

IN TOUCH



SCC MONTHLY NEWS - ISSUE 119
FEBRUARY 2026





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Our cover features a beautiful Stanhopea orchid growing in Marie Watt's garden.

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GROWING OLDER GRACEFULLY

SR ANNE HENSON

Our preparations for Christmas were severely impacted by the terrorist attack at Bondi Beach on 14th December. It has been said that Australia has been changed forever by the massacre of innocent people. This may be so, but it does not necessarily mean that we will be the worse for it.

We can choose to respond by honestly facing the underlying causes of this evil or by politicising the outcomes. As a nation, we can choose to rise above this tragedy to become stronger, better in becoming the welcoming community we have the potential to be.

The present suffering, pain, fear and grief of the aftermath can generate wisdom, tolerance, courage and resilience. It is time to pick ourselves up, dust ourselves down and start all over again. This is what we know as resilience. It results from recognising a problem, accepting the challenges it presents and working our way through them.

The public memorial at Bondi at the end of Hanukkah was a moving expression of good coming from evil. The victims were a Jewish community celebrating Hanukkah, the Festival of Light. They were joined by Australians of many different ethnic origins, cultures and religions. The ancient ritual of lighting the candles on the menorah was shared with victims, survivors, first responders and community leaders. This connection was profoundly human and deeply spiritual.

The reference to Hanukkah as the Festival of Lights is where Jesus comes into the picture. As a Jew, Jesus attended the Feast of the Dedication of the Temple (Jn10:2), the Feast now called Hanukkah. Twice in the Gospel of

John, Jesus declared that He is the light of the world. (Jn 8:12 and John 9:4-5.)

Light overcomes darkness. From time to time, we experience a blackout when the electricity system goes down. We immediately reach for a torch or lantern or perhaps light a candle. There is an immediate sense of relief that we are no longer lost in darkness but waiting in hope for light to return. Hope is the light shining in the dark. Resilient people are hopeful people. They refuse to be diminished by adversity. They are courageous and they are willing to work their way through a challenge.

Each of us faces challenges as we grow older. For us, resilience means adapting to changing circumstances in such a way that we do indeed age with grace. Becoming a grumpy old person is not a given. We can always choose life by being kind to ourselves and to others.

Sr. Anne Henson

Marian Grove Resident

**“No one escapes pain, fear,
and suffering. Yet from
pain can come wisdom,
from fear can come
courage, from suffering
can come strength – if we
have the virtue of
resilience.”**

Eric Greitens



IN THE SPIRIT

MATT DIGGES

The Challenge of a New Year

Trying to explain a post-war world dominated by a narrative set by narrowly controlled media cycles, Marshall McLuhan stated:

The medium is the message.

It was a warning shot that speaks as eloquently today as he did in 1958. The challenge today is the same: to go beyond what is given to us in the media and by societal narrative. We can lift the narrative above grandstanding, petty point scoring, political tropes, and coercion by the powerful and bullies. Recognising the need to reflect, mature and always move forward, the English churchman John Henry Newman (1801-1890) famously stated: *'To live is to change, and to be perfect is to have changed often'*. We all can do something to lift the positive quality of discourse in our society.

In a world that constantly changes and we with it, our foundations are principles that do not change. Our genius lies in our vision, mission, and values. They flow directly from our Christian faith and guide us through these somewhat uncivil and confusing times. With these we can change the world, starting with our own community.

An ancient hymn says:

*Lord God and Maker of all things,
Creation is upheld by you.
While all must change and know decay,
you are unchanging, always new.*

Matt Digges

Director of Mission



VILLAGE NEWS

KAREN MARTIN

Christmas Luncheon Success

Our Christmas luncheon was a tremendous success. The food was delicious, and residents thoroughly enjoyed the opportunity to connect, share friendships, and celebrate together. The Function Coordinator Ladies did a wonderful job spreading festive cheer, with beautifully decorated tables and a delightful selection of Christmas treats that everyone enjoyed.

We look forward to another year of fantastic luncheons that bring our community together and provide a chance to catch up with friends and neighbours.

Upcoming Luncheons – Ticket Information

To help ease congestion on arrival, we will be trialling the pre-purchase of luncheon tickets from Reception. Tickets are now on sale for our February luncheon, to be held on 10 February. Our bountiful raffle will still be on offer, don't forget to bring your raffle money along on the day.

The theme will be Valentine's Day, with tables beautifully decorated to match the occasion. Due to rising costs, the price of luncheons has increased to \$16. This small increase helps us continue to offer two complimentary resident luncheons each year, whilst still representing excellent value for a two-course meal.

Insurance Works Completion Celebration

We are pleased to announce that our insurance works are finally coming to an end. To celebrate this tremendous milestone, we will be hosting a complimentary resident BBQ luncheon. Details to be announced soon...

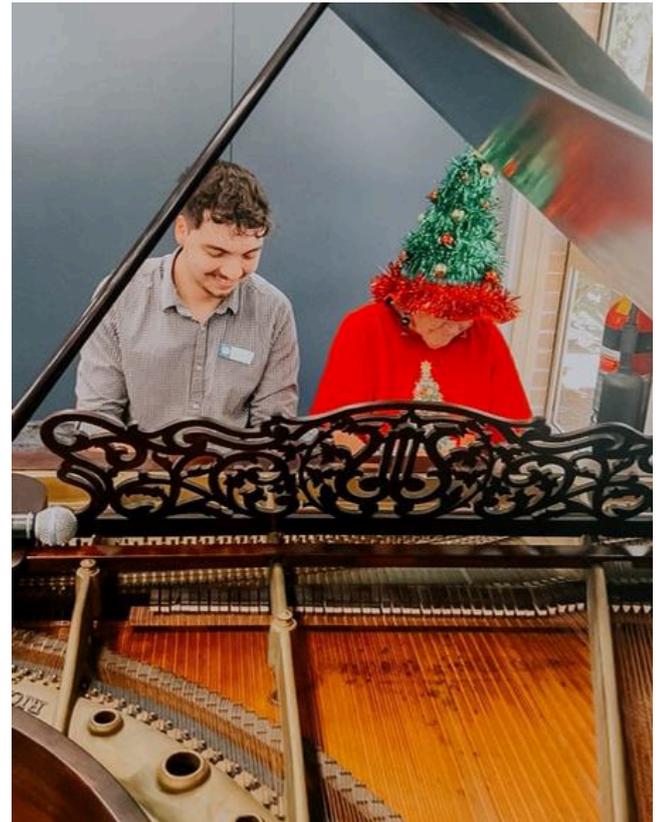
Karen Martin

Village Manager





December Luncheon





HOME CARE

ROB WILSON

I was asked recently to list some of the things that have the greatest impact on health and wellbeing as we age. As expected, it's an answer that can vary quite a lot from person to person, but one suggestion that benefits pretty much everyone is this: keep moving - every day, in small, enjoyable ways.

We sometimes think that exercise has to be strenuous to be worthwhile, but like a lot of things in life, consistency matters far more than intensity. Gentle, regular movement helps maintain muscle strength, supports balance, protects bone health, boosts mood, and even improves sleep quality. Just 10-15 minutes at a time can make a meaningful difference.

At Sawtell Home Care we see time and again the positive effects when people incorporate movement into daily routines. A slow morning walk, some stretching before breakfast, light gardening, or joining chair-based exercise classes can all support independence and confidence and help lessen the likelihood of things like falls.

If you've been less active lately, start small. Choose something you enjoy. Maybe invite a friend to join you - social connection is a wonderful motivator and can add even more fun to these activities. Your body is designed to move, and every step, stretch, and gentle lift helps you stay strong, steady, and engaged in things that you enjoy.

Rob Wilson

Sawtell Home Care Manager



**SAWTELL
HOME CARE**





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 13th February 2026

TIME: 10:30AM – 12PM

**For further information or
if you would like to join us,
Please RSVP to Kathryn,
Senior Pastoral Care Assistant**

0475 214 834

kathrynbutcherine@scca.net.au

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 13th February 2026

Time: 1pm – 2:30pm

Afternoon tea provided.

RSVP Kathryn, Senior Pastoral Assistant

Call 0475 214 834

Email kathrynbutcherine@scca.net.au for more information





DON REPORT

MERCY KURINYEPA

With Love, Always

Dear Residents and Families,

As we move through this season together, I would like to take a moment to speak about something that sits at the very heart of everything we do - love.

Love is shown in the gentle way our staff greet you each morning, in the patience taken to listen to your stories, and in the care given during even the smallest daily tasks. It is present in the smiles shared over meals, the comfort offered during difficult moments, and the respect we show for each person's dignity, choices, and life experiences.

Our residents are not just people we care for - you are individuals with rich histories, families, passions, and wisdom. It is a privilege for our nursing and care teams to walk alongside you, supporting not only your physical needs but also your emotional and social wellbeing.

To our families, thank you for the trust you place in us. Your involvement, kindness, and partnership help us create a home filled with warmth and compassion. We know how important your loved ones are to you, and we care for them with the same dedication and love we would want for our own families.

I am incredibly proud of our team. Their commitment, empathy, and professionalism ensure that love is not just a word, but an action demonstrated every day.

Together, let us continue to build a community where everyone feels safe, valued, and cared for - with love, always.

As some of you may already be aware, I will be stepping down from my role as Director of Nursing, with my final day in this position being 28 February.

It has been a true privilege to be part of this community and to share in both your journey and your loved one's care journey. I am deeply grateful for the trust, kindness, and support shown to me during my time.

Thank you for allowing me to walk alongside you and your families - it has been an honour I will always cherish.

Mercy Kurinyepa
Director of Nursing



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.

Guest Speaker February 2026

Josh Walsh

(Exercise Physiologist)

The importance of exercise

18th February 2026

10.30am

Mater Christi Community Room

(All welcome, Residents, Staff, Family's & Village)



MATER MATTERS

Christmas Lights



Residents thoroughly enjoyed attending evening Christmas light outings throughout the festive period, taking in the beautiful displays and the incredible effort our community puts into creating joy for others.

The twinkling lights sparked smiles, conversation, and festive cheer, with the experience made even more comforting by a warm hot chocolate and a cookie enjoyed together before returning to the facility.

Celebrating Our Senior Citizens

Our dear resident Lorraine Kaempfel has been nominated for a Coffs Harbour Australia Day Award - Senior Citizen of the Year.



Nominee

Lorraine Kaempfel

A remarkable inspiration whose love of life and learning knows no age.

After discovering dance later in life, this nominee continues to attend classes and perform well past her 100th birthday, delighting audiences and inspiring generations.

CONGRATULATIONS



Assisted by the Australian Government
through the National Australia Day Council.

Congratulations to our

Senior
Citizen of the Year
Lorraine Kaempfel



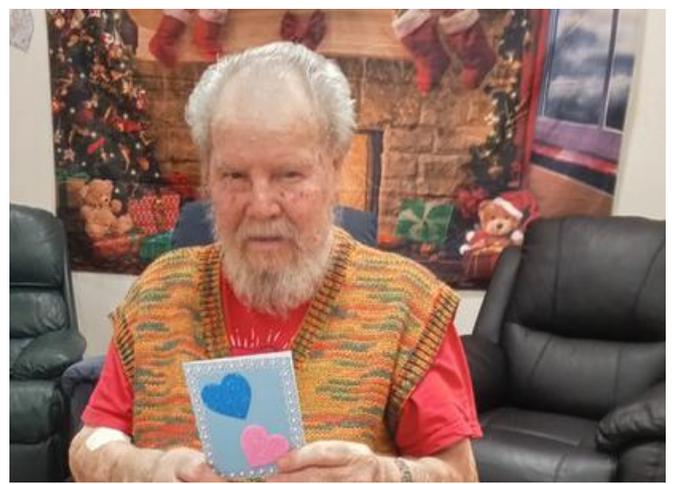
Australia Day Awards



MATER MATTERS

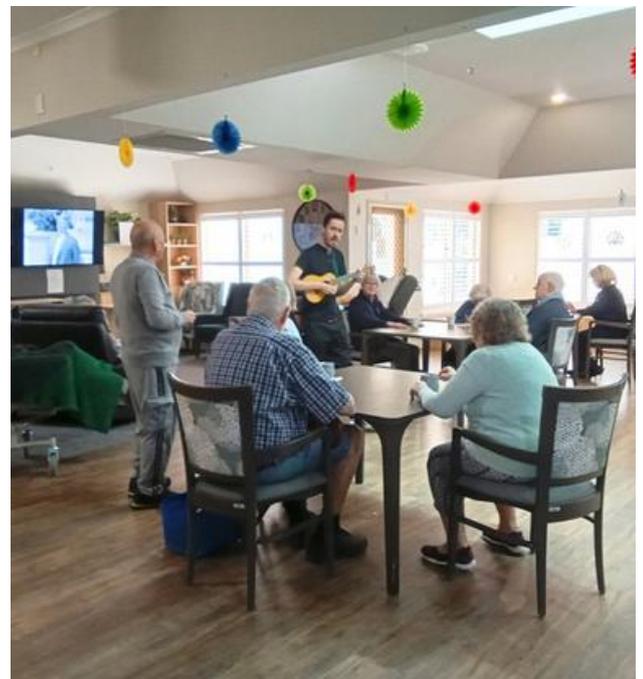
Christmas Activities

Residents came together to enjoy Christmas arts and crafts, a joyful activity that encouraged creativity, conversation, and festive cheer.



Music Therapy

Residents in the Memory Support Unit benefited from visits with music therapist Andrew, where familiar melodies created a calming and uplifting atmosphere.





MATER MATTERS

Christmas Cheer

December was truly magical, filled with joyful Santa visits, plenty of smiles as staff embraced the festive spirit by dressing up, and many moments of laughter and connection. Residents were delighted by lively tap dancing performances, and the delightfulness of our very own Christmas carols held in the chapel this year because of the rain, all these wonderful moments creating a beautiful sense of togetherness and festive cheer.





Recreation Centre Upgrade

Where are we up to?

We are excited to confirm the City of Coffs Harbour Council formally accepted the Development Application on 23 December 2025!

The application is now undergoing assessment by Council, who have issued referrals to their various internal departments as well as external services as part of the process. We remain hopeful of a faster determination having intentionally submitted a comprehensive application in the first instance.

While the DA assessment is underway, we are continuing to progress the project having selected the necessary consultants for the construction detailed design. Our aim is to be in a position to undertake the tender process and lodge the Construction Certificate application as soon as reasonably practicable after the Development Consent is received.



Stay informed...

- Talk to your Project Reference Group (PRG) representatives - Denis Scott and David Clyde;
- Regular project updates and other project information are available on the foyer noticeboard in the Recreation Centre;
- Read about the project in the monthly In Touch magazine.

Hello From Donovans

Welcome back to 2026 at Donovans

As we step into a new year, Donovans is delighted to welcome guests back for a season filled with sunshine, shared moments and relaxed dining. February marks the return of our much-loved long lunch - the perfect way to ease into 2026 with great food, flowing drinks and live music.

Saturday, 21 February 2026

Long Lunch at Donovans - \$89 per person

Join us for a relaxed afternoon of exceptional food, flowing drinks and live music at Donovans. Designed for long, lazy summer afternoons, this ticketed Long Lunch experience brings together great company, coastal vibes and generous shared dining.

Guests will enjoy a thoughtfully curated shared menu, paired with bottomless spritz, wine and beer, including Stone & Wood and Great Northern. Live music will set the tone from 12-2pm, with Mitch Burgess.

This is a ticketed event with limited availability. Book through our website donovansvenues.com.au or give us a call on 0435 653 588.



Thursday, 12 February 2026

Residents' Lunch

Lunch at the Link, dine in the restaurant on Thursday 12th February 2026 - Fish and chips with gelato \$25.

Book through our website donovansvenues.com.au or give us a call on 0435 653 588.

Tropic Nights!

Come join us for the upcoming Tropic Nights before the end of daylight savings.

Friday, 27 February and
Friday, 27 March 2026.



Follow us on socials
[@donovanslink](https://www.instagram.com/donovanslink) & [@chefmattdonovan](https://www.instagram.com/chefmattdonovan)



Community Corner

Staff Christmas Celebrations

Sawtell Catholic Care staff enjoyed a wonderful Christmas party at The Link with a visit from Santa.



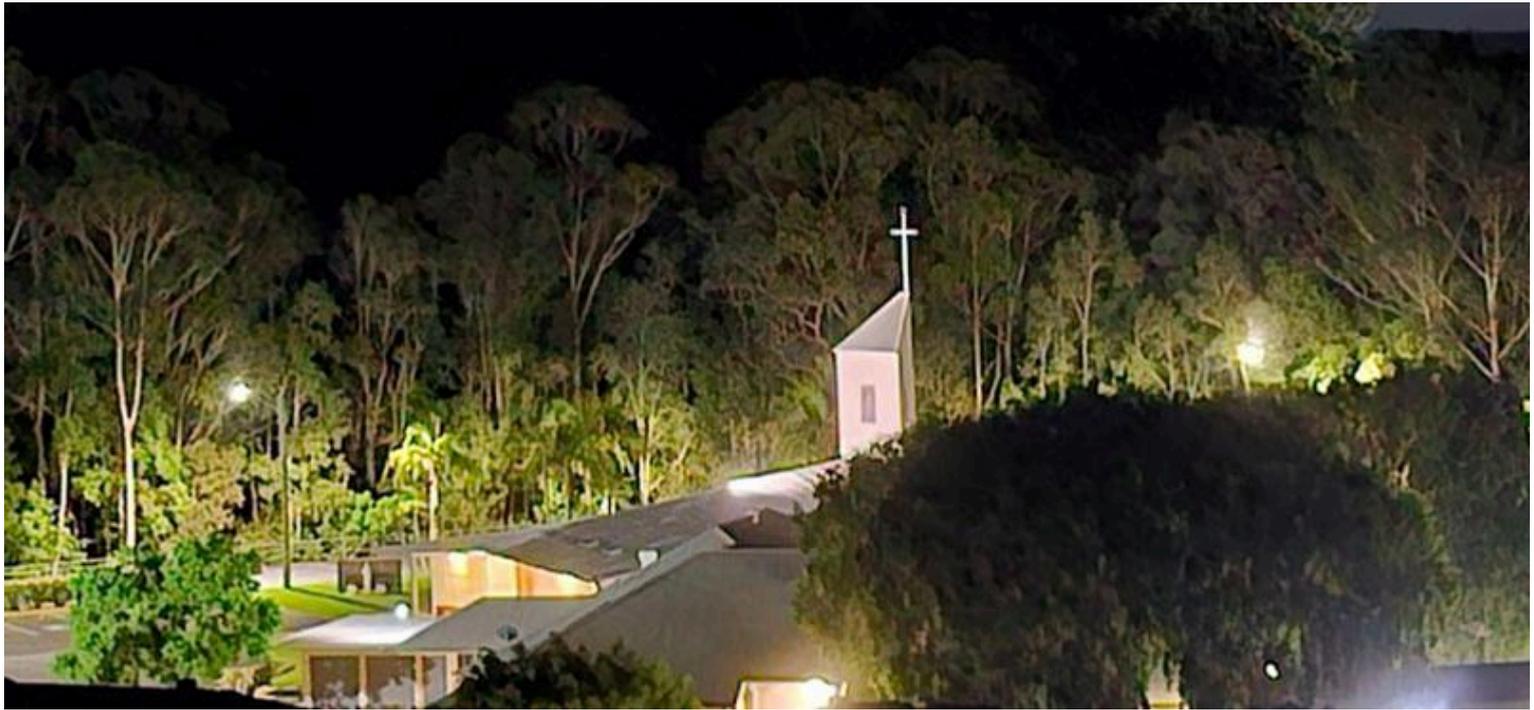
In the garden

Marie Watt had extra family over the Christmas break when a Dove nested in her Indian Rope Hoya.





Community Corner



Marian Grove by Night

Thank you to Sandra Evans for submitting this photo of Marian Grove at night. A lovely photo capturing the Village by night.

Coffs Coast Business Awards



Sawtell Catholic Care was recently awarded the Outstanding Community Organisation at the Coffs Coast Business Awards night.

Sisters of Mercy Celebration

Some 15 years after Irish woman, Catherine McAuley, established the Sisters of Mercy Congregation in Ireland, seven Mercy women arrived in Perth from Dublin in 1846. This small group included six Sisters of Mercy and one lay woman and was led by Mother Ursula Frayne. Soon after their arrival, the Sisters became the first women's religious order to establish a school in Australia when they opened what has now become known as Mercedes College in Perth, Western Australia.

In the years that followed 1846, congregations of Sisters of Mercy were established in Australia by Sisters who arrived from other parts of Ireland, England and Argentina. Further foundations also grew out of these initial foundations both in Australia and Papua New Guinea.

Here in the Diocese of Lismore, many schools were established, by the Mercy Sisters including our own parish school, Mary Help of Christians Primary, in Sawtell.

Congratulations to our Mercy Sisters residents here in Marian Grove and Mater Christi -

Sr Maureen; Sr Yvonne;
Sr Rosie; Sr Judy

Thank you for your friendship, your dedication and your presence here as part of our Community.





MARIAN GROVE NEWS



RESIDENT'S LUNCHEON



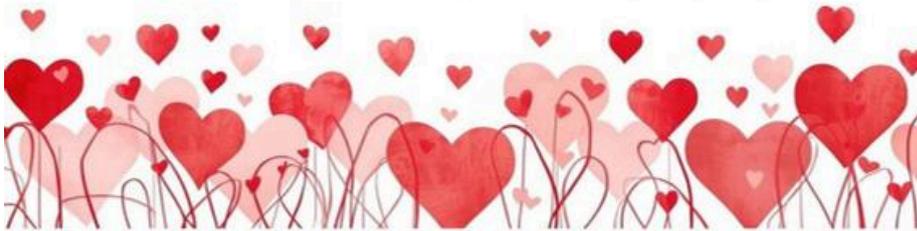
10th February 2026
12.00pm
Recreation Centre

\$16
Pre purchased
tickets required

Menu

Roast Chicken and Ham, baby potatoes
and garden salad

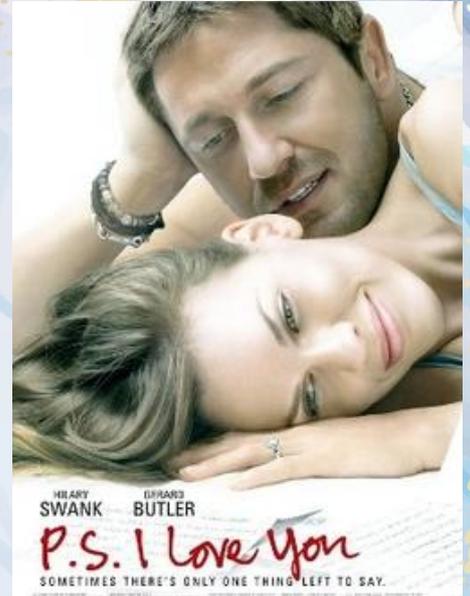
Mini Pavlovas with fruit and cream



**Please purchase your ticket from
Reception prior to 6 February 2026**
Transport is available book at Reception

Raffles 3 for \$5

Movies



**Saturday
14th February 2026**

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
via Cunningham's Bananas

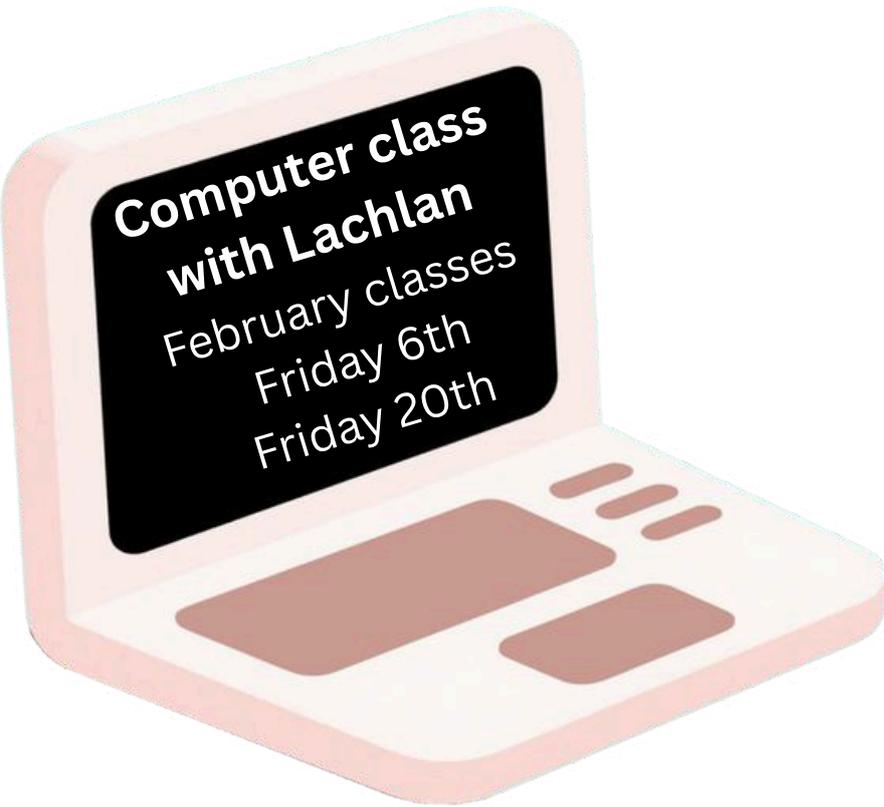
Dec/Jan Sudoku solution

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

Sudoku provided by SudokuBliss.com



MARIAN GROVE NEWS



FOR SALE

Scout Sport Quattro Mobility Scooter

Best offer

We paid \$2990.

It has no issues. Folds into boot.

Contact Graham

Apartment 751

0427 464 303



Green Organic Waste

All food and green waste should be placed in your organics (green) bin rather than the red bin.

For best practice we recommend using compostable kitchen liner caddies. These compostable bags can be placed directly into the green bin, helping to reduce odours and prevent waste from sticking to the bin.

Please note that compostable liners are readily available at Coles and Woolworths.



COMIC



SUDOKU

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

Sudoku provided by SudokuBliss.com



Summer Fun

Word Search



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

BEACH
 BARBECUE
 SWIM
 POPSICLES

ICE CREAM
 MOVIES
 CAMP
 HIKING

SURFING
 PICNIC
 LEMONADE
 BIKE

TRAVEL
 LAKE
 TENT
 FIREWORKS





From our CEO

Courage, Love, Respect, Justice

Dear residents, families, friends and staff,

Welcome to a New Year Together

I hope 2026 has begun well and been a happy New Year so far, and your family and loved ones have had an opportunity to enjoy some time together during the holiday season.

As we step into a new year, February offers a wonderful opportunity to reflect on the year just passed and to look ahead with optimism and gratitude. The past year has been one of growth, connection, and shared achievement across our community. Together, we have strengthened services, welcomed new faces, and continued to build a place where care, dignity, and belonging remain at the heart of all we do.

The DA for the Village Recreation Centre has been submitted, so we await the approval and we have funding approval from the Board. The Villa Maria Village affordable housing redevelopment is finalising preparation for a Development Application also, so not far off.

At this time of year, it is also important to be mindful of emergency preparedness, particularly during periods of extreme weather. Our team continues to review and practise our emergency plans to ensure everyone's safety and wellbeing. We encourage residents and families to stay informed, follow guidance from staff, and ask questions if you would like to know more about our preparedness measures.

February brings several moments worth celebrating. World Cancer Day (4th), Valentine's Day (14th) remind us of the importance of kindness, friendship, and love

in all its forms, whether shared with a partner, a friend, family, or within our wider community. The Chinese Lunar New Year (10th) is also celebrated this month, marking a time of renewal, good fortune, and hope, and we warmly acknowledge this important cultural tradition which concludes with the Lantern Festival on 24th.

Health and wellbeing remain a priority. Staying hydrated, keeping gently active, and enjoying balanced nutrition all play an important role in maintaining strength and vitality, particularly during warmer months.

World Interfaith Harmony Week (1st - 7th) invites us to reflect on respect, understanding, and unity across different faiths and beliefs, values that enrich our community of Christian care.

February 20th is World Social Justice Day, highlighting the importance of advocacy for the vulnerable, with equitable access to resources and opportunities, advocating for a fair and inclusive global society.

And finally, February 23rd is International Stand Up to Bullying Day, to combat bullying and promote empathy and respect, fostering safer and more inclusive communities for all.

Let's work together and make this another wonderful year of kindness, connection, care, and community.

Michael Darragh
Chief Executive Officer,
Sawtell Catholic Care

