

# IN TOUCH



SCC MONTHLY NEWS - ISSUE 120  
MARCH 2026





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March 2026

Our cover features Enid Lambert, pictured with her niece, celebrating her 104<sup>th</sup> Birthday with family and friends at Mater Christi.

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# GROWING OLDER GRACEFULLY

## SR ANNE HENSON

Frank Kennedy was Village Manager here at Marian Grove for some years. He was a dedicated environmentalist and responsible for official recognition of our National Parks Wildlife Sanctuary, for the bushwalk and for the planting of the many trees in the Village.

About ten days before his passing in November 2025, I was privileged to spend time with him, Carmel and their daughters in his room at Mater Christi. He spoke of Marian Grove as a "thin place". It was a poignant moment hearing these words from someone who loved nature, cared for it "hands-on" and was about to leave this world. Frank was a man of deep Christian faith and that day in his room we spoke about the life to come, about heaven and being forever in the presence of God. We were indeed in a thin place.

Thin place is a Celtic Christian term referring to places and special times where the boundary between earth and heaven is almost transparent. There is a heightened experience of the sacred, a deeply spiritual connection. It is an intensifying of what we call sacred space. Thin places may be sacred sites or natural wonders such as the ocean, mountains, forests.

Marian Grove is an exceptionally beautiful natural environment. We have our unique place of connection called, appropriately, The Link. The beautiful Australian gardens, the lake, all offer us peace, space and time for reflection. Throughout the Village we are surrounded by magnificent trees, home to the birds whose songs delight us every day and the kookaburras which find us so amusing.

We have our gathering places, the chapel, recreation centre, men's shed and café. Mater Christi is a dedicated place of care for the frailest people in our community.

Yes, we are a very special community of older people, living in this very beautiful environment. Our lives no longer regulated by the demands of the working week, we have time for ourselves and for others. It behoves us to make this a happy place, a friendly place. Everyone who chooses to join our community is forging a connection and has a right to belong, choosing how they will spend their time and hoping they will be welcome when they explore the possibilities open to them in the various group activities available at Marian Grove. Friendliness and neighbourliness, consideration for others are very human qualities but they can make life a little bit of heaven.

Living as we do in this quiet corner of the Coffs Coast, we value peace and harmony. Throughout our working lives we have been encouraged to strike a good work/life balance. In retirement the challenge is to strike a healthy balance between "me time" for rest and reflection and our involvement with friends and family, with the people who, like us, have chosen Marian Grove.

**Sr. Anne Henson**  
Marian Grove Resident





# IN THE SPIRIT

## MATT DIGGES

### Winds of Religious Change

Ash Wednesday begins the penitential season of Lent culminating in the Easter feast. In many Christian churches, congregants are signed with ash to signify entry into a time of penitence.

Lent represents the forty days of the great flood, the forty years the Israelites wandered the desert, and the forty days Jesus spent fasting before beginning his ministry. It is characterised by deepening our relationship with God through prayer, humbling ourselves through fasting, and caring for others through almsgiving.

This year my Facebook feed came alive with numerous greetings from Australian public figures recognising the beginning of Lent, which this year coincided with the Islamic

fast of Ramadan. We Australians are generally private about religion, so I am perplexed by this public display.

Beyond strict religious observance, Ash Wednesday's themes of humility, self-reflection, and "new beginnings" resonate widely. In our fast-moving, stressful world, the offer of a moment to pause is appreciated. After years of decline in traditional faith, Christians seem to have recovered their collective voice, to which broader society is becoming more open. Public figures are simply recognising and following the trend.

This Lent, feel free to enter a time of prayer, fasting and giving to others in whatever way your faith guides.

**Matt Digges**

Director of Mission





# VILLAGE NEWS

## KAREN MARTIN

Our first luncheon in February was very well received with a wonderful turnout from residents. The introduction of pre-purchased tickets proved to be a more efficient process, and we were pleased to see so many residents attending and enjoying the event. We will continue using this system for future functions, so please remember to pre-purchase your luncheon tickets from Reception.

Regarding our recent survey about payment options (cash or EFTPOS), the majority of residents indicated that cash is currently their preferred method of payment. We will continue to monitor feedback and reassess the need for EFTPOS facilities. Should the general consensus indicate a need for this service in the future, we will certainly look at introducing it.

As our services to the community continue to grow, our current office space has become increasingly challenging for staff. To better support both our team and residents, the Marian Grove Village Services Team and Management will be relocating to Unit 151.

This space has proven effective in the past, offering a central and convenient location for residents to access village services. We anticipate moving to the new office shortly and will keep everyone informed of the exact date.

Please feel free to drop in, say hello, and take a look at the dedicated office space for Marian Grove Administration, Welfare, and Management. We look forward to welcoming you there.

Thank you to everyone who continues to support our events and provide valuable feedback.

**Karen Martin**  
Village Manager



## Project Update



# Recreation Centre Upgrade

## Where are we up to?

Assessment of the Development Application (DA) for the Stage 2 upgrade works is currently being undertaken by Council.

While we are waiting for a determination, SCC is continuing to progress the project:

- Fee proposals have been requested from the necessary consultants for the next stage of construction detailed design.
- The Village Manager has reviewed the proposed layout of the new kitchen and provided feedback which will assist the kitchen designer to understand the required process flow and inform the overall design. Further discussions will be held as the design process continues.
- A survey has been distributed to residents, seeking input into the type of equipment you would like to have in the gym. Please return your completed survey to Marian Grove Reception. Thank you for your assistance.

*(Images provided of the proposed Al Fresco area are for visualisation purposes only.)*



## 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.



# DON REPORT

## MERCY KURINYEPA

### Why Do We Ask?

When someone moves into aged care it can be an adjustment for them and their family. When we live independently, we can come and go whenever we please, we can have visitors whenever we like, and we need only consider our needs and wants in making decisions. However, an aged care environment is a shared one and providers have obligations to protect the privacy, safety, and health of all residents in their care. We may ask some questions that, at first may seem intrusive to a resident or visitor. They are certainly not intended to be and we ask them for some very good reasons.

#### Why do we ask visitors to check-in?

##### Work Health and Safety

Under Work Health and Safety regulations Mater Christi is obligated to ensure everyone who enters our facility is safe. One of the ways we do this is by keeping a register of every person in the building so in the event of an emergency we know to look for you and make sure you are okay.

##### Resident Privacy and Safety

Would you let strangers wander through your home whenever they please? Would you feel safe if they did? Residents of aged care have the right to feel safe and comfortable in their home too. This means

knowing that the people they see walking the halls of their home are there for legitimate reasons.

#### Why do we ask residents where they are going?

##### Our Duty of Care

Under the Aged Care Act, Mater Christi has a duty of care to all residents. This duty of care continues even when a resident leaves the facility and includes an obligation to report to Police and the Aged Care Quality and Safety Commission (the Commission) if a resident is absent without our knowledge. We need to know where you are going and when to expect you back so that if something were to go wrong we know when, and where, to start looking for you.

##### Meals

One of the other reasons we ask when you are expected back is for catering purposes. If we know you are planning to be back around dinner time, we'll make sure we have a meal prepared and ready for you on your return. Likewise, if you plan to eat out we avoid waste by not preparing your lunch or dinner.

**Mercy Kurinyepa**  
Director of Nursing





# 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 13<sup>th</sup> March 2026**

**TIME: 10:30am – 12pm**

**Special Guest – Maureen Darby  
2026 Sawtellian of the Year**

**Morning Tea is provided.**

**RSVP to Kathryn,**

**Senior Pastoral Assistant**

**0475 214 834**

**[kathrynbutcherine@scca.net.au](mailto: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 13<sup>th</sup> March 2026**

**Time: 1pm – 2:30pm**

**Afternoon tea provided.**

**RSVP Kathryn, Senior Pastoral Assistant**

**Call 0475 214 834**

**Email [kathrynbutcherine@scca.net.au](mailto:kathrynbutcherine@scca.net.au) for more information**



# Together We Can



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

## What this group is about?

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

**Guest Speaker March 2026**

**Charlotte Rodgers**

(Occupational Therapist)

**18th March 2026**

**10.30am**

**Mater Christi Community Room**

(All welcome, Residents, Staff, Families & Village)



# MATER MATTERS

## The Power of Familiar Melodies

Our music sessions continue to be a meaningful and uplifting experience for residents. Through familiar songs, gentle rhythm activities, and shared memories, music provides a beautiful way to connect, communicate, and reminisce.

Residents light up when hearing tunes from their younger years, often singing along, tapping their feet, or sharing stories sparked by a favourite melody. Music has a unique ability to reach beyond words, offering comfort, reducing anxiety, and encouraging social connection - particularly for those living with a cognitive impairment.



These sessions are filled with smiles, movement, and heartfelt moments. It is truly special to witness how a simple song can unlock memories and bring joy to the room.

We look forward to continuing these enriching musical experiences together.

## Thank You for Supporting Our Memory Support Residents

We would like to extend our sincere thanks to Ann Brennan who donated such well-made fidget aprons for our Memory Support residents. These thoughtfully made items provide comfort, sensory engagement, and gentle stimulation.

The time, care, and creativity that went into making each apron is truly appreciated. These meaningful resources help support residents' wellbeing by encouraging focus, reducing anxiety, and providing a calming activity that can be enjoyed independently or with others.

Most importantly, these handmade gifts are a reminder to our residents that they are cared for and valued by the community around them. Thank you Ann, for your kindness, generosity, and ongoing support.





# MATER MATTERS

## Enid celebrates 104 years!

We recently had the wonderful privilege of celebrating Enid's 104th birthday with a special morning tea shared by residents and staff. The room was filled with smiles, laughter, and the aroma of freshly brewed tea as everyone gathered to honour this incredible milestone. Residents enjoyed birthday cake as we sang Happy Birthday together. It was a joyful morning celebrating Enid's remarkable life, wisdom, and the happiness she brings to our community. Congratulations, Enid - what an inspiring 104 years!



## Valentine's Day Celebrations



Love and kindness were in the air this Valentine's Day as residents enjoyed a range of meaningful activities designed to bring people together. From creative card-making sessions to special BBQ gatherings and Valentine's-themed Happy Hour celebrations, there were many opportunities to share smiles and friendship.

One of the highlights of the day was ensuring every resident felt remembered and valued, with personalised Valentine's cards delivered to all residents throughout Mater Christi. These small gestures created many heartfelt moments and brightened the day for everyone.

It was wonderful to see residents connecting, celebrating friendship, and enjoying the warm sense of community that makes occasions like Valentine's Day so special.



# Hello From Donovans

## A Warm Hello from the Donovans Team

The team at Donovans would like to say a big hello to all.

We absolutely love welcoming you through our doors each week. Whether it's for a relaxed lunch, a glass of wine with friends, or a coffee by the water, you are always such a valued part of our community. Thank you for your continued support, we truly appreciate you.

We look forward to seeing many familiar faces throughout March!

## 🍷 Happy Hour | 12pm - 2pm Daily Available Monday - Sunday

Join us daily for a delicious lunch and enjoy Happy Hour from 12 - 2pm. The perfect excuse to gather friends and enjoy a leisurely meal.

## Piccolo Selection Available:

\$8 House Wines (Piccolos)  
Long Row Cuvée Brut 200ml  
Villa Jolanda Prosecco 200ml  
Angove Organic Rosé 187ml  
Long Row Moscato 187ml  
Long Row Pinot Grigio 187ml  
Long Row Chardonnay 187ml  
Bridgewood Sauvignon Blanc 187ml

## Beer Selection: All Beers \$8

Great Northern Super Crisp 3.5%  
Corona 4.5%  
Stone & Wood Pacific Ale 4.4%  
King Tide Crispy Larger 3.8%

## 🌺 Tropic Night – Friday 27th March

Our next Tropic Night is happening on Friday 27th March!

Tropic Night is back! Seasonal flavours, live music, no set courses, lawn games, picnic tables or BYO blanket on the grass. Families and kids are welcome as we celebrate warmer nights under the stars ✨

📞 Book now 0435 653 588

🌐 [donovansvenues.com.au](http://donovansvenues.com.au)

## 🌺 A Special Thank You to Nola

We would like to express our heartfelt appreciation to Nola.

Nola is graciously helping to bring our garden plots to life and is refreshing and updating our beautiful table vases each week. The space is looking brighter and more vibrant thanks to her thoughtful care.

Thank you so much, Nola - you are doing a beautiful job and we truly appreciate you.

## Easter Trading Hours

Donovans will be closed Good Friday and Easter Monday. Open Easter Saturday and Sunday.



Thank you  
DONOVANS Team

Follow us on socials  
@donovanslink & @chefmattdonovan



# At The Link In March

As we head into the Autumn months it is a great time to venture over to The Link. Spend some time walking around and relaxing in our award winning gardens and grounds that are wonderfully maintained and cared for by The Link's team, Jordan and Gavin.

If you enjoy seeing wildlife up close, we have plenty of turtles, eastern water dragons, ducks, superb fairy wrens and if you're lucky you might spot the cutest baby moorhen or even a tawny frogmouth. So choose a drink from Donovan's Cafe and enjoy your next adventure at The Link.



**DONOVANS**  
*Link*  
Eatery & Grounds

## Donovans Tropic Nights

Fri  
27th Feb  
& March  
5-9pm



### FAMILY FRIENDLY

Dine in our restaurant or bring a picnic rug to sit in the grounds. Lawn games and colouring in for the kids.



### SHARE STYLE MENU

Share tapas, enjoy hearty mains, and let the kids choose from their own menu.



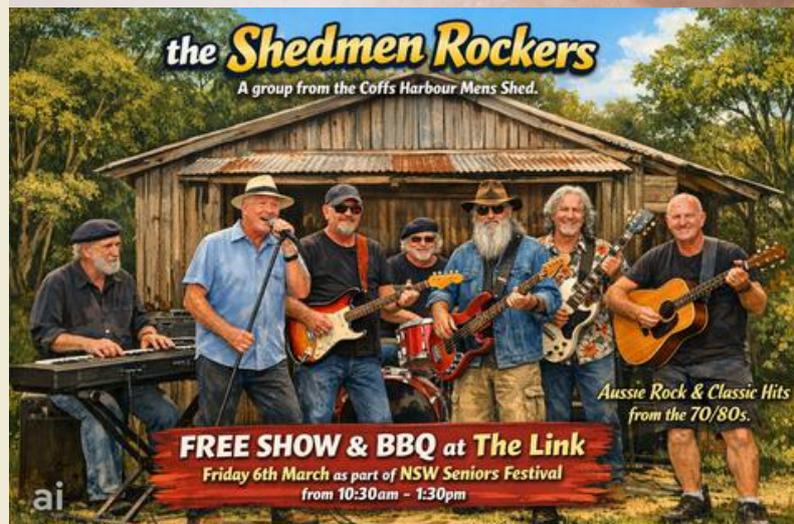
### LIVE MUSIC

Sit back, sip, and soak up the smooth sounds of live music by Daniel Pereira from 5-7.30pm.

Book now via 0435 653 588 | donovansvenues.com.au

## The Shedmen Rockers

To help celebrate NSW Seniors Festival, we have the Shedmen performing FREE at The Link on Friday 6 March from 10.30am to 1.30pm at the Pavilion with a FREE sausage sizzle around midday for over 60s.



*Aussie Rock & Classic Hits from the 70/80s.*



## Residents' Luncheon



10 March 2026  
12 Noon  
Recreation Centre

**Menu**  
Apricot Chicken Legs with  
rice and green beans

Apple Blueberry Danish  
and custard

**\$16 per person**  
Pre purchased tickets required

Please purchase your ticket from  
Reception prior to 6 March 2026  
Transport available please book at Reception

**Raffles 3 for \$5**

## 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



## Movies



**Saturday**

**14th March 2026**

1.30pm  
Recreation Centre

**\$3**

Lucky door prize  
and afternoon tea

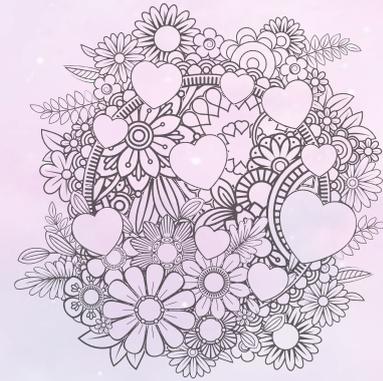
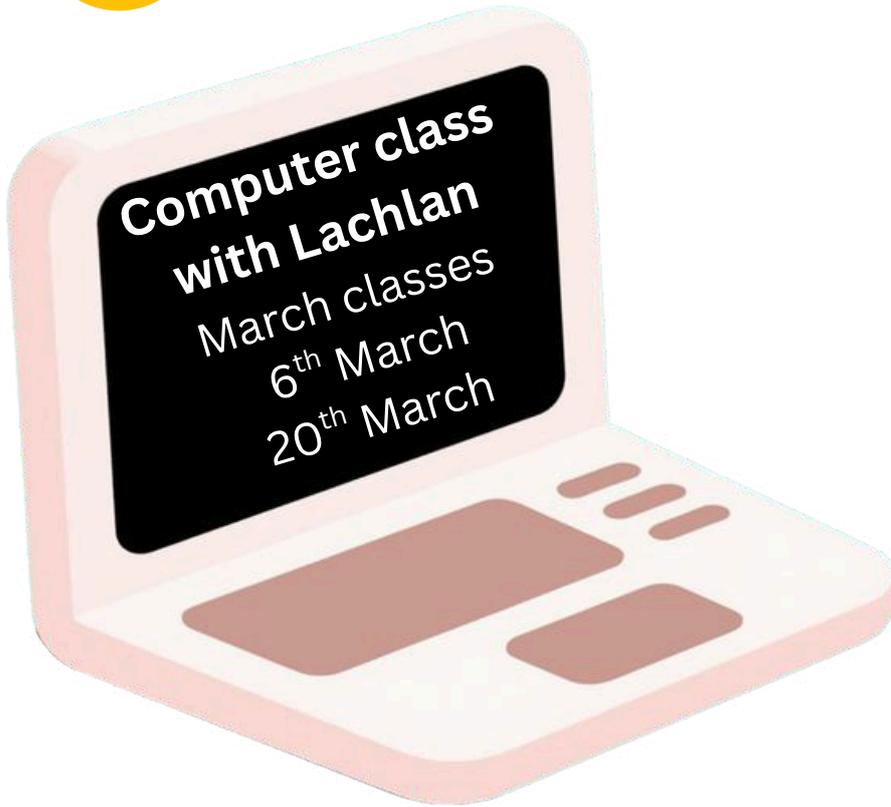
For enquiries contact  
Barbara Smith 0401 781 706

## February Sudoku solution

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

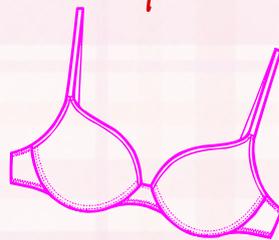


# MARIAN GROVE NEWS



Seeking expressions of interest to start/join a colouring-in group. One afternoon in the Recreation Centre. Please contact Barbara Smith - 129

## Heart to Heart Lingerie



Scheduled for a Saturday in April.

For more information or to express interest in attendance, please phone Barbara Smith - 129

## Resident BBQ

Sunday 29<sup>th</sup> March

Free BBQ

Please place your name on the sheet in the Recreation Centre for catering numbers.



## Mei Wei Lim & Friends Concert

Saturday 21<sup>st</sup> March

2 - 3pm

Recreation Centre

Free entry





# Community Corner

## CELEBRATING 69 YEARS OF MARRIAGE!

"Love recognises no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope."

Maya Angelou

Residents Gordon and Ruth Egan celebrated their 69<sup>th</sup> wedding anniversary on 29<sup>th</sup> December 2025. A blessing was given to them during Mass in the Chapel at the start of the year by Fr David King.

Congratulations to Ruth and Gordon.



## Green Bin

Upon consultation from Coffs Harbour City Council, we have been advised that compostable bags are not suitable for the green bin. ([www.coffscostwaste.com.au/bin-info/101338](http://www.coffscostwaste.com.au/bin-info/101338)) Please wrap food scraps in newspaper prior to disposal.

### Green - Organics

- Food waste (always wrapped in newspaper)
- Small prunings and cuttings
- Lawn clippings
- Small branches (up to 10cm thick)
- Leaves
- Weeds
- Cut flowers
- Shredded newspaper (mix the shredded paper with your garden and food waste or damp it down so it does not blow down the street when the bin is emptied)
- Paper towel and tissues



## Marian Grove Village Life

We would love to feature more stories within Marian Grove! Email photos or a story to

[mgreception@scca.net.au](mailto:mgreception@scca.net.au)



"The postie this morning!" Submitted by Rosie Carroll



# 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 on 6653 1241 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)**

For any Police emergency matters please phone:

**6691 0799**

### Grounds and Maintenance Requests

For any grounds or maintenance requests please phone the Marian Grove Reception on **6653 1241**.

Please advise the Marian Grove Reception 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

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

Sudoku provided by [SudokuBliss.com](http://SudokuBliss.com)

# Word Search

**HAPPY ST PATRICK'S DAY**



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



CHARM  
CLOVER  
GOLD  
GREEN  
HAT

HIDE  
IRISH  
LEPRECHAUN  
LUCKY  
MAGIC

MARCH  
PINCH  
RAINBOW  
SHAMROCK  
TRAP



# From our CEO

## Courage, Love, Respect, Justice

Dear residents, families, friends and staff,

As we move into the month of March, we are reminded again of the many opportunities we are given to come together as a community, to celebrate diversity, support one another's wellbeing, and reflect on the values that guide our shared mission of providing care and compassion to our community.

March brings with it a number of important national and cultural occasions, each offering a chance for us to learn, connect, and strengthen the spirit of belonging that makes our Sawtell Catholic Care community such a special place.

### **Hearing Awareness Week from March 2nd and World Hearing Day March 3rd**

Hearing Awareness Week is a timely reminder of the importance of listening, not only with our ears, but also with our hearts. Good hearing health plays an important role in maintaining independence, confidence and connection with others. This week is an opportunity for residents, families and staff to support conversations about hearing checks, hearing aids, and how we can make communication easier and more inclusive for everyone.

### **Clean Up Australia Day March 2nd**

Clean Up Australia Day encourages all Australians to care for the environment we share. Whether it's through a small act such as reducing waste, recycling thoughtfully, or simply appreciating the beauty of our gardens and local surrounds, this day reminds us that stewardship of creation is part of our responsibility to future generations. It is also a wonderful opportunity to reflect on the pride we take in our home and community.

### **International Women's Day March 8th**

International Women's Day is a chance to recognise and celebrate the remarkable contributions of women in our lives - mothers, grandmothers, daughters, sisters, friends, colleagues and carers. It is also a day to honour the strength, resilience and leadership shown by women across generations. At Sawtell Catholic Care, we are blessed by the many women who have shaped our community through their service, wisdom and compassion.

### **St Patrick's Day March 17th**

St Patrick's Day is a joyful celebration of Irish heritage and tradition, and a wonderful opportunity for a little light-hearted community fun. Whether through music, stories, a splash of green, or simply sharing a laugh together, this day reminds us of the richness of culture and the joy that comes from celebrating traditions that many residents and families hold dear.

### **Harmony Week 16th - 22nd and 21st as Harmony Day**

Harmony Day is one of the most meaningful celebrations of the year, as it reflects the heart of what community truly means: inclusion, respect and belonging for all. This day invites us to celebrate the many cultures, backgrounds and life journeys represented within Sawtell Catholic Care. It is a powerful reminder that diversity is not only something to acknowledge, but something to value and cherish, and that kindness and a welcoming spirit are at the centre of our mission.

As always, I encourage everyone to take part in these moments of celebration and reflection in whatever way feels meaningful. Even small, shared experiences, such as a friendly chat, a smile, a story, or a prayer together, can strengthen the bonds that make our community feel like home.

On a final note, as we journey through March and Lent, we are reminded this is a special time of reflection, renewal and quiet preparation in the lead-up to Easter. Lent invites each of us to pause, to consider how we might grow in faith, compassion and generosity, and to renew our commitment to caring for our community. It is a warm reminder that hope is always present, and that even in the small daily acts of kindness and service, we live out our mission and strengthen the Christian spirit that defines our community here in Sawtell Parish and Sawtell Catholic Care.

Until next time, warm regards

Michael Darragh  
Chief Executive Officer,  
Sawtell Catholic Care

