

IN TOUCH

SCC MONTHLY NEWS - ISSUE 109

MARCH 2025





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Our cover features an award winning photo by SCC staff member Kathy Brown

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The photo is a split shot, or over and under photo of Little Dandahra Creek, taken in the rainforest at the beautiful Gibraltar Range National Park which is in the mountains at the back of Grafton.

Kathy's photo is the Landscape Winner of the Clarence Valley Council InFocus photo competition which coincides with the start of the Clarence Valley Plunge Art & Culture Festival which runs all through April. The photo will be on display on a large banner in the Grafton Regional Gallery courtyard from March throughout the whole month of April .



MARCH IN TOUCH

Church Times

Our Lady of the
Way Chapel

Wednesday

9.30am
Mass

Friday

4.00pm
Mass

Sunday
Ecumenical
Service

10.00am
The 1st and
3rd Sundays

Shrove Tuesday

Shrove Tuesday traditionally marks the consumption of milk and eggs before the fast of Lent. This day is also known as Carnevale (literally *farewell meat* - think Brazil) or Mardi Gras (lit. Fat Tuesday in French).

**Join us outside Mater Christi on
Tuesday 4th March from
8 - 10am for pancakes and coffee.**



Lent begins on Wednesday 5th March. All are welcome to join the Ceremony of Ashes at 9.30am in OLOW.

GROWING OLDER GRACEFULLY

SR ANNE HENSON



There is something very special about old songs. They define our lives in a unique way. My mother used to sing lullabies to my younger siblings so I am sure she sang them to me too and that would have been when my love affair with songs began. We sang songs in primary school, of course, and I can still recall the words of "Water Lilies" and "Captain Baby Bunting".

There were old favourites like "Daisy" and "It's a Sin to Tell a Lie", played on the gramophone or pianola. And what about love songs? "Just A Song at Twilight" and "Silver Threads Among the Gold" readily come to mind.

I remember vividly the songs of World War II sung by the likes of Vera Lynn, Gracie Fields and The Andrews Sisters. There were more than 120 war songs and they did so much to boost morale among the troops and the population in general. When on leave, members of the defence forces would meet at service clubs where volunteer pianists would accompany them for hours as they belted out the likes of "Kiss Me Goodnight, Sergeant Major", "Wish Me Good Luck as You Wave Me Goodbye" and "Lilli Marlene".

The song list was boosted by films and musicals such as "The Wizard of Oz", "The Boy from Oz", "The Sound of Music", "My Fair Lady" sung by the unforgettable voices of Judy Garland, Julie Andrews, Peter Allen and Audrey Hepburn.

Australia has its own repertoire of old songs, going back to colonial times with "Botany Bay" and taking us through to The Outback with "Click Go the Shears", "Waltzing

Matilda", "The Road to Gundagai. Not so old, but a great favourite is "I Am Australian" which encapsulates multicultural Australia so well. It was sung by The Seekers who also immortalised "Morningtown Ride", "Georgy Girl" and "The Carnival Is Over".

No mention of old songs would be complete without paying tribute to sacred songs, traditional hymns such as "O God Our Help in Ages Past", "How Great Thou Art", "Be Thou My Vision" and "Amazing Grace".

All these songs have the power to evoke memories, to link us with people and events that have made us who we are. That brings us to our national anthem, "Advance Australia Fair". A few years ago, the words were tweaked to include Australia's Indigenous People and our multicultural population.

Whether we sing in a choir, or in the shower, we have our favourite songs. They have the power to comfort and calm us, to lift our spirits. There is power in the lyrics of a song and in its melody. We do not have to reach performance level, we just need to do what comes naturally. Scientists tell us that singing helps the brain to release endorphins, and it also increases blood flow in the body. The human voice is the most perfect musical instrument and singing is God's gift!

Sr. Anne Henson
Marian Grove Resident





IN THE SPIRIT

MATT DIGGES

It seems that Pope Francis is nearing the end of his life and ministry.

Over the last twelve years, Francis has endeared himself to people of all faiths and none by his openness, humility and outreach to those on the edge of life and society. His ministry is reflected in Australian Harmony Day celebrations, where the beauty and uniqueness of all peoples is celebrated.

Francis admitted:

I am fairly fearless; I act without thinking about the consequences. Sometimes this creates headaches because I'll say more than I should.

His compassion, shown particularly to refugees and those who feel excluded, is driven by his deep faith. For Francis, the church is not a temple but a field hospital:

I see clearly that the thing the church needs most today is the ability to heal wounds and to warm the hearts of the faithful; it needs nearness, proximity. I see the church as a field hospital after battle. It is useless to ask a seriously injured person if he has high cholesterol and about the level of his blood sugars. You have to heal his wounds. And you have to start from the ground up. This is the mission of the church: the church heals, it cures. . . The mission of the church is to heal wounds of the heart, to open doors, to free people, to say that God is good, God forgives all, God is the Father.

In the Jewish tradition, every twenty-five years is a chance for reflection and realignment. This year is a Year of Jubilee and in the midst of a fractured world, Francis encourages us to engage our world and courageously accompany those suffering in our society with the light of Christian hope.

Lent begins on Ash Wednesday, and Francis asks us to consider fasting from selfishness, grudges, and harsh words; giving our time and talent to help others expecting nothing in return; and to live reflective and prayerful lives, staying close to God and all that God has created.

Francis teaches us in living and dying. We can all learn from his life, outreach, humility and faith.

Matt Digges

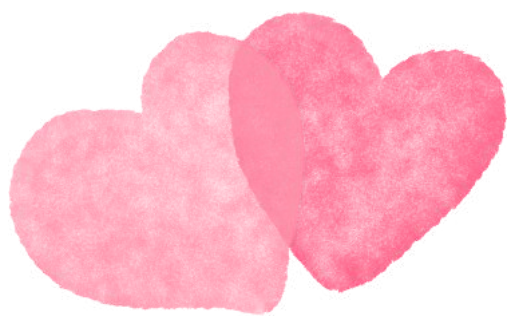
Director of Mission





February Luncheon





February Luncheon





HOME CARE

ROB WILSON

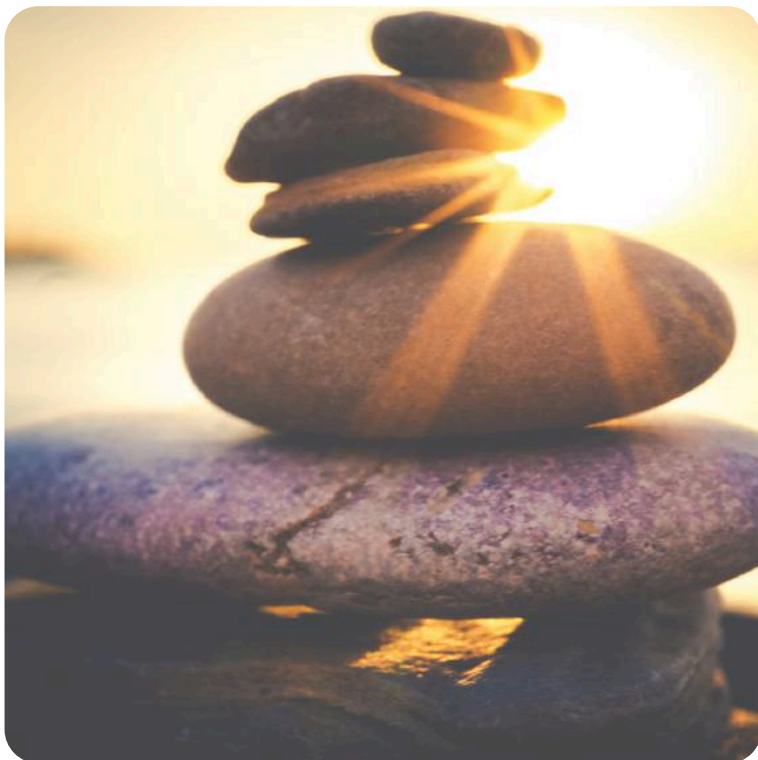
One of the more difficult parts of life is the fact that we can't always tell what's coming our way. The challenges that life throws at us rarely let us know ahead of time when they're arriving, which makes things difficult when we find ourselves facing them. It's in these times when resilience becomes vital. Resilience isn't about life not knocking us over; it's how we get back up again when it does.

Luckily, resilience isn't some sort of innate trait that we're born with. It's a skill that can be cultivated. In the same way that small things can try to overwhelm us, small things can help us find our feet again. It might seem silly, but exercise, a good diet and a decent night's sleep can all make a huge difference in how smoothly we recover from a setback life throws at us.

It probably comes as no surprise that a person's outlook on a situation also has an impact on their resilience. People who try to look for the silver linings, or the brighter side of life, find themselves at reduced risk of things such as depression and anxiety. Having supportive people around us makes a difference too. Friends, family, groups, and activities are important to help bolster our wellbeing and make it that little bit easier to weather life's storms.

So, I encourage everyone to add little things to their day that might help their resilience. Go for a short walk, have a siesta, catch up with friends and cut yourself some slack. You're doing your best.

Rob Wilson
Sawtell Home Care Manager



**SAWTELL
HOME CARE**



DON REPORT

LYNDAL SAWARSIN

Wow we are already into March 2025. It's been a true hot Australian summer.

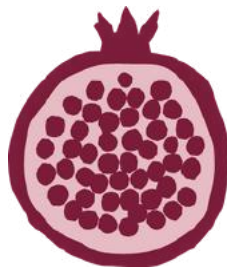
Whilst Mercy is on annual leave, I have had the opportunity to sit in her seat as acting DON. This has been a wonderful learning curve. Mater Christi is truly blessed with such an awesome team of people to work with and care for our residents. They have all helped me feel supported. Thank you, Team.

End of last year we introduced a communication app called Brenna. We have had great feedback from our residents' families. The best part of Brenna for our clinical team is that what we write in Brenna goes straight into Leecare. Leecare is where we store all our residents' information. This helps with time management which is so important in today's fast paced world.



For the next 12 months, our facility has been selected to participate in the prestigious Maggie Beer Mentor Training Program! Starting on 4th March, a trainer from the Maggie Beer Foundation will be on-site to conduct intensive training with all kitchen staff. This program is designed to enhance our skills and elevate the food and dining experience for our residents. This is an incredible opportunity for us to refine our approach to

aged care dining and ensure we are delivering the best possible experience. This will be led by Tia.



**MAGGIE BEER
FOUNDATION**
CREATING AN APPETITE FOR LIFE

Sandy, our kitchen manager, is returning on 31st March after a wonderful break travelling around Australia. She is fresh and ready to hit the ground running. Tia has been doing an exceptional job in her absence.

The lovely Leonie who resides in Banksia has been busy sewing covers for our residents who have catheter leg bags. The bag covers bring dignity and privacy to those residents. Leonie has done this out of kindness, and with generous community spirit. Thank you Leonie.

Lastly one of my favourite quotes from Mark Twain:

"Kindness is the language which the deaf can hear and the blind can see".

Take care

Kindest regards
Lynnie Sawarsin
Acting Director of Nursing

SEEDS OF GRACE

Support Group

You are warmly invited to attend our group which supports

- Those who have a loved one in Mater Christi
- And Marian Grove residents

WHERE: The Link – Reflections Bungalow

WHEN: 2nd Friday of each month **NEXT DATE 14TH MARCH**

TIME: 10:30 – 12pm

Come & have a cuppa, meeting others on the journey.

**Please RSVP to Kath, pastoral assistant 0475214834
and for any enquires**

New Shoots

Bereavement Support Group

For those who have lost a loved one in their life.

Meet others navigating grief, in a supportive and caring environment.

***Where:* The Reflections Bungalow, The Link**

***When:* 2nd Friday of the month**

***Time:* 1pm – 2:30pm**

Join us for a cuppa and afternoon tea.

RSVP to Kath

(Pastoral Assistant at Sawtell Catholic Care)

0475 214 834 or call for enquires





MATER MATTERS

Exercise under the sails

With the weather cooling off a touch, we decided to attend to our morning Movement and Music class under the sails with fresh air and exercise to kick start our morning.



Valentines

Mater Christi residents enjoyed celebrating LOVE with our Valentine's Day high tea. Family and loved ones joined us on this special occasion.





MATER MATTERS

Thank You Graham and Leonie

St Mary MacKillop said: *Never see a need without doing something about it.* Guiding his wheelchair on his daily jaunt around the chapel, Graham noticed, broken on the ground, a relief of the Holy Family. With his one functioning hand he collected the pieces and took them to his room. Over the next few weeks he restored the relief and arranged to have it placed again near the Chapel. Graham, thank you for seeing a need and responding. You are our quiet achiever!



Mater Christi Resident Leonie has been working hard on making some wonderful leg bag covers for residents at Mater Christi. We would also like to thank Village residents John and Joan Offord for donating a sewing table to assist with keeping everything in place and making these activities easier to access.





MATER MATTERS

Barry's and Lisa's Birthday Party

Carer Lisa and Resident Barry celebrated their birthdays with residents in Acacia House. The dining room was decorated for the party and Barry was happy to have his first Pink party.





AROUND THE GROUNDS

Well, the hot and humid weather is still with us and don't the weeds love it! Keeping on top of them is certainly a challenge!

Annual Prune Program

Following the success of the Annual Prune Program last year, we're now trialling a twice per year service. You will now receive a pruning, gardening and weeding service in March/April AND September/October. Work will be scheduled based on your Neighbourhood (Emergency Assembly Area).

As last year, you will need to complete and submit an Annual Prune Residents' Request Details form to Village Reception by the Friday prior to the scheduled start date for your Neighbourhood. Please DO NOT cut off the bottom section of the form when you submit it – the Grounds officer(s) who complete the work will request you to sign the form after they have finished.

If you miss the deadline, your next opportunity for pruning and weeding services will be in September/October.



Access to The Link

Please use only the approved entry to The Link at the rear of Mater Christi near the Waste Collection Facility. Please heed the caution signs that are posted at the northern end of The Link site and for your own safety, DO NOT take a shortcut through there as large vehicles and the loader are often operating in this area.



Keep to the Speed Limit

Please adhere to the 12km per hour speed limit throughout the Village. The only exception is the ring road at the rear of Mater Christi and driveway near the waste facility storage area, which is 10km per hour. This will help to keep all road users and pedestrians safe.



MEX Request Management System

We remind residents that every request MUST be lodged into MEX via Village Reception as requests have to be linked to the relevant asset. The Grounds & Maintenance Team do not have the authority to approve requests which is why ALL requests must be lodged via Village Reception.

Please provide as much detail as possible about the issue you're having as well as advise days/times you won't be home or are not convenient for you (as our team will be attending to other duties in the meantime).



Wildlife Watch

This beautiful bowerbird nest was recently discovered – anyone missing a blue pen? How wonderful to have such an abundance of wildlife within our Village and surrounds!



Say hello to the Grounds and Maintenance team when you're next Around the Grounds!

Cheers,
Grounds and Maintenance Team



Project Update

Recreation Centre Upgrade



Now that Stage 1 refurbishment works are complete, Assets & Maintenance have formally engaged various consultants who are contributing to the information required to lodge the Development Application with Council.

All other alterations and additions under the Master Plan require development approval by Council.

Once Development Consent is received from Council - which may take up to 12 months - the remaining works will be undertaken as opportunity and cash flows permit.



Step 1 - Draft Concept Plans



Step 2 - PRG Meeting(s)



Step 3 - Finalised Concept Plans



Step 4 - Implementation of agreed Stage 1 works



Steps 5/6/7 - Development Application, Detailed Design, Construction Certificate for Stage 2 works



Hello From Donovan's

We hope everyone enjoyed our recent Residents' Luncheon! It was wonderful to see so many of you come together to share a great meal. If you missed out, don't worry – we're planning another luncheon in April or May, so keep an eye out for more details.

We also hope you loved Matt's famous Seafood Chowder home delivery. Owing to popular demand, we'll be offering another food delivery service on 21st of March. Stay tuned for more information in an upcoming leaflet drop!

Have you checked out our Small Eats menu yet? We've introduced smaller meals designed to suit a smaller budget while still offering delicious, high-quality options.

Have you seen our beautiful fresh and dried flowers available at Donovan's Link? Our amazing Emma, Supervisor of the restaurant and the creative behind Florals by Em, arranges stunning floral creations. Her husband Brad is one of our talented cooks at Donovan's Link. If you'd like a custom floral arrangement, please speak with Emma at the restaurant to arrange your order.

Don't forget Donut Tuesday! Each week features a different donut creation, available only until sold out. Come down for morning tea and enjoy Brad's delicious donuts – they go quickly!

We've been listening to our customers and are excited to announce that we're creating a new menu soon. It will include simple classics like bacon and eggs for our residents, along with other great additions to satisfy all tastes.

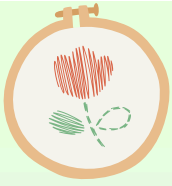
We're always looking for new ways to bring the community together. Whether through food, flowers, or special events, there's always something happening at Donovan's. Stay tuned for more updates and we can't wait to see you soon!



Follow us on socials
@donovanslink & @chefmattdonovan



Community Corner



In Stitches

The craft group began shortly after the village first opened. We would like to encourage you to join us on Tuesday afternoons between 1 - 4pm. We knit blanket squares for Red Cross, make small toys, jewellery, etc. Bring your chosen craft, just come for a cuppa and a chat, or simply come sit and enjoy each others' company. We would love you to join the craft group "In Stitches".



Paper Craft



Paper Craft Group
Meets Thursday morning
in the Supper Room
10 - Noon
(during School Terms)
Gold Coin donation
Contact: Joan Kirk 6658 1621



A mindful activity

New flag for The Village

Gurmesh Singh delivered a new flag for the Recreation Centre and our thanks to Nola White for volunteering for the flag raising role.





Movies

Saturday

15th March 2025

Saving Mr Banks

1.30pm

Recreation Centre

\$3

Lucky door prize
and afternoon tea

February Sudoku solution

1	4	3	8	7	6	9	5	2
8	9	2	3	5	1	7	4	6
6	5	7	2	9	4	3	1	8
3	1	6	7	2	5	8	9	4
2	7	4	1	8	9	6	3	5
5	8	9	6	4	3	2	7	1
7	3	8	5	1	2	4	6	9
9	2	1	4	6	7	5	8	3
4	6	5	9	3	8	1	2	7

Sudoku provided by Sudoku.com.au

March Luncheon

Tuesday 11th March

12.00pm

ST PATRICKS DAY THEME

Menu: Beef Pie, Baby Potatoes, Peas
and Gravy

Dessert: Apple Slice and Custard

Cost \$15

RSVP by Friday 7th March

By phoning the office on
6653 1241



Marian Grove monthly
BBQ is held on the 4th
Sunday of the Month in
the Recreation Centre.





MARIAN GROVE NEWS



Hair by Hols

Marian Grove - Mater Christi
Prices from

1st January 2025

OPEN MONDAY

FOR APPOINTMENTS PHONE

0497 181 026

**EFTPOS NOW
AVAILABLE**

ALL LADIES CUTS	\$35
MEN'S CUTS	\$25
SET/BLOW WAVE	\$35
COLOUR from	\$45
PERMS from	\$70

Cancellation Policy
Effective November 21, all appointments must be canceled at least 24 hours prior to the scheduled time. Failure to provide adequate notice will result in the full cost of the appointment being invoiced.



Shopping Bus Time Table

Monday

Toormina Shopping Centre
9am - 11am

Toormina Shopping Centre
10am - 12noon

Wednesday

Toormina Shopping Centre
9am - 11am

Park Beach Plaza
9.30am - 12.30pm

(new Wednesday bus service)

Friday

Coffs CBD and Park Beach Plaza
Shopping Centre
9.00am returning 12 noon

Shed Men Entertainment – 60's & 70's Music



Friday 21st March

2.30pm - 4:30pm

Recreation Centre

\$3 entry

Bring along a plate to share



Marian Grove

Important Information

Safety Link Devices

Please remember to test your Safety Link pendant monthly.

Instructions to test:

(a) Upon installation of your new Safety Link device by staff you will be given a date to test your unit each month.

(b) When this date occurs press the grey button on your pendant.

(c) Safety Link will then ring back through the white box device to confirm that the alarm has come through.

(d) You have then completed the testing and no further action is required.

(e) In the event of a medical emergency press the grey button on your white pendant and Safety Link will contact you through the speaker device to determine if you require medical assistance.

(f) Please note that the Safety Link pendant is waterproof and can be worn in the shower.

Marian Grove Resident Medical Information

If you activate your medical response pendant and the ambulance is called, vital emergency information paperwork should be available behind your front door. This information provides the hospital with your personal details, current medication and Medicare Number.

It is important to keep this information up to date and any changes can be made by contacting Marian Grove Reception 6653 1241.

Transport Bookings

Vehicles can be booked for medical appointments only from 8.30am until 1pm Monday to Friday. Please contact Marian Grove Reception prior to the day of your appointment to request transport.

After Hours Maintenance

For any after hours maintenance emergencies please phone
0417 468 043

(emergencies only)

Shopping Bus

The bus is available for shopping on the following days:

Monday

Toormina Shopping Centre 9am - 11am
Toormina Shopping Centre
10am - 12noon

Wednesday

Toormina Shopping Centre 9am - 11am
Park Beach Plaza
9.30am - 12.30pm

Friday

Coffs CBD and Park Beach Plaza Shopping Centre - 9.00am returning midday.

Grounds and Maintenance Requests

For any grounds or maintenance requests please phone the office on **6653 1241**.

Please advise the office when logging the request if there are specific days or dates you will not be home so this can be recorded with your request.

RIDDLE

Q.

What has thirteen hearts,
but no other organs?



A.

A deck of cards.

SUDOKU

	6				9	1		7
	8		2	3			9	6
		4			6			3
	4	9		5				8
		1	4		7	5		
7				1		2	6	
2			1			9		
9	5			2	4		7	
4		3	7				8	

Sudoku provided by Sudoku.com.au



Word Search

O C B Q D V Y M X E M G K Y Y U K S I A L K Z I
 F W N W B I X R P N N L S A S L D H R E G Z Z O
 L Q U O V K S M T H W U G T O B J W A J M I E A
 A E F C K F B E B O O H Y G E P R F N H A U G M
 T S Q W Y D W S N I N T N N L M J O D N Q Z B J
 Y W N W I I V D G Z Q X O U O G R A S S M W M Z
 M M I M A C Z W Q X H U D S A U E Y L Q N Q D L
 T O J E G B E G S R A P Q N Y U W L S V N W W T
 I Y B L F W G I T D O E Z X F N E L I N P A O F
 Q R K Y Y F B H E L Q U E T N T T P P Y B O Z F
 B J Q H J M G E L G R G H B G D I H C I R F W E
 P P N X R I G I G X T Y S O O K R U E J O Y K O
 X L S M L Y N N P S S C D W V S U A R S X B S D
 N O C N K A D W W L Y N O K R X U K O F I S R J
 A T U V T N E R W N L R U Z C R D H H Y L S D O
 V S F O E K J P P P G N Q O K O F Y Q M B D C N
 E V R Q D N T Z B N A E E Q W P M J P R M P R U
 W I T Y K S N B J E P F L O W E R T Y O I E K H
 W E Y Y E X N X B R L Y T X V B Y P T G T O P H
 N V M E U W H Y Z J X F H C Y P E Q U A G X S E
 F W D C I L O Z T O U A B O E L Y X W Y K T Y F
 Q O H W B S C O O P J M M R H A F R U O T T K D
 Q T A R A D I C L E J V J N F N R S N Y U Z Y G
 L C U G R I O M G N N P L J O T Z S R V G M F N

photosynthesis
 pollinator
 sunlight
 soybean

radicle
 flower
 fruit
 water

grass
 plant
 seed
 corn

root
 leaf
 stem
 bee





From our CEO

Courage, Love, Respect, Justice

Dear residents, families, friends and staff,

As we step into March, the changing season brings fresh opportunities to focus on health, community and well-being. Our other contributors have brought you up to speed on all the latest news, so let's focus on you and your health.

Autumn Health Tips - With cooler mornings and evenings settling in, now is the perfect time to adjust daily routines to stay active and healthy. Consider starting your day with a gentle walk around The Link to enjoy the crisp air and boost circulation. Remember to layer clothing to stay warm and prevent seasonal colds.

Additionally, March is an ideal time to check in on your flu and COVID-19 booster vaccinations. Health professionals recommend staying up to date, particularly for those over 65, to reduce the risk of seasonal illnesses.

Nutrition for the Season - Autumn offers a wonderful selection of fresh produce, including pumpkins, sweet potatoes, pears and apples. These nutrient-rich foods support immune health and overall well-being. Consider making hearty vegetable soups or stews, which are both warming and packed with essential vitamins. I am sure our cafes will have some hearty soups on the menu soon.

Our Activities programs at the Recreation Centre and Mater Christi offer a range of social events to embrace the season, including gardening, craft sessions, bowls, bingo and various fitness/mobility classes. Engaging in these activities helps maintain mental sharpness and fosters social connections, so consider joining a new group or starting something new.

Additionally, March 20th marks the International Day of Happiness - a great reminder to focus on what brings you joy. Whether it's spending time with friends, reading a good book, or enjoying music, small moments of happiness contribute to overall well-being.

Stay Informed - For any health updates or upcoming events within the village, check the community noticeboard or speak to staff. Keeping informed ensures you make the most of all opportunities available.

Here's to a healthy and enjoyable March ahead!

As we go to print our thoughts and prayers are with Pope Francis who is beset with a debilitating respiratory illness. We pray for his recovery.

Michael Darragh
Chief Executive Officer,
Sawtell Parish & Sawtell Catholic Care