNECT

OCTOBER NEWSLETTER 2026

58 EDITH STREET
WARATAH NSW 2298

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

CLICK HERE TO LIKE AND FOLLOW OUR FACEBOOK PAGE!



NEWSLETTER VIA EMAIL

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.



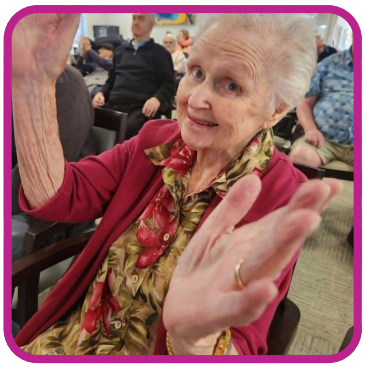




SEPTEMBER RECAP









OCTOBER FUN

INTERNATIONAL DAY OF THE OLDER PERSON 2026

















NEWCASTLE KNIGHTS



It has been a wild few weeks for the NRL in Newcastle. On Sunday 27th September, Maroba's residents eagerly watched as the Knights beat Penrith 22-14. This show stopping game sent the Knights straight to the grand final for the first time in 25 years.

With more than a few life-long fans, every suburb in Maroba turned into a rumbling sea of red and blue. Right down to the final second, the boys gave it everything on the field, and the residents were on the edge of their seats the whole way.



Although the final wasn't the result we wanted with the Roosters beating the Knights 19-18, the community spirit, rallying and celebration made it feel as though they did.



Congratulations to the team and we will see them next season with the Newcastle Knights biggest supporters right here @ Maroba.











FACE MASK SPA AFTERNOON



Our ladies were treated to a beautiful pamper session of facials, champagne, relaxation, and plenty of smiles. A huge thank you to Go-To Skin Care and Pacific Online Christian School for their generous donation of Go-To sheet masks. The masks were a big hit, and everyone enjoyed a little time to relax, unwind, and feel refreshed. There's nothing better than an afternoon dedicated to self-care and a touch of luxury!



OPTOMETRY NOTICE

EYE SEE YOU Optometry will be visiting Maroba on **Tuesday 10th 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
You can also contact EYE SEE YOU directly on 0490 090 713
All consultations are bulk-billed to Medicare.

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 Lower Ground Floor 6th 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.



ENROLLED VOTING

Caring for a loved one with cognitive impairment?
Does someone you care for have dementia or another condition that means they can no longer understand what enrolling or voting involves? If so, they may be eligible to be removed from the electoral roll, which also means they won't face fines for not voting.
The process is simple:

1. Complete the AEC form at the link: https://www.aec.gov.au/Enrolling_to_vote/pdf/forms/objection/er005aw.pdf
2. Drop it into Maroba for the GP to review and sign.
3. We'll make sure it gets back to you for lodging.

Getting this done now means one less thing to worry about before the next local, state and federal elections.



SUSTAINABILITY PROGRAM GRANT

We are excited to let our community know that Maroba has been successful in securing funding for Maroba's Sustainablity Program. This funding will implement technology enabling us to measure and control energy at our site. We would like to acknowledge the support and funding from the Department of Climate Change, Energy, the Environment and Water to enable this program to be implemented. Our aim is to reduce Maroba's carbon footprint and impact on the environment, as good corporate citizens. Through this energy conservation program, Maroba's team will be educated on actual energy consumption, equipment load and time of use. With help from the team, Maroba will reduce its consumption of the key renewables of electricity and gas. In early August, Maroba has installed monitoring and measuring technology and will provide education to the team during October. We can't wait to update you on the progress of this initiative.

SPA BATH EXPERIENCE

At Maroba, we offer personalised spa bath treatments that can assist with your needs and current abilities. If you would like more information, please see reception or Jen and Michelle.

Stress relief: A warm soak may ease physical, emotional and mental stress. Combining a relaxing spa bath with soft music, low lighting and aromatherapy can enhance this stress-relieving effect.

Muscle relaxation: Hot water and massaging actions can relax and soothe tight and tense muscles. This treatment may also reduce the risk of injury.

Improved sleep: A relaxing spa bath can also increase sleep hormones like histamine and seritonin.

Pain relief: A spa bath may reduce some types of physical pain by relaxing tense muscles, joints and tendons. In cases of arthritis, heat paired with light massaging may help ease stiffness and inflammation that cause pain. Because water supports your body and takes weight off the joins, it can help improve flexibility and range of motion.

Better Cardiovascular health: Along with reducing stress, relaxing in a hot tub can raise your heart rate and lower your blood pressure. It's suggested that passive heat thearapy may help reduce cardiovascular risk and mortality, especially among those with limited availablity to exercise.

HIGHER EVERYDAY LIVING @ MAROBA

New arrangements start on 1 November 2026

From 1 November 2026, Maroba is updating our Higher Everyday Living Fee (HELF) program in line with the Aged Care Act 2024. The aim is greater transparency and choice for residents in the additional lifestyle services we offer. Currently residents are paying an additional services fee of $29.00 per day, this new program will be replacing this.

Introducing My Day, My Way

My Day, My Way is an optional program that builds on the services every resident already enjoys. Residents can choose either package, both, or neither. They can also purchase services on ad hoc arrangement.

Enhanced Living Bundle

$19 per day

Hot breakfast option, wellbeing and recreation activities, supervised gym access, upgraded bed and pillows, and an in-room telephone.

Beverage Package

$10 per day

A selection of alcoholic beverages and soft drinks with lunch and dinner, plus a delivered premium hot drink.

What stays the same: Every resident will receive care and clinical support, accommodation and household services, quality dining, and our standard recreational programs in accordance with the Residential Standard services. Wi-Fi, in-room television, church services, community celebrations and opportunities for connection also remain available to everyone.

What you need to do: There is no immediate action required. We will contact you directly with the relevant information and guide you through any contract updates. In the meantime, please feel welcome to contact us if you have any questions.

Resident and Community Experience Coordinator



We would like to introduce LeiAnne Percinsky, our Resident & Community Experience Coordinator, who will be leading the implementation and ongoing coordination of the **My Day, My Way** program. Across October 2026, LeiAnne will be in contact with residents and families to discuss these changes, talk through the options and answer any questions you may have.

RESIDENT SPOTLIGHT: CAROL



Carol is always outgoing, friendly and loves to get involved with anything life has to offer.

Growing up in Windale with her parents and brother, Carol attended Windale Public School and Gateshead High School. At 15 years old, Carol had completed the required schooling for a young girl and got her first job at the Electric Lamp Manufacturers "Lampworks" in Newcastle where she assisted with administration duties and cleaning. When Carol was 18 years old, she joined her friends to watch their boyfriends play 10-pin bowling. While there, she was politely approached by one of the boyfriends' friends, Peter, who asked her on a date. She said yes! Their first date was at the drive-in theatre and a few short years later, Peter popped the question and they got married!



At 25 years old, Carol finished working at the Lampworks and had two beautiful sons, Craig who has three daughters and Scott who has two sons. When the boys were a bit older Carol started working at a café/restaurant in town near the Civic Theatre and even when it moved to its new location in Hamilton.

Carol has always been someone keen to practice her fitness in the gym, on the court or on the field. Growing up Carol loved to dance and after having her sons she started playing soccer. Carol shared the sports bug with her family and inspired her sons and husband to play soccer too.

Carol's oldest son, Craig, has three daughters, with the middle daughter playing basketball in the USA. Carol's youngest son is currently in Sydney with his oldest son who is also playing top league basketball. Beaming with pride Carol said she "loved to watch her children and grandchildren play."

With Carol being 6 foot and Peter being around 6 foot 4 it's no wonder her family is such a powerhouse with basketball.

Carol and Peter joined Maroba in the self-care units four years ago and shortly after moved into the Manor. Carol said about the team, "I find the staff to be perfect. They are very good."

At Maroba, Carol attends the gym five days a week and does anything that keeps her busy including word and number puzzles, concerts and activities.

If you can keep up with her busy day, Carol loves to have a chat and get to know new people.

SANCTUARY SPA

We are pleased to announce that the Sanctuary Spa is now open and available for **residents, family members, community members and staff.**

Jen and Michelle are offering a range of services in their standalone spa room, including massages, facials, nails and more! Gift vouchers and bookings can be purchased through the website **HERE**, or by notifying reception, so treat yourself or a loved one to a treatment TODAY.

Does your loved one look forward to their favourite treatment? Make it a regular part of their routine by booking a weekly, fortnightly or monthly appointment.
Whether it's a mini massage, facial, manicure or another favourite treatment, regular appointments provide something special to look forward to and enjoy.



NEWCASTLE LIBRARIES HOME LIBRARY SERVICE

Love Reading? Let the Library Come to You!

Did you know that residents can access the **Newcastle Libraries Home Library Service** free of charge?

This service provides access to a wonderful range of library resources, including:



- **Books and large print books**
- **Audiobooks**
- **Magazines**
- **DVDs**
- **Music CDs**
- **Materials in other languages**

New library items are delivered monthly, making it easy for residents to continue enjoying their favourite books and resources without leaving home. The service is specifically designed to support people who may have limited mobility or who live in residential aged care.

If you would like to join the program or find out more, please speak with:

- **LeiAnne – Resident & Community Experience Co-ordinator**, who can assist with registration and arranging access to the service.

We encourage all keen readers to take advantage of this fantastic community program and discover their next great read!

For further information about the service, visit Newcastle Libraries Home Library Service: https://newcastlelibraries.com.au/membership-account/home-library-

"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 WHOLE OF MAROBA EVENTS



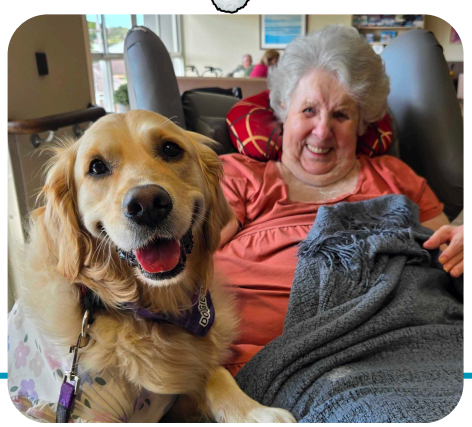


Tuesday November 3rd - Melbourne Cup

Tuesday December 22nd - Residents XMAS Party







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.

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