

IN TOUCH



SCC MONTHLY NEWS - ISSUE 122
MAY 2026





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Our cover features a field of pretty flowers, reflective of Mother's Day.

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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

Hands of Heritage

O gentle hands, with wrinkles deep,
Each line a tale, in silence they seep.
Soft as whispers, yet strong as the sun,
In your tender grasp, a lifetime is spun.

They knead the dough, they cradle the child,
In warm, loving folds, once fierce and wild.
Each motion a memory, a dance of the past,
In the fabric of time, your stories are cast.

Behold the hands that taught me to weave,
Threads of compassion, of love to believe.
A treasure, a map, an unseen embrace,
Within your wisdom, I find my place.

O hands of my grandmother, silent yet loud,
In a world turned chaotic, you stand ever proud.
With every touch, a loving refrain,
In the heart of your stories,
I flourish and gain.

tinypoetry.com

HAPPY
Mother's Day





GROWING OLDER GRACEFULLY

SR ANNE HENSON

Some words are over-worked, "Awesome", for example is frequently used to mean something nice or pleasant, not awe-inspiring. "Awestruck", on the other hand, is not in everyday use. Perhaps this is because it carries an intense sense of wonder, often an emotional and physical response with elements of surprise, contemplation, joy, bliss.

The four astronauts who returned from their outer space mission last month were awestruck and will be forever changed by their experience, as were their predecessors on earlier space missions. Astronauts undergo a profound cognitive shift after seeing the wonders of the moon and stars at close range. Moreover, even at that great distance, they feel a deep connection with planet earth. Artemis II astronaut, Victor Glover, said that our planet looks like "one thing, homo sapiens is all of us". His first words to the media after splashdown were that he wanted to thank God in public, expressing gratitude for what he had seen and experienced as well as for the company of his fellow astronauts. TV images certainly showed the team as closely bonded.

We need that message in these troubled times when there are more than 130 armed conflicts across the globe. The Artemis II crew described earth as a special place, urging us to treat our fragile planet with care and to live in unity with one another.

Previously, the American astronaut, Alan Shepard, spoke of how fragile earth looks in the darkness of space, adding that it's tough that people are fighting each other instead of trying to get together to protect our vulnerable home. This experience was so overwhelming for Shepard that he admitted "When I first looked back at the earth, standing on the moon, I cried."

The closest we can come perhaps to that sense of wonder is when we go to a headland and gaze out over the vast expanse of ocean and simply become lost in awe at its immensity, its beauty, its mystery. At night we simply need to gaze in wonder at the moon and stars to become lost in wonder.

It can sometimes be the tiniest things in nature that arouse wonder in us. Think of the perfection, the delicate nature of a violet, a ladybird. And what about the daily occurrence of sunset, the stirring of a gentle breeze, the perfume of a flower? At such times the human spirit knows an inner stillness. Being receptive and attentive to that sense of wonder could transform the world.

Whatever our differences, we all share this beautiful world. It is our home. In *Laudato Si'*, his message to the world about care of the environment, Pope Francis said: "Concern for the environment needs to be joined to a sincere love for our fellow human beings and an unwavering commitment to resolving the problems of society

Sr. Anne Henson
Marian Grove Resident

THERE CAN BE NO RENEWAL OF OUR
RELATIONSHIP WITH NATURE WITHOUT A
RENEWAL OF HUMANITY ITSELF.

- POPE FRANCIS -



IN THE SPIRIT

MATT DIGGES

In the same way that children run to their mother when frightened, Christians have a habit of running to Mary. After all, from the Cross, Jesus gave her to John and all his followers as our mother.

There have been a few notable moments in history that have concentrated attention on Mary, whose motherly care points us to Christ.

In 1571, beleaguered and outnumbered, Christians gathered at the tiny port of Lepanto in Greece. They faced an overwhelming Ottoman naval force under Ali Pasha that had not been defeated. All cities and towns defeated by the Ottomans were forced to renounce their Christian faith. It seemed that Western Europe was to face the same. The small force gathered under the leadership of the 24-year-old Don John of Austria. After a five-hour battle, the Ottomans were defeated and Christianity in Europe hoped again. A grateful Europe declared Mary Help of Christians.

Fast forward to Australia. In 1844, an oppressed minority of colonial Catholics in the colony of NSW, largely former convicts, put themselves under the protection and patronage of Mary Help of Christians, who became the Patroness of Australia.



Mary Help of Christians is also the patroness of Sawtell Catholic Parish, so it is a double celebration for us at Sawtell Catholic Care. All residents and families are invited to celebrate the feast day with morning tea after the 9.30am Mass on Friday 22 May, and then with Mass at The Link on Sunday 24th May.

Dating from c250, Sub Tuum Praesidium is the oldest existing petition asking for the prayers of Mary, Mother of God. It still expresses the desire and hope of Christians of all times.

*We fly to thy protection,
O Holy Mother of God;
Do not despise our petitions in our necessities,
but deliver us always from all dangers,
O Glorious and Blessed Virgin*

Matt Digges

Director of Mission



A fragment of the papyrus of the Sub Tuum from c230



VILLAGE NEWS

KAREN MARTIN

Marian Grove Administration, Welfare, and Village Management have now relocated to Office 151. This move provides a more convenient and accessible location for residents. Please feel free to drop in and say hello - we'd love to see you.

Our April Residents' Luncheon was a great success, with 100 residents attending and enjoying a delicious roast lamb meal followed by homemade white chocolate tarts for dessert. A special thank you to Kathy Derrett and Carmel Kennedy for providing such a delectable treat.

Our next monthly luncheon will be held in celebration of Mother's Day and will be complimentary for residents. Please note that numbers are limited, so be sure to register and collect your ticket from Reception.

The garden area at the front of the Recreation Centre is currently receiving some much-needed care and attention. The magnolia trees are being trimmed to allow for new plantings and to reduce the risk posed by falling seed pods, which can create a trip hazard. Additionally, the existing water fountain has deteriorated and will be replaced with a new feature - stay tuned for updates.

We have also received feedback from apartment residents regarding the noise caused by common area doors. Please be mindful when closing these doors, as slamming can cause disturbances to surrounding apartments.

Thank you for your continued cooperation and community spirit.

Karen Martin
Village Manager



April Luncheon





MARIAN GROVE NEWS

Sawtell Home Care has a new phone number - 02 6659 6655.



SAWTELL HOME CARE

A reminder not to feed the local birdlife within the Village.



Mahjong Intro for Beginners

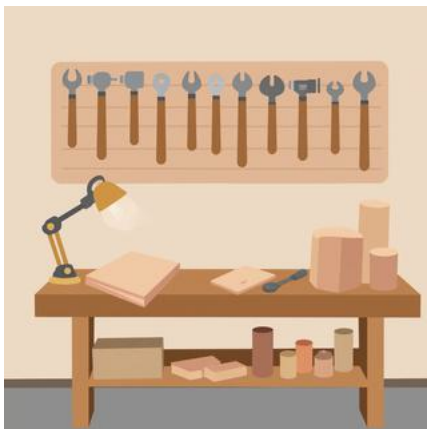


Commencing Monday 11th May

9:30 - 11:00am

Contact Ruth Egan for more information
6658 3478

Workshop Repairs



The Men's Workshop offers basic timber and furniture repair services.

Visit the Workshop for more information.

Barry's Knife Sharpening



Contact Barry or drop into the Workshop to have your knives, scissors or secateurs sharpened.



Mother's Day Luncheon

12 May at 12 Noon
Recreation Centre

Menu

Chicken schnitzel, baby potatoes,
garden salad
Homemade cake & ice cream

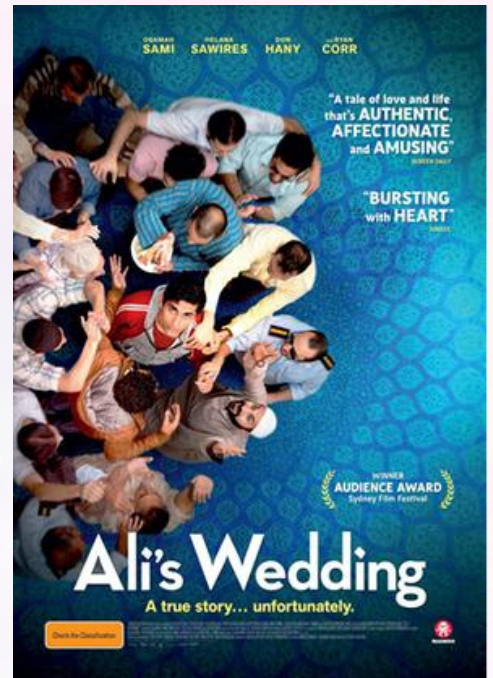
COMPLIMENTARY

Tickets are essential and are
available from Reception
Numbers will be capped

Transport is available

Raffles 3 for \$5

Movies



Saturday

16th May 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 - 11.00am
Toormina Shopping Centre 10.00am -12.00pm

Wednesday

Toormina Shopping Centre 9.00am - 11.00am
Toormina Shopping Centre 10.00am -12.00pm

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



April Sudoku solution

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

Sudoku provided by SudokuBliss.com



Community Corner



Yvonne and Marie both recently travelled to Norfolk Island. Here they are captured during their holiday at a Norfolk Island tour.

Thank you

To all the staff at Marian Grove, including Matt, Karen, Kathryn, Michael, everyone at the office and the dear friends I have made and shared life's ups and downs with over the years.

Thanks so much for all the wonderful times and support during my five years at Marian Grove. Now as it comes time for a new chapter for me, I reflect on five years ago when I moved in with my beloved husband Barry and recall all the kindness, and generosity from you all. Now as it is a new beginning for me and an end to my time there I wish to extend my heartfelt thanks to you all. This is not goodbye, just a "See you later" as I hope we can continue our friendships when I pop back for cards, a cuppa, bowls or a laugh.

Eleanor Moon

**FOR SALE
Scout Sport
Quattro Mobility
Scooter**

\$500

Contact Graham
Apartment 751
0427 464 303





Community Corner

Darcy Locke received this poem after completing the Community Cardiac Rehabilitation Program at Coffs Harbour. A thoughtfully written poem, we wanted to share with the community.



The Measure of the Man

There's an old bloke who comes to rehab, and he fronts up every day,
Like a man who knows that effort is the honest worker's way.

Now Darcy was a builder and a carpenter by trade,
One of those old-fashioned craftsmen from the sturdy timber made.

He still loves his woodwork dearly, with the patience and the skill,
And the steady hands that shaped good wood are serving proudly still.

Though heart failure came to meet him, it has never claimed his spark,
For he's never missed a session and always played his part.

No fuss and no grand carry on, just effort strong and true,
The sort that makes the room sit up, and lifts all others too.

He's always good for conversation, always good for cheer.
And a yarn with Darcy in the room makes better company here.

And when this spell of rehab ends, he's not the sort to rest,
He'll join the community exercise group, still giving it his best.

So here's to Darcy Ninety years young, with his builder's heart and hand.
Still showing up, still standing firm, still solid as the land.

A fine old craftsman, strong and true, an inspiration to see,
For heart is not just how it beats...
It's how a man decides to be.



Community Corner

Walking Group

Do you like walking in nature, watching the whales and other wildlife whilst getting moderate exercise? We are proposing to organise a walking group of Marian Grove residents to do a moderate walk once a week.

We have led walks for bushwalking groups for over 40 years and now we walk at a more moderate pace, so we can enjoy the time to see more plants, birds, wildlife and sea life.

If you have basic fitness and can walk a moderate pace for a couple of hours with stops, you may like to join us.

If you would like to meet us to learn more, come join us at The Link for coffee and discuss ideas for the walking group on Tuesday 5th May at 9.00am.

For more info - please call Phil and Jan Foster 0409 900 860.



Siberian Withouts

Five residents of Happy Siberia without their life partners, four of whom are being cared for in Mater Christi, gather together for a laugh, lots of banter and shared experiences.

We all benefit from raising our spirits as our units can be a very lonely place as other residents of Marian Grove are aware.



Pictured L - R Cyril, Joan, Peter, Jim and Richard

Asia Pacific Eldercare Innovation Awards

Last week, CEO Michael Darragh, Director of People Services Melanie Lucock, and Chairman of the Board David Robson attended the 14th Asia Pacific Eldercare Innovation Awards in Singapore.

Held as part of the World Ageing Festival, these awards are among the most prestigious across the Asia Pacific region, recognising organisations and leaders from Australia, New Zealand, and across East and Southeast Asia, who are driving innovation, excellence, and meaningful change in the ageing and eldercare sector. They celebrate those redefining how people experience ageing through forward-thinking models, services, and care solutions.

We are proud to share that we were named *Operator of the Year - Ageing-in-Place*, recognising our commitment to enabling older people to remain living independently in their own homes, supported by accessible, integrated health, care, and social services that evolve with their needs.

We were also honoured to be named finalists in *Innovation of the Year - Employee Wellbeing*, recognising initiatives that strengthen staff experience through programs that support wellbeing, engagement, and satisfaction across the workforce.

We were also recognised as finalists in *Facility of the Year - Community Engagement*, recognising services that actively connect older people with their communities, encouraging participation, inclusion, and stronger social outcomes.

We are incredibly proud to receive this recognition and grateful to be acknowledged alongside leading organisations across the region. These achievements reflect the dedication of our team and our ongoing commitment to delivering innovative, person-centred care that supports people to live well as they age.

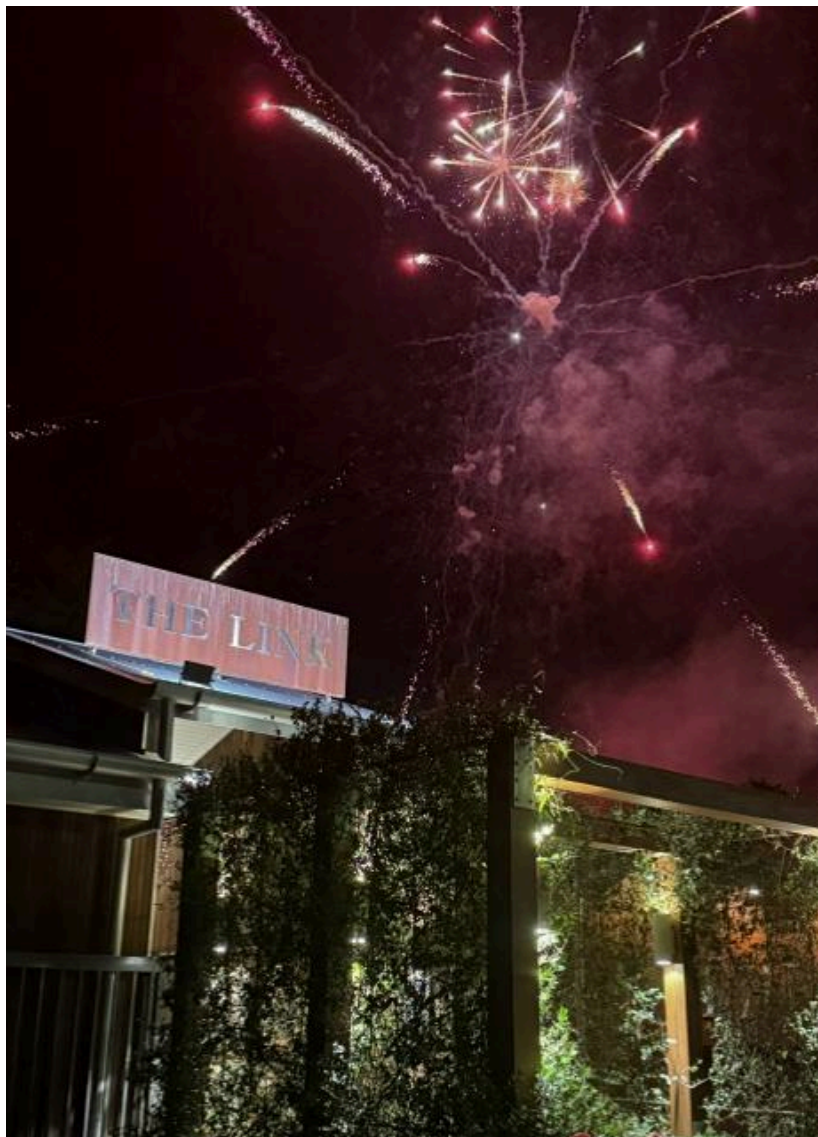


At The Link



As the warmth of summer fades into the crisp, cooler days of winter here in Toormina, the change in season brings a fresh energy to every event we host at The Link. The recent fireworks display lit up the evening sky and created a truly memorable atmosphere, reminding everyone how special these moments can be when people come together. We love being part of that experience, and our focus is always on supporting our clients in every way possible - whether it's through thoughtful planning, seamless coordination, or those extra touches that turn a good event into a great one.

It was fantastic to hear the positive feedback from the residents the following week on how amazing it was to be able to watch the light spectacular from the comfort of your home.



We look forward to seeing everyone come over and have a stroll through The Link and Donovan's are offering a monthly special for residents.

The Link grounds are closed from 3pm daily with the gates locked. If you do see the gates are unlocked after this time, it is for a private event.



Gain a Better Understanding of Aged Care Fees & Charges

What:

Free information session featuring real-life scenarios and worked examples

When:

- Tuesday, 26 May | 11.00am - 12.30pm
- Wednesday, 27 May | 2.00pm - 3.30pm



Where: Marian Grove Recreation Centre

Who:

Presented by Brendan Biddle, Chief Financial Officer at Sawtell Catholic Care

Why Attend:

Navigating the costs of aged care can often feel complex and overwhelming. As part of our commitment to providing a continuum of care, this session is designed to inform, clarify, and empower our community to make confident decisions.





MATER MATTERS





MATER MATTERS



Residents, staff, and families came together this ANZAC Day to honour and remember the brave men and women who have served our country.

Our service provided a meaningful opportunity for reflection, connection, and gratitude. The ceremony followed traditional elements of an ANZAC service, including a welcome, readings, wreath laying, and a moment of silence accompanied by the playing of the Last Post. These traditions are an important part of ANZAC commemorations across Australia, symbolising remembrance and respect for those who have served and sacrificed.

The service concluded with light refreshments, giving everyone the chance to come together, and support one another. Residents shared personal stories and memories, creating a heartfelt atmosphere that highlighted the deep significance of this day - particularly within our community, where many have lived through times of war or have close connections to military service. ANZAC Day remains a powerful occasion for reflection, honouring not only those who served at Gallipoli, but all Australians who have served in conflicts and peacekeeping missions since. It was a beautiful reminder of the importance of community, mateship, and remembering those who came before us.

Lest We Forget.



MATER MATTERS

Outing

Residents recently enjoyed a series of refreshing outings to our most beautiful garden space, The Link Gardens. With accessible pathways, shaded seating, and plenty of quiet spots to rest, the gardens offer an ideal setting for residents of all abilities. Many enjoyed gentle strolls along the flat walking paths, while others preferred to relax and take in the sights and sounds of the natural environment. The gardens are well known for being wheelchair-friendly. These Link Garden outings are more than just a day out for Mater Christi residents. They provide valuable social connection, promote wellbeing, and create lasting memories. Staff and residents were delighted to see so many smiles, laughter, and a genuine sense of calm among all throughout the afternoon.



Pamper Days Bring Relaxation and Smiles

Our Pamper Days are a wonderful opportunity for residents to relax, unwind, and enjoy a little well-deserved indulgence. The atmosphere is calm and welcoming, with soft music, gentle aromas, and plenty of smiles shared throughout the day.

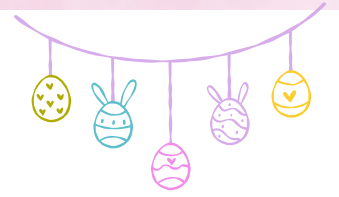
Residents are treated to a range of soothing experiences including hand massages, nail care and foot spas. These simple yet meaningful moments provide not only relaxation, but also a boost in confidence and wellbeing. Many residents expressed how special it felt to be cared for in such a personal and uplifting way.





MATER MATTERS

Easter Bunny Brings Smiles and Sweet Moments



There was a special kind of excitement in the air this Easter as residents were delighted by a surprise visit from the Easter Bunny. With a basket full of treats and plenty of cheer to share, the visit brought joy, laughter, and a touch of childhood magic to our community.

The Easter Bunny made her way around Mater Christi, stopping to spend time with each resident, sharing chocolates, warm wishes, and plenty of cuddles. Smiles lit up the room as residents enjoyed the opportunity to reminisce about Easter traditions.



Due to reduced Saturday trade, The Grove Café will be closed on Saturdays from 1st June until further notice.

Donovan's at the Link is available for dining on Saturday and Sunday.

For those visiting Mater Christi, we also have the coffee machine in the community room for everyone to use and there are many beautiful spots around the gardens and inside to sit and socialise.



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 8th May 2026

TIME: 10:30am – 12:00pm

Morning Tea is provided.

RSVP to Kath, Senior Pastoral Assistant 0475214834 or kathrynbutcherine@scca.net.au and for any enquires

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 8th May 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



Dementia Support Group



Please join our support group/information sessions to assist people living with Dementia

Mission Statement

This group offers residents and family members a safe and supportive place to talk openly about dementia; what it means, how it feels, and how to navigate it together. We share experiences, learn from one another, and hear from occasional guest speakers who offer encouragement and helpful insights. At its heart, the group is a place of connection, understanding, and mutual support.

Topics we may explore together

- Living well with dementia
- Dealing with fear and uncertainty
 - Changes in communication
 - Identity, purpose, and meaning
- Supporting one another as residents and families
- Grief and loss (before and after changes occur)
 - Self-care for residents and carers
- Advocacy, rights, and available supports

Guest Speaker

Natalie Darragh

(CORE Manager Sawtell Catholic Care)

Friday 15th May

10.30am

Mater Christi Community Room

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

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 May 2026

Tatiana Warners

(accredited practising Dietitian)

Wednesday 20th May

10.30am

Mater Christi Community Room

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

Parkinson's Support Group: A Catalyst for Change

The Parkinson's Support Group at Mater Christi and Marian Grove continues to play an important role in supporting residents, carers, and families living with Parkinson's Disease. Meeting monthly, the group provides a welcoming space to connect with others, hear from guest speakers, share experiences, and access practical, Parkinson's-specific information.

Feedback from participants has consistently highlighted the value of learning about topics such as communication, swallowing, movement, and wellbeing, as well as the sense of connection and understanding gained through shared experiences. Many attendees have spoken about the positive impact the group has had on confidence, knowledge, and overall quality of life.

Importantly, the strong engagement and success of this support group has been one of the catalysts for the development of the EmPower PD project. The experiences and insights shared by residents and carers helped highlight the need for more structured, Parkinson's-specific support within residential aged care.

EmPower PD is a broader initiative now being implemented across several residential aged care facilities, focusing on specialist staff education, Parkinson's support groups, and tailored wellness programs. The ongoing support group at Mater Christi and Marian Grove remains a vital part of this journey, helping shape improvements in Parkinson's care now and into the future.

Vince Carroll - Parkinsons Nurse



Hello From Donovans

May is here, and we've got plenty to look forward to! Our much-loved Donovans scone deal will continue throughout the month (just in case you needed another reason to stop by).

With Mother's Day just around the corner, don't forget to book your table early. We'll be open for Breakfast and Lunch, with a range of delicious Mother's Day specials available.

We'll also have our fresh flower bar fully stocked, perfect for a last-minute gift, along with beautiful hand-illustrated cards by local artist @createdbydeli.

May Residence Deal

Our scone deal continues. Enjoy a Scone & Coffee Deal for \$10, which includes:

- 1 freshly baked scone
- Jam and cream
- Your choice of regular coffee

We encourage all residents to pop over and get a loyalty card. Throughout the year we'll be running exclusive specials and offers, and these perks will be available only to our loyalty members. Please note the deal can be redeemed multiple times in the month per person, however the card can't be used for multiple guests in one visit, each guest will need to have their own card.



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.

\$8 House Wines (Piccolos)

or

All Beers \$8

Piccolo Selection Available:

- 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:

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

Thank you

DONOVANS Team



Follow us on socials
@donovanslink & @chefmattdonovan



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 Marian Grove Reception on **6653 1241**.

Please advise 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

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

Sudoku provided by SudokuBliss.com

Mother's Day

WORD SEARCH

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



love
card
family
hug
celebrate

gift
kisses
flowers
mother
cake

Happy Mother's Day



From our CEO

Courage, Love, Respect, Justice

Dear residents, families, friends and staff,

I hope you all enjoyed a blessed Easter and some meaningful time with family and friends. As we move into May, we continue to celebrate the many people, values and occasions that strengthen our community life together. Most notably, Mother's Day falls on Sunday 10 May, offering us a special opportunity to honour mothers, grandmothers and matriarchs who guide us and share their love and wisdom.

There are also several other notable national and international observances throughout this month. International Nurses Day on 12 May gives us the chance to acknowledge and thank our nurses and care teams for the skill, compassion and dedication they bring each day. International Day of Families on 15 May is a timely reminder of the importance of connection, support and belonging within families and communities.

National Volunteer Week, from 18 to 24 May, recognises the extraordinary contribution volunteers make across Australia, and this year's theme is "Your Year to Volunteer". On 21 May, World Day for Cultural Diversity for Dialogue and Development encourages us to celebrate the richness of different cultures and the value of mutual respect, understanding and inclusion. Toward the end of the month, National Reconciliation Week begins on 27 May and continues to 3 June, with the 2026 theme "All In".

Our feast day, Mary Help of Christians, will be celebrated on Friday 22nd May with morning tea and coffee cart at 10am after Mass. All staff are welcome to join parish celebrations at The Link at 9am on Sunday 24 May.

This month we also extend a very warm welcome to our new Mater Christi Care Services Manager, Colin McDonald, who brings a wealth of experience to the role and we look forward to the leadership, knowledge and care he will bring to our community.



Please join me in making him feel welcome as he settles into this important position.

The DA for the Village Recreation Centre remains with Council awaiting approval. In the meantime, revised costings for the final design have been received, and the original estimate of \$1 million has increased to \$2.5 million. The Executive and Board are continuing to work hard to identify the funding needed to include this priority project in the future budget. The DA for our Villa Maria Village affordable housing redevelopment on Sawtell Road has also recently been submitted to Council, and we expect a response in the next three to four months.

Recently at the Ageing Asia International Conference in Singapore, Sawtell Catholic Care was recognised for continuing excellence in supporting elders to positively and actively 'Age in Place' with comprehensive and continuing care services ranging from Marian Grove Retirement living, through Sawtell Home Care services and Mater Christi Residential Aged Care, recognising the work our staff do to keep elders active and engaged in our community, both internally and externally, with care and services throughout their life journey.

Additionally, SCC was a finalist for the Innovation in Employee Wellbeing Award, recognising the great work of our HR team and the impact of the Embrace program, and also a finalist for the Facility of the Year for Community Engagement for Wellbeing. All these awards recognise the significant contribution our staff make in the lives of the elderly Australians we serve.

At this time of year, winter is on the horizon, so it is a good time to start preparing for the cooler weather ahead. Please take care to keep warm, stay well, and continue looking out for one another. Small acts of kindness, connection and community spirit make a great difference, especially as the seasons change.

Michael Darragh
Chief Executive Officer,
Sawtell Catholic Care