MAROBA CONNECT

NOVEMBER NEWSLETTER 2026

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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.

NOVEMBER FUN

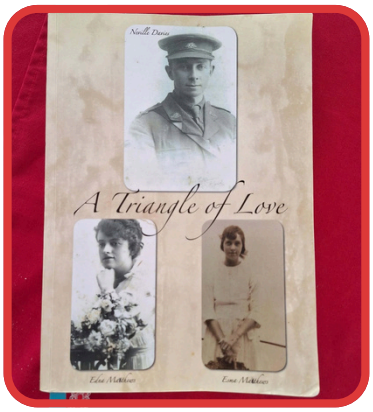
MELBOURNE CUP



REMEMBRANCE DAY

On Wednesday 11th November Maroba came together to pause, reflect and honour those who have served and sacrificed for our country.
It was a particularly special service, with some very meaningful contributions from our community.
Our own Clyde, a World War II veteran, had the honour of laying the wreath, while fellow veteran Frank read the moving poem In Flanders Fields.
We were also privileged to welcome Robert and Mark from Newcastle RSL, who shared a talk with us and led everyone in the Ode of Remembrance.
A particularly touching moment was the presentation of a very special book donated to Maroba by Ailsa Davies. The book contains letters written by her father while he was away serving during the war. Ailsa has lovingly had these letters typed up and compiled into a book, preserving his words and memories for generations to come. We are incredibly grateful to Ailsa for sharing such a precious piece of her family's history with us.
Thank you to everyone who helped make this service so meaningful. It was a wonderful opportunity to remember, reflect and pay our respects.
Lest we forget.













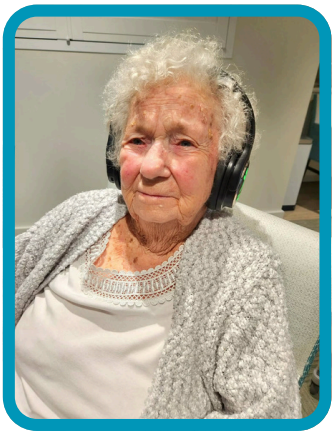


IMPROVING TV LISTENING EXPERIENCE

TV HEADPHONE OPTIONS FROM HEARING AUSTRALIA

Hearing the television can become challenging, even when hearing aids are worn. TV headphones provide sound directly to the listener, helping make speech clearer while reducing background noise.

You don't need to have a hearing loss to use them, either. TV headphones can be a much nicer way to listen to the TV or Bluetooth devices without competing with other noise around you.



TV headphones provide:

- **Clearer speech** and better TV clarity
- **Greater comfort and enjoyment** when watching TV, with less listening effort and frustration
- **Reduced TV volume** for others
- **Easy-to-use options,** all of them wireless

AVAILABLE TV HEADPHONE OPTIONS



Audeara A-02 Bundle

$598.95



Sennheiser RS 195

$660



Sennheiser RS 5200

$517

Prices supplied by Hearing Australia and accurate as of October 2026.

WANT TO KNOW MORE?

For more information, or help choosing the most suitable option, please contact Hearing Australia. They are happy to help find a solution that supports your hearing needs.

Phone: 02 4941 3600 Email: newcastle@hearing.com.au

BREAST CANCER AWARENESS MONTH

During the month of October Maroba showed it's heart by dressing in pink, raising awareness and raising money for the Hunter Breast Cancer Foundation. It's been so lovely to see everyone get involved, buying raffle tickets, donating prizes and supporting such an important cause. The Maroba Community raised $2,400.00 and would couldn't be more proud!







THE PRICE IS RIGHT

Last month, residents tested their knowledge on the price of everyday household items for Maroba's very own, the Price is Right. Residents in the audience joined in by cheering to every contestant whether their price guess needed to be higher or lower. We loved seeing our social enagagment team go all in with the theatrics and a big congratulations to all of our winners!

















HIGHER EVERYDAY LIVING @ MAROBA

From 1 November 2026, Maroba has updated 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.

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 open 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 is the same for everyone? Every resident is continuing to receive care and clinical support, accommodation and household services, meal choices, and our standard activity program in accordance with the Residential Standard services schedule. Wi-Fi, in-room television, church services, community celebrations and opportunities for connection remain available to everyone.

Resident and Community Experience Coordinator



LeiAnne Percinsky, our Resident & Community Experience Coordinator, is leading the implementation and ongoing coordination of the **My Day, My Way** program. Please reach out if you have any questions @ all.

MY DAY, MY WAY

Four weeks in and My Day, My Way is officially off and running! Some residents are enjoying packages and others are having fun choosing the activities and extras that interest them the most. Here at Maroba, residents can truly live their day, their way!

Let's take a look at everything delivered over the past 4 weeks:

MY DAY, MY WAY

- Hot breakfasts to start every day
- Laughs and plenty of friendly competition at My Day, My Way Games – including The Price is Right & shuffleboard
- Bus trips – A great day out including lunch at the Waterboard Bowling Club and Fish & Chips by the beach
- Wellness Class – Finding our feet with a focus on balance

Check the Activity Calendar to see what's coming up for the rest of November and stay tuned to see what's in store for December – there is plenty to look forward to!
Exciting news – last week the first Personal Care Collections were delivered to our residents on the Enhanced Living Package, featuring a range of quality personal care products.





We are excited to keep growing enhanced living opportunities, giving residents at Maroba choice when it comes to deciding how they would like to spend their day.

PARKING NOTICE

We would like to make you aware of some parking requirements when on Maroba's site. Footpaths must remain clear at all times, especially next to parking bay located at Maroba's entrance. Do not let any part of your vehicle hang over or block the footpath. This is so residents and visitors can safely navigate Maroba's site.

Visitors with oversized vehicles are encouraged to use the visitor carpark located near Braye Park suburb, The Lodge. Our aim is to create an environment that is as safe as possible for our residents, visitors and team.



RESIDENT SPOTLIGHT: BARBARA AND JOHN



It could be fate or coincidence that brought Barbara and John together, but one thing is for sure, for 66 years they have loved each other dearly. John grew up in Sydney and after finishing school he began building and repairing ships in dockyards and at sea. Often John would work on ships that travelled between Sydney and Newcastle. On one occasion John was speaking to a man that told him next time you're in Newcastle, come and meet me at the Palais Royale. So, John did just that. He arrived at the dance hall and his eyes landed on a lovely young lady surrounded by friends and kindly asked her to dance. Her name was Barbara, she loves music and dancing and so they danced all night together. Barbara said, "he was a very nice man, I thought."

John returned to sea and a while later found himself in Newcastle again, stepping into the Palais, and seeing the same beautiful lady again. They danced again before John returned to sea. John returned to Newcastle again but this time to cash his pay cheque at the bank. While standing in line, one of the tellers walked around the side and tapped him on the shoulder. It was Barbara!

After finishing school Barbara started working at the Commonwealth Bank while still living at home with her parents. Barbara enjoyed playing sports including badminton, basketball and netball and absolutely loved to swim. Since Barbara was a little girl, she was involved in the swimming society. She was also the secretary for 25 years. Barbara had mentioned her love for swimming to John and that every Saturday after work she would go to Nobby's beach. When John returned to Newcastle after the happy meeting at the bank, John went straight to Nobby's beach on Saturday afternoon to see Barbara.

John had accumulated about 8 months of leave and while still living in Sydney he would travel down each weekend to come and see Barbara. Soon after they got married and moved in together. Growing up John was involved in the Boys Scouts. After being wed, John continued to pursue a career in engineering for 10 years on land, before returning to sea to maintain ships. Together they had four children and would travel around in their caravan to Tuncurry, all the way up to the Gold Coast and many times over the Great Ocean Road.

JOHN AND BARBARA STARR

They commented they feel completely supported by their children when they need them. Barbara moved to Maroba about 12 months ago and was joined by John shortly after. "We feel part of it, part of Maroba," John said.
Barbara and John choose activities that interest them the most including going to the gym and joining in on sports a couple of days a week. "They've got the greatest team here," John commented.
When asked to describe each other Barbara said, "I love him very much and he loves me," followed by John saying "that's the only word that comes to mind 'love'." They welcome anyone to say hello as they love to meet new people.

CHANGES TO BREAKFAST SERVICE

The breakfast service at Maroba has changed to improve resident choice, dignity and the morning dining experience. A continental buffet breakfast available from 7:45 am for all residents at Maroba. Residents also have the choice of a paid hot breakfast each morning available from 8:00 am to 8:30 am.

Continental Breakfast:

A continental breakfast consists of toast, cereal, porridge, juice, tea, coffee, fruit and yoghurt, plus condiments. Our porridge is fortified to help ensure residents receive adequate nutrition **The continental breakfast is a standard offering for all residents.**

Hot Breakfast:

A hot breakfast can include eggs your way (scrambled or poached) served with a selection of up to two sides. A hot breakfast option each day is included in the My Day, My Way Enhanced Living Package or available to purchase on request as a standalone item for $10.00 per day which will be charged to resident's account.

Breakfast has the option of self-service or residents can be served @ their table as they always have been.



PHOTO COMPETITION

Ageing Australia Humans of Aged Care 2026 Photo competition is now viewable!

This year Maroba has entered three photos that we feel has captured a genuine glimpse of everyday life in aged care @ Maroba and the big impact that those small moments create for residents.

To view Maroba's entries click the link here: https://ageingaustralia.asn.au/humans-of-aged-care/2026-gallery/



Roll Out The Red Carpet: VIP is on the way!
NEWCASTLE, NSW



A Soothing Moment
NEWCASTLE, NSW



It's a Good Day!
NEWCASTLE, NSW

"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 December 22nd - Residents Christmas Party

Thursday December 31st - Resident New Years Eve Party



WEAR YOUR CARE

Bringing Creativity, Care and Community Together

Nursing Scrub Design Competition

See your design on Maroba's nursing scrubs!

HOW TO ENTER :

- Everyone is invited to get involved including staff, residents and families!
- We're looking for creativity, originality and the heart of Maroba! We want to celebrate your talents and amazing creations, so AI-generated artwork is not permitted.
- Whether you paint, collage, draw or design digitally we would love to see it!
- Designs can be as a single pattern that will repeat across the scrub or can be a specific scrub design in A4 or larger.
- **Submit your design to reception or by emailing hr@maroba.com.au with your name**, contact details and an image of your design.

KEY DATES :

- Competition Opens: Monday 9th November 2026
- Competition Closes: Monday 7th December 2026
- Winners announced: January 2027

ENTER NOW! hr@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. 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.

maroba caring communities
choose to belong