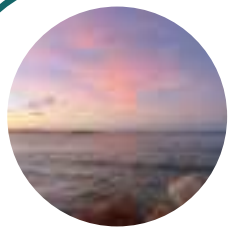


IN TOUCH



SCC MONTHLY NEWS - ISSUE 117
NOVEMBER 2025





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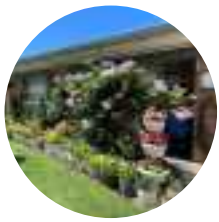
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November In Touch

Church Times

Our Lady of the
Way Chapel

Wednesday

9.30am
Mass

Friday

9.30am
Mass

Sunday
Ecumenical
Service

10.00am
The 1st and
3rd Sundays



Marian Grove relies on volunteers to provide transport services for fellow residents to attend medical appointments.

Recently there has been a growing demand for more volunteer drivers. If you have a great driving record, a current driver's licence and would like to offer your services as a volunteer driver, we would love to hear from you.

Please contact Marian Grove Reception to register your interest on 66531241 (option 3).



GROWING OLDER GRACEFULLY

SR ANNE HENSON

Recently, we heard of the death of Jane Goodall, the celebrated scientist who researched the life of chimpanzees in Tanzania. Her groundbreaking work revealed that chimps have complex social behaviour, distinct personalities and feelings. They can also use their opposable thumbs and toes for climbing trees, for gathering food and using tools. This presented a new view of their relationship with humans.

A few weeks ago, animals all over the world were going to church. Yes, it was the Feast of St. Francis of Assisi, Patron Saint of Animals and the Environment. People bring their pets and other animals to a ceremony, usually held outdoors, in the churchyard, where prayers are offered for their health and for God's blessing on these beloved creatures. It is a simple, beautiful custom and goes some way towards thanking God and acknowledging our pets for the blessings that they bring to our lives.

St. Francis used to preach to the animals and called them sisters and brothers. He also referred to Brother Sun and Sister Moon.

St. Francis had a deep love of nature and animals, he championed the cause of peace and justice, and he cared deeply for the poor. Does that remind you of Pope Francis? Yes, on his election as pope, he chose the name Francis because he too was committed to those same causes.

This year marked the 10th anniversary of Pope Francis' *Laudato Si'*, a document which transcends different religious traditions, challenging people everywhere to care for Planet Earth. It is not only a wake-up call to care for our common home but also a

profound declaration of the connectedness of all creation. Pope Francis emphasised that we all need each other and that life is inter-connected through our care for each other not only by our actions but also in our thoughts. He encouraged us to think of others as "you" rather than as "them".

The Parable of the Good Samaritan teaches us that some people pass by without noticing others within the same space. Hopefully we will not have to render first aid to someone we meet on our morning walk or on our way to the café. Here at Marian Grove, we live in a very special community. Since its very beginning it has been the custom for residents to wave to and acknowledge one another as we move through the Village. This is a very simple way of expressing our connectedness as a community and our awareness of others as "you". We live in such a beautiful natural environment surrounded by trees and serenaded by birdsong. Why would we not show our connection to the people who share this special place with us?

Sr. Anne Henson

Marian Grove Resident

"Everything is connected. Concern for the environment thus needs to be joined to a sincere love for our fellow human beings and an unwavering commitment to resolving the problems of society."



Pope Francis

(Laudato si')



IN THE SPIRIT

MATT DIGGES

Before the Christmas tinsel, trees, and toys crowd our world, take a chance to breathe and take stock. November is a month for remembering and giving thanks.

As each busy year comes to its inexorable end, we naturally replay its achievements and challenges, already planning for the year ahead. It is an opportunity to recall the people who have made the year and world a better place. As a community of residents, staff, and families, the contribution of each of us is appreciated.

We build our lives on the experience, love, and legacy of others. The Christian celebration of All Saints and All Souls Days (1-2 November) reminds us that our influence extends well beyond the grave. Each person makes a unique contribution to our world that is worth remembering.

Those whose holiness is extolled on All Saints Day are joined by those whose heroism is noted on Remembrance Day. These giants are joined by the cloud of witnesses whose quiet dedication and goodness influenced the lives and destiny of so many. Our memorial on 6th November remembers those who changed lives in the families of our community.

We are blessed to remember the contribution of so many to our lives and society. In this month the enduring light of a quietly lit candle can express the hope of our hearts where words fail.

Matt Digges

Director of Mission





VILLAGE NEWS

KAREN MARTIN

As we welcome the warmer days of November, there's a wonderful sense of energy and community throughout the Village. From safety preparedness to ongoing improvements and new neighbours, there's plenty happening across our beautiful Village this month.

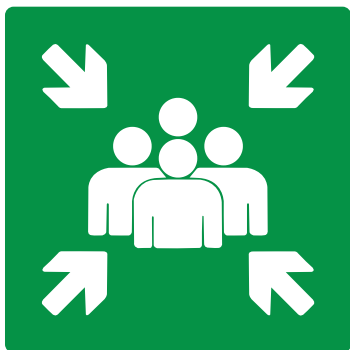
Annual Evacuation Exercise

Our Annual Evacuation Exercise will take place this November. This important safety drill ensures everyone is confident and familiar with emergency procedures.

When you hear the emergency siren, please remember to:

- STAY CALM
- Turn off your stove and oven
- Collect your medication
- Collect your keys, handbag and hat
- Proceed to your nearest designated Neighbourhood Assembly Area

Your cooperation helps us maintain a safe and well-prepared community.



Annual Management Meeting

Our Annual Management Meeting is scheduled for Tuesday, 18th November at 9.00am.

Please ensure any questions are submitted in writing by COB Monday, 11th November.

New Residents

Over the past six months, we've been delighted to welcome 18 new residents to our Village!

If you spot a new face, please take a moment to say hello and help them feel right at home. Together, we continue to make our Village a warm, inclusive, and friendly place to live.

Karen Martin

Village Manager





August Luncheon





AROUND THE GROUNDS

Village Facilities Services Update

As part of our ongoing focus on recycling and rejuvenation, Kevin has been busy giving our outdoor seating a new lease on life. He's done a fantastic job restoring the chairs around the Columbarium and has even built two brand-new chairs for our apartment residents to enjoy — what a wonderful addition to our shared spaces!



Meanwhile, Khye has been working diligently to remove significant trip hazards along the identified section of the Boardwalk, which is earmarked for reopening soon. Watch this space for more exciting updates



And a special mention to Lachie, our very own wildlife carer, who recently came to the rescue of a blue-tongue lizard found hiding under a resident's fridge. After safely relocating the curious visitor, Lachie even provided some first aid, removing a tick from the culprit before setting it free. A true act of care and compassion!



Together, these efforts reflect the dedication and teamwork that make our village such a special place to live in a safe, caring, and full of community spirit.

Until next time, stay safe, stay connected, and enjoy the sunshine!

Karen Martin
Village Manager

SAWTELL CATHOLIC CARE PRESENTS

SPRING GARDENS COMPETITION

Congratulations and
well done to all entries.

**The Winners of each
category are:**

Best Spring Garden - Ronda Kirk Villa 78

Best Overall Marian Grove Garden - Craig and Debbie Martin Villa 102

Best Edible Garden - Phil and Jan Foster Villa 9

Best Courtyard/Patio Garden - Norma Caughlan Villa 152

Best Potted Garden - Moira Rodgers Villa 88

Best Mater Christi Garden - Leonie Whittaker Room 16

Congratulations to all our entrants. Thank you for your participation.
We look forward to hosting our Spring Garden Competition in 2026.



SAWTELL CATHOLIC CARE PRESENTS

SPRING GARDENS COMPETITION



Winner of the Best Overall Marian Grove Garden
Craig and Debbie Martin Villa 102



Winner of the Best Spring Garden
Ronda Kirk Villa 78

SAWTELL CATHOLIC CARE PRESENTS

SPRING GARDENS COMPETITION



Winner of the Best Potted Garden
Moira Rogers Villa 88



Winner of the Best Edible Garden
Jan and Phil Foster Villa 9



Winner of the Best Patio Garden
Norma Caughlan Villa 152



Winner of the Best Mater Christi
Garden
Leonie Whittaker Room 16



HOME CARE

ROB WILSON

A New Month, A New Aged Care Act

From 1 November 2025, our Country's aged care system has entered a new phase under the Aged Care Act 2024. This new legislation has provided a well needed update to the almost thirty-year-old 1997 Act, aiming to focus on a rights-based, person-centred model that's designed to empower older Australians.

At its core is a Statement of Rights, which enshrines the entitlements of all aged care participants: dignity, respect, safety, privacy, and cultural inclusion. The Act also introduces a unified "Statement of Principles" providing clear guidance for providers, alongside a single service for assessments.

Alongside the new Act are the Strengthened Aged Care Quality Standards, which also came into effect from 1 November 2025. These enhanced standards are more detailed and measurable, covering critical areas such as person-centred care, nutrition, dementia, governance, and clinical oversight. They ensure providers are actively involving participants in their care, respecting diverse backgrounds, maintaining safe environments, and using transparent feedback systems.

The new Act and the strengthened Standards are seeking to make a positive shift in aged care. As a community, the hope is that we will benefit from stronger rights protections, clearer care standards, and enhanced transparency that will give everyone who accesses support the best quality of care.

Rob Wilson

Sawtell Home Care Manager



**SAWTELL
HOME CARE**





MATER CHRISTI FEEDBACK

We value your feedback and we'd love to hear from you. Tell us what we did well and what we can do better.

Feedback forms are located throughout Mater Christi. Complete your form and return it via the feedback boxes located in various locations including Reception - we check these daily. Feedback forms can be completed anonymously.

Alternatively, you can send your confidential feedback at any time, via email to **feedback@scca.net.au**

All our Managers, Deputy Director of Nursing and Clinical Care Coordinator and Director of Nursing, have an 'open door policy' and encourage feedback directly in person. When time affords, we are happy to meet with residents and relatives. Drop by the office to see if the manager is available, or if you would prefer to make an appointment, please talk to Reception.

Director of Nursing and Deputy Director of Nursing business cards are available at Reception and include direct contact details.





DON REPORT

MERCY KURINYEPA

Mater Christi is situated in a lovely part of Australia, and we appreciate the beautiful area we live in. Yet we have challenges with both humidity and heat at times. Seniors can be very sensitive and are at risk of heat-related illnesses owing to a range of reasons including: the ageing process, chronic medical conditions that change the body's responses to heat and medications that can impair temperature regulation.

As summer arrives it's always good to plan how to cool yourself at home.

Here are some tips to keep cooler:

- Circulate air by using a fan that ideally rotates counter clock-wise in summer which pushes cool air down. You could place a shallow bowl of ice in front of the fan for a cool cost-effective breeze
- Close the curtains or blinds especially on northern or west facing windows. Block out curtains are best
- Sleep in breathable bed linen such as cotton or bamboo, avoiding polyester
- Plan your day and avoid being outside during the hottest part of the day, which is between 11am to 3pm
- Avoid strenuous exercises. If you are not an early riser aim to do your daily exercises or walks in the evening, as the day cools down
- Try to stay out of direct sunlight if outdoors, create your own shade and find trees or use an umbrella
- Wear lightweight and loose clothing made from natural fibres

- Wear a cooling scarf around your neck as they have a gel inside of them that holds cool temperatures for longer periods. Check with your local pharmacy for stock, alternatively apply a cool damp cloth
- Have a cool shower
- Remember movie cinemas, shopping centres and libraries are good places to visit as they are air conditioned
- Drink plenty of fluids, avoiding alcohol. Take a water bottle with you on outings, sip on icy poles, and eat small meals often such as salads and sandwiches
- Monitor the colour of your urine as it should be a pale colour. If it is dark then this is an indication you may be dehydrated. Always seek immediate medical advice if you are feeling unwell, confused, dizzy, experiencing nausea or vomiting, intense thirst or your heart feels as if it is 'racing'.

Stay well over summer

Mercy Kurinyepa

Director of Nursing



Clinical Corner

World Diabetes Day

World Diabetes Day is the world's largest diabetes awareness campaign reaching a global audience of over one billion people in more than 160 countries. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight.

The World Diabetes Day campaign aims to be the platform to promote advocacy efforts throughout the year.

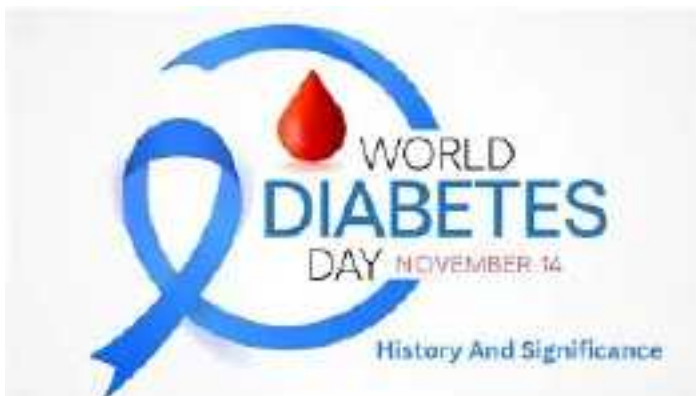
We support a number of diabetics in our facility, with some on insulin and others on oral medications. The aim of diabetes management is to keep blood glucose levels as close to the target range recommended by your GP as possible. The ranges will vary depending on the individual and an individual's circumstances.

Keeping your blood glucose level at the optimum range is a careful balance between what food is eaten, physical activity and medication. Blood glucose levels which are too high, could result in hyperglycaemia or ketoacidosis. Blood glucose levels which are too low, could result in hypoglycaemia. It is important to learn about each reaction and respond appropriately.

Ketoacidosis is an emergency, and you must call emergency services immediately. Keeping your blood glucose levels on target will help prevent both short-term and long-term complications. Our staff help our residents to check blood glucose level, inject insulin and develop a healthy eating and exercise plan that is right for them.

Further information is available from Diabetes Australia at:

www.diabetesaustralia.com.au



Together We Can



Please join our support group/information sessions to assist people living with Parkinson's.

What this group is about:

Social connection	Meeting with others who share similar experiences can help break down feelings of isolation.
Information	Support groups can provide information about living with Parkinson's, including resources and solutions to common problems.
Motivation	Support groups can provide motivation and inspiration to deal with lifestyle changes.
Mental health	Research has shown that participating in support groups can lead to lower levels of anxiety, depression, and social phobia.
Educational sessions	Support groups may include educational sessions by guest speakers.

November - Final Meeting for 2025

**Please join us for morning tea as we
recap 2025 and discuss 2026**

WHEN: 19th November 2025 at 10.30am

WHERE: Mater Christi Community Room

All welcome



MATER MATTERS

Outing to the Botanic Gardens

Our residents recently enjoyed a lovely day out exploring the beautiful Botanic Gardens. The sunshine and fresh air made for the perfect setting as we strolled among colourful flowers, shady trees, and peaceful walking paths.

Everyone admired the wide variety of plants and took time to stop and smell the roses—literally! The visit sparked fond memories of past gardens and family outings, and afternoon tea was a wonderful treat with some cheeky birds that decided to pay us a visit.

It was a refreshing and relaxing day spent in nature, full of laughter, good company, and plenty of smiles.

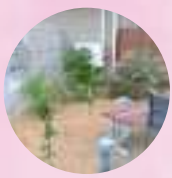


Cedar Outing

Our Cedar residents recently enjoyed a wonderful outing filled with fresh air, friendly faces, and new sights to explore. The morning provided a lovely change of scenery, with plenty of laughter and smiles along the way.

Residents enjoyed reminiscing, sharing stories, and connecting over morning tea. Outings like this are a special way to support wellbeing—bringing joy, comfort, and a sense of community to everyone who takes part.





MATER MATTERS

Oktoberfest Celebration

We brought a touch of Germany to our home with a lively Oktoberfest celebration! Residents enjoyed the festive atmosphere filled with music, laughter, and the delicious aromas of warm pretzels and tasty kranskys.

Everyone joined in the fun— blue-and-white decorations to set the scene. It was a wonderful afternoon of good food, great company, and plenty of cheer. Prost!

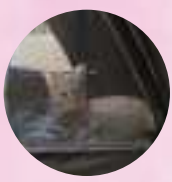


Sensory Gardens Have Been Completed

We're excited to share that our new sensory gardens have been completed in house 6-7 grounds for everyone to enjoy! These special garden areas are filled with colourful plants, soothing scents, and a variety of textures to touch and explore.

Residents have already been enjoying the calming atmosphere—taking time to sit, chat, and experience the beauty around them. The sensory gardens are a wonderful addition, bringing nature closer and creating peaceful moments for all.





MATER MATTERS

Pet Therapy

Our residents always look forward to our pet therapy visits! The joy and comfort that our furry friends bring is truly heart-warming. Gentle pats, and happy smiles fill the room each time the animals arrive.

These visits spark wonderful memories and provide a sense of calm and companionship. Thank you to our lovely Karen and their well-behaved Jazzy for brightening everyone's day!



Music Therapy Sessions

Our residents have been enjoying the joyful sounds of music therapy. These sessions bring everyone together to sing along, tap to the rhythm, and share memories through favourite songs from years gone by.

Music has a wonderful way of lifting spirits, sparking conversation, and creating moments of connection. The smiles, laughter, and toe-tapping say it all—music truly brings joy to the heart!



SEPT QTR 2025

PROJECTS UPDATE

MARIAN GROVE

RECREATION CENTRE UPGRADE - Stage 2



The Master Plan has recently been amended to include a small (boutique) hair salon with separate external access.

Consequently the art workshop has been relocated to the northern side of the Centre, where it will benefit from natural light from all external walls. Although it was proposed that the maintenance shed remain where it is, preliminary indications from the RFS are that they won't approve this option owing to non-compliance with RFS bushfire standards. Other options are now being considered for the location of the maintenance shed.

The RFS are still assessing the Master Plan. Once a formal response has been received, the design and necessary reports for the lodgement of the DA can be finalised. We acknowledge that this is lengthy process which is unfortunately out of our control and thank you for your patience.



RECENTLY COMPLETED



RECENTLY COMPLETED

SITE MAP

The recently installed site location map adjacent to the Admin Building visitor car park, complements the new street signs and contains a QR code to scan and view the map on mobile devices. A 5 minute time limit has been allocated to the car spaces in front of the sign for visitors to stop and view the map.



Hello From Donovans

The Celebrations Continue at Donovans Link Eatery & Grounds

The excitement carries on this season with a series of community events at Donovans Link Eatery & Grounds, celebrating good food, great company, and the beauty of our gardens in the warmer months.

Tropic Nights - Friday 14th November

Following the success of our first event, Dinner at the Link returns for Tropic Nights, Part II. The venue will come alive once again with live entertainment, relaxed dining, and the tropical spirit of early summer. Guests can book a table in the restaurant, enjoy casual seating at the picnic tables, or simply roll out a blanket on the grass. With families warmly invited, Tropic Nights promises an evening of community, music, and festive vibes under the stars.

The Residence Food Drop - Tuesday 18th November

Bring a taste of Donovans home with this month's Residence Food Drop, featuring a Chilled King Prawn cocktail with iceberg lettuce and sliced white bread for just \$25. Add a mini pavlova for \$8.50 or a glass of Long Row Cuvée Brut for \$10 or enjoy the full trio for only \$40. Perfect for an easy weeknight dinner or a touch of indulgence at home.

Christmas Markets - Sunday 23rd November

We're spreading the festive cheer early as the Christmas Markets return to Donovans Link from 7am to 2pm. Wander the stalls, enjoy a coffee, and soak in the lively atmosphere. We'll be running a restricted menu packed with freshly baked goods, plus our Donovans Food Truck will be serving up delicious bites and drinks throughout the day. Don't forget to visit Donovans Gelato for a cool treat, the perfect refreshment on a warm spring morning.



Follow us on socials
[@donovanslink](#) & [@chefmattdonovan](#)



SEEDS OF GRACE

You are warmly invited to attend
our group which builds connections,
gives support and meets us
where we are in our lives.

WHERE: The Link – Reflections Bungalow

WHEN: Friday 14th November 2025

TIME: 10:30am – 12pm

Come and join us for our last meeting for 2025

Morning Tea is provided.

RSVP to Kathryn,

Senior Pastoral Assistant

0475 214 834

kathrynbutcherine@scca.net.au

and for further information.

NEW SHOOTS

An environment for those experiencing grief,
loss and change in life and for those who have
lived experience to share with others.

Where: The Link – Reflections Bungalow

When: Friday 14th November 2025

Time: 1pm – 2:30pm

Come and join us for our last group for 2025

Afternoon tea provided.

RSVP Kathryn, Senior Pastoral Assistant

Call 0475 214 834

Email kathrynbutcherine@scca.net.au for more information



Xanthe Bartholomaeus

Xanthe Bartholomaeus is a seventeen year old violist, violinist, composer, playwright and performer.

She has been learning music from the age of ten and attends two lessons per week with her teacher, Amber Davis. She practises regularly throughout the day, participating as lead violist in the Bellingen Youth Orchestra (BYO) and Sinfonia (BYO's advanced string ensemble), auditioning and receiving placements in Australia's State and National Music Camps and composing duets for her younger brother and herself to perform, chamber works for viola and piano, pieces for string orchestra, wind ensembles and larger orchestral works.



Her passion for music began from an early age, living remotely in South Australia on an outback sheep station. She has always heard what she came to call "The Music" — original ideas, sometimes fully orchestrated. From a young age, she felt strongly drawn to stories; reading, listening, watching or telling, writing them. Music for her is the same, it is a medium by which ideas, emotions and essentially stories can be shared. When she was four years old she saw a video of a solo violinist/dancer playing violin and held this instrument close to her heart throughout her outback years.

At age nine, she and her immediate family moved to the east coast (NSW) where aged ten, she began learning the violin. As she learnt to read parts and scores, she became interested in the theory and grammar behind the construction of musical notation and realised she could write down and document what she was hearing so others could hear and play it also. A highlight was performing with the BYO Junior String School her third composition, *Shadows By Moonlight*.

Aged fifteen, she had the opportunity to play a viola and raved about it for weeks. She decided to swap across to the bigger instrument and is so grateful she did.

She is now working towards completing her Fellowship of the Royal Schools of Music (FRSM) Diploma (the third and final diploma) in Viola Performance.

The Marian Grove Recreation Centre concert 2 - 3pm on Saturday 8th November is an opportunity to perform the program for her diploma assessment which will be recorded live in concert at the Bellingen Memorial Hall at 5 - 6pm on Saturday 15th November.



Community Corner



THE LINK
'flourish'

CHRISTMAS MARKETS

SUNDAY 23RD NOVEMBER 2025
8.30AM-1PM
THE LINK, 631 HOGBIN DRIVE, TOORMINA

10.30AM MORNING TEA WITH MRS CLAUS

~

OVER 25+ STALLS WITH LOCALLY MADE ITEMS
FULL OF LOVE

~

FOOD, COFFEE, KIDS PLAYGROUND, LIVE
ENTERTAINMENT

~

CASH ONLY. NO ATM.
ADDITIONAL PARKING OFF MARIAN PLACE





Tuesday 4th November 2025
12.00pm
Recreation Centre

Melbourne Cup Luncheon

\$15

Sweeps available on the day from **10am** in the Recreation Centre

Menu ~

Roast Chicken, baby potatoes and garden salad

Apple slice and ice cream

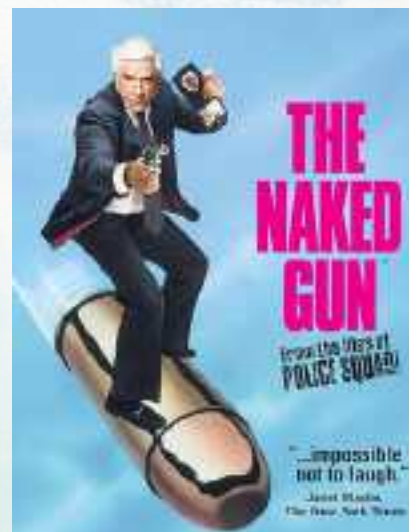
RSVP Friday 31st October 2025
Bookings essential 6653 1241 option 3
Transport available on request

Raffle 3 for \$5



Movies

The Naked Gun



Saturday

15th November 2025

1.30pm

Recreation Centre

\$3

Lucky door prize
and afternoon tea

For enquiries contact
Barbara Smith 0401 781 706

Shopping Bus Time Table

Monday

Toormina Shopping Centre 9.00am - 10.30am

Toormina Shopping Centre 10.00am - 11.30am

Wednesday

Toormina Shopping Centre 9.00am - 10.30am

Toormina Shopping Centre 10.00am - 11.30am

Friday

Coffs CBD or Park Beach Plaza

9.00am returning 12 noon

Park Beach Plaza Shopping Centre

10.00am returning 1.00pm



October Sudoku solution

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

Sudoku provided by SudokuBliss.com



MARIAN GROVE NEWS

**ALL Ladies'
Haircuts
\$37 includes
shampoo and
dry off**

**Marian Grove -Mater
Christi 0497 181 026**

WELCOME
Spring

New Vibes, New Deals, New You



Marian Grove Monthly BBQ

**Sunday 23rd
November
12pm**

Please RSVP by Tuesday
18th November
for catering purposes.
There is a sheet in the
Recreation Centre to put
your name down.



For Sale

**2024 Meritis country care adventure
mobility scooter**

As new condition ~~\$5,500~~, **now \$4,500**

**Ph 0427770443
Annette Swadling**





MARIAN GROVE NEWS



Christmas Concert

Enjoy Christmas Carols performed by Mary Help of Christians Primary School Choir, then stay on for a morning tea

21 November 2025

Recreation Centre

10.00am

Entry \$5.00



Ham Raffle
3 for \$5.00

*You are invited to the launch of
Sr Anne's Book*

SUBJECTS MATTER

SR ANNE HENSON

Saturday

1st November

10.30 am

Marian Grove
Recreation Centre



Please bring a plate to Share

Cash or Credit Card accepted

Price \$24.95

Exercises That Can Rewire the Brain

An article on the importance of movement and exercise explained the benefits on our cognitive and emotional needs. Here at Marian Grove, we are fortunate to have Dance Fit, Chair Yoga, and Exercise Classes with James Moncado.

Physical exercise supports both a healthy body and mind. Dance and movement influence cognitive performance and promote health. These activities activate the brain in ways that aerobic exercise alone does not!

Why not come check out our movement classes in the Marian Grove Recreation Centre.





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)

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.

COMIC



SUDOKU

4		7				3		2
	1						6	
	9		4		7		1	
6				8				5
	2		6		3		8	
1				2				3
	5		7		9		4	
	3						5	
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Sudoku provided by SudokuBliss.com

Word Search

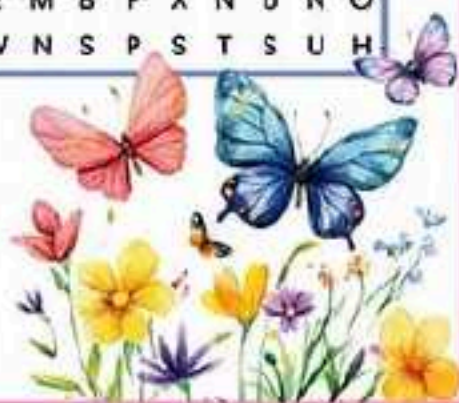


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S	F	B	P	E	D	I	L	B	D	O	I	H	A	P	S	F	B	T	F	V
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T	T	W	G	D	V	Q	I	X	X	G	E	W	N	S	P	S	T	S	U	H

BIRDSONG
BLOOM
BLOSSOM
BREEZE
BUNNY
BUTTERFLY
CHIRPING
DAFFODIL
DUCKLING

GARDEN
GRASS
LADYBUG
LEAFBUD
MEADOW
NEST
PICNIC
PUDDLE
RAINBOW

RAINDROP
ROBIN
SEEDLING
SPRINGTIME
SPROUT
SUNSHINE
THAW
TULIP
UMBRELLA



SUPERSTARWORKSHEETS





From our CEO

Courage, Love, Respect, Justice

Dear residents, families, friends and staff,

October was an engaging month for many of us, with lots of activity and events around our community, so no excuse to feel bored. Throughout Spiritual Care Week it was wonderful to see staff and residents connecting and supporting each other on their journeys. Infection Control week reminded everyone of the importance of simple hand hygiene to prevent infections like Covid and Influenza from spreading.

Congratulations to all the residents who made an effort to spruce up their gardens for the Spring Garden Competition. The Village looks fantastic, and special acknowledgement to our winners: Village gardens - Rhonda Kirk, Craig and Debbie Martin, Phil and Jan Foster, Norma Caughlan, Moira Rodgers; and, in Mater Christi, Leonie Whittaker. Beautiful gardens are everywhere, and let's hope they encourage our bees.

Our new Physiotherapist, Tony, has commenced working with our Occupational Therapist, Charlotte. The team is based in Mater Christi, however, they also plan to extend convenient and affordable restorative care support to our residents and clients in their own homes across the Village commencing in the next few months (watch this space).

We are at the final consultation stage for the Village Recreation Centre extensions and refurbishment, with the Rural Fire Service report pending any day, to add the final element to our DA application to Council. The Board has already approved funding towards this project, so everything is ready once Council approved.

November is a good time to prepare for the impending summer heat and the possibility of natural emergencies such as bushfires. Whilst the Village is fortunate to be well supported by the adjacent Rural Fire Services and close proximity to the SES base in Coffs Harbour, it is still important to have your emergency plan in place and ready.

The most likely scenario our Village would face is smoke inundation from the surrounding bush, which would require evacuation to our Recreation Centre as stage one. In the event the SES attends to coordinate an evacuation, then we would proceed to the Sawtell RSL Club where we have a longstanding arrangement with management to accommodate our people until the emergency is resolved. The SES places Mater Christi and Marian Grove at the top of the priority list for emergency support and early intervention.

Tip: November is usually the month for our annual 'surprise' Emergency Evacuation exercise, so be ready!

For SES advice and resources, check their website: www.ses.nsw.gov.au

November significant dates: 1st All Saints Day; 11th Remembrance Day, plus, several special people have birthdays and anniversaries.

Until next time, enjoy the remainder of the spring weather, start to plan for the Christmas season and all the special celebrations, and remember to spread kindness wherever you can!

Michael Darragh
Chief Executive Officer,
Sawtell Catholic Care