

# IN TOUCH



SCC MONTHLY NEWS - ISSUE 123  
JUNE 2026





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June 2026

Our cover features Diggers Beach and was taken by staff member Bridget Baldwin.

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## Regular Contributions

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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



Marian Grove Reception  
will be closed on  
Monday 8<sup>th</sup> June  
Public Holiday



# GROWING OLDER GRACEFULLY

## SR ANNE HENSON

It is likely that when we wake up each morning the first thought that comes to mind is: "What time is it?" A new day has dawned, we have emerged from that mysterious zone called sleep and are in the present. In a second, that first thought has slipped into past time! It has joined yesterday and last night and as the saying goes, it is history.

Time belongs to that group of wonders such as space and gravity. We are caught up in them, we can even measure, but we cannot control them. Sundials, water clocks, watches, have helped tell the time while calendars serve us well in planning our time today and into the future.

In 45 BC Julius Caesar introduced the first solar calendar but it had some inaccuracies which were rectified by Pope Gregory in the Gregorian Calendar in 1582. The Gregorian calendar is now used worldwide across all time zones. Time zones are where space and time rule planet earth, us!

Coming closer to home, each of us has our own allocation of time, called life. The early stages of human life are a period of intense development, beginning with conception through childhood into adolescence. For children, time often seems to pass slowly. A car trip is punctuated by the repeated question: "Are we there yet?" Birthdays and Christmas, school holidays take forever to arrive.

Life takes on a different pace for adults who are often pressed for time because there is so much to be done at work and around the home. Saving time and time management are important skills in the work force. Time is about doing and getting things done, meeting deadlines.

Then comes retirement and people usually think very carefully about what they will do when they no longer have to go to work. They may take up a hobby, join a club, spend time playing golf, learn a musical instrument and generally think of time as doing things they like and choose rather than must do. They may go to the University of the Third Age because they have long wanted to learn a new skill or a foreign language and now there is time to do that. And at last, there is time to catch up on some reading for leisure.

Retirees volunteer because they want to give time to the community. Grandparents support their families through the capable and loving care of grandchildren. The emphasis has moved from time as doing to time as being.

Finally, there is "me time". This means time devoted to nourishing your soul through reflection, storytelling, prayer, walking on the beach, looking at trees, doing whatever makes you calm, grateful for your blessings, positive in your thinking.

**Sr. Anne Henson**  
Marian Grove Resident





# IN THE SPIRIT

## MATT DIGGES

When surveying residents, staff, and families to renew our vision, mission, and values in 2018, 73% of respondents said they wanted to see respect as the #1 value. They wanted to be respected and to be encouraged to show respect to others. Seeing the responses warmed my heart back then, and I still find the same priority among our village residents, staff and families. I am blessed to be part of an organisation with such priorities.

In June two occasions call us to extend that value of respect.

June 15 is World Elder Abuse Awareness Day. It is an occasion to remember that many older Australians experience elder abuse.

***Elder abuse occurs when a trusted person causes harm or distress to an older person. This harm may be intentional or unintentional.***

***The abuse may be physical, social, financial, psychological or sexual and can include mistreatment and neglect.***

<https://humanrights.gov.au/know-your-rights/rights-of-individuals/age-discrimination/elderabuse>

As an inclusive community of Christian care, we strive to protect each other from any form of abuse. However, vigilance by all our community is necessary for this to be successful. This is one way we live our value of respect for each person.

On June 20 we mark World Refugee Day, where we join with other people of good will to respect those who have left their own country and culture for the continued safety of their families. We are blessed to include some former refugees among our staff. We acknowledge and appreciate the contribution they continue to make to our community. May we be faithful to the second verse of our national anthem:

*For those who've come across the seas  
We've boundless plains to share;  
With courage let us all combine  
To Advance Australia Fair.*

**Matt Digges**

Director of Mission





# VILLAGE NEWS

KAREN MARTIN



Some residents have reported scam activity highly targeted to our senior community. Please take note of the below information and remain vigilant.

## Scam Red Flags



**Stop:** Take a moment to pause and assess the situation. Scammers rely on you to act fast.



**Check:** Unsure whether a call, email or message is genuine? Contact the provider direct using their listed number. Don't call the number in the email or message, and don't call any number the caller gives you over the phone. If something feels off - don't respond, hang up!



**Protect:** Never grant remote access to your computer, phone, tablet (or any other mobile device) Never give anyone your passwords or access to your internet banking or open new accounts on someone else's instruction. Never click on a link via TXT or email.



**Be Aware:** if the person asks you not to tell anyone, keep it a secret, this is a tell-tale sign that it is a scam. Contact your family, friend, Marian Grove Reception or Pastoral Care. **DO NOT KEEP THEIR SECRET – TELL SOMEBODY.**



**Be cautious** of unexpected calls, messages or emails claiming to be from your banking provider. Check the phone number they are calling on. They may call you back on another number – this is a red flag.



Scammers often rely on **emotional stories, requests for help** or high-pressure tactics to gain your trust / compliance / co operation.



Scammers can ask you for a **verification code** so they can log in as you. If you didn't request a code, **don't share it**. Hang up on any suspicious calls.





# Mother's Day May Luncheon





# MARIAN GROVE NEWS



## Last Night of The Poms (oops Proms)

Based on the famous London Promenade  
Concerts with an Australian Accent

Featuring One Foot In The Groove singers  
with Dance Fit's Marian Groovers plus  
resident artists



2 pm  
Saturday 6<sup>th</sup> June 2026

Recreation Centre



Gold Coin Donation



## RESIDENTS LUNCH

TUESDAY 16 JUNE 2026

12 NOON

RECREATION CENTRE

### Menu

Corned Silverside with white sauce,  
mashed potato and vegetables

Apple Crumble Slice & Custard

**\$16 per person**

Please purchase your tickets from Reception  
prior to Friday 12 June 2026  
Transport available

**Raffles 3 for \$5**



## Chair Yoga

Thursdays 1:30pm – 2:30pm

Marian Grove Recreation Centre

With Kimberley from Your Peace Within Yoga &  
Wellness.

Gentle movement and relaxation practices.

Build strength, mobility and calm.

No bookings required.

If you'd like more information,  
contact Kimberley on 0432 057 374





STEPHEN DALDRY JULIE WALTERS JAMIE BELL GARY LEWIS



"A TRIUMPH"  
★★★★★

From the makers of  
"Four Weddings and a Funeral" and "Notting Hill"

## Billy Elliot

Saturday 20th June 2026

1.30pm

\$3.00 Donation

Includes afternoon tea & lucky door prize

For enquires contact Barbara Smith

0401 781 706

**RESIDENTS ONLY**

## Electric Wheel Chair

**FREE**

Please contact

Darcy Locke

Ph 6658 3285



## 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



## May Sudoku solution

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

Sudoku provided by SudokuBliss.com



# Community Corner

## Currawong Street Party

The Magors hosted a street party with friends in Currawong Place. Residents gathered and enjoyed tea, coffee and sweet treats while enjoying one another's company.



## Do not flush wipes

Recently we experienced significant sewerage blockages within the Village where wipes were clearly present. Flushable wipes **do not** break down and present a high risk of causing blockages that impact the sewer system. Some products advise that they are suitable for flushing down the toilet, however this is not the case. **No wipes are suitable to be flushed.**





# Community Corner



Barry and Roy from the workshop and a very broken garden statue they repaired. The statue was very badly broken and extremely difficult to mend. Barry, Roy and Peter did an incredible job by restoring it to perfection!



Roy and Kathy's daughter Angie's wedding candy cart which will be used at Angie's wedding. Expertly crafted by Roy, Peter and Barry.

The Marian Grove Workshop welcomes repairs. Please drop in and see them.

Donation for their time and workshop consumables is welcomed.





# Community Corner

## Tea & Togetherness

Everyone is warmly invited to join Fr Joy and the Parish Office Team for morning tea in the Recreation Centre on the last Wednesday of every month straight after Mass at OLOW Chapel.

Our first event in April was a huge success, and everyone had a lovely time. You are most welcome to come along and bring a friend.





## Where are we up to?

- The Recreation Centre Development Application has now been approved.
- The Board will next meet to approve the revised build costs.
- The Project Reference Group will meet with the engaged contractor - Level Projects at the next PRG meeting on 3<sup>rd</sup> June to discuss commencement dates, logistics and the schedule of the Recreation Centre works.
- Karen Martin is working on alternative options for the duration of the Recreation Centre renovations including: An offsite venue for the Christmas Luncheon, a Toormina Library bus run, storage of equipment and/or potential alternative venues for activity groups.
- To provide opportunity for feedback by residents on these alternative options a Village Survey will be circulated.



## Stay informed...

Talk to your Project Reference Group (PRG) representatives - Denis Scott and David Clyde.

# At The Link



Sawtell Catholic Parish held a special evening at The Link as the first of two events titled **Women. Food. God.** The first part of the retreat opportunity included a Fellowship Evening; an evening of delicious food, heartfelt conversation and lots of laughs! Participants thoroughly enjoyed the event and commented that the 'magical setting' of The Link was perfect for the occasion.

This event will be followed by a retreat day on 8th August to be held at St John Paul College to be facilitated by Sr Rosie Drum and Sr Katherine Kingsley MGL. Click on the QR Code to register.





# COLIN'S CARE COLUMN

## COLIN MCDONALD

Dear Mater Christi Family,

Firstly I would like to introduce myself.

I am a registered Nurse with over 37 years experience in Nursing. I started my career as an Enrolled Nurse for 9 years and then graduated with my Registered Nursing Degree in 1999 from UWS Nepean. I worked for many years in the public health system before moving to the Aged Care sector and Management. I have been privileged to work with some amazing staff and have learnt along the way from some very experienced and knowledgeable senior managers.

I have made the move from Raymond Terrace to Coffs Harbour to join the Sawtell Catholic Care Team here at Mater Christi as I wanted to find an organisation with values that sit in line with my own – Love, Respect, Courage and Justice.

As you all know, Doug the dog will be in to visit on a regular basis to fill our days with love, wet noses and a continuously wagging tail.

I would like to thank all who have welcomed me and Doug into the Mater Christi family. The welcome has been amazing and warm from all.

The door to my office is open for all to come, say hello and get to know me.

Now to the important stuff...

This past month has seen several refurbishments to residents' rooms with several more in-progress. There have been some upgrades to areas within the facility for resident engagement such as the pamper room (in progress) in House 2 and some raised garden beds in House 5.

There have been some wonderful celebrations that have taken place over the month. 100 year birthdays, celebration of life, Mother's Day, bus outings and sightseeing enjoyed by all.

As we are entering into the cooler months, a focus on our health is encouraged. Cold and Flu season is coming so hand washing and healthy living are in the forefront of our minds. Please let staff know if you have any cold and flu symptoms and please don't visit if unwell.

Thank you again for your heart felt welcome of Doug and me.

Colin McDonald  
Care Services Manager



Srijana treating Doug



# MATER MATTERS

## Betty Fleming's 100th Birthday Celebration

A truly remarkable milestone was celebrated at Mater Christi as residents, staff, family, and friends gathered to honour Betty Fleming on her 100th birthday.

The celebration was filled with joy, laughter, and wonderful memories as Betty enjoyed a beautiful day surrounded by those closest to her. The room was decorated for the occasion, creating a warm and festive atmosphere for everyone to enjoy.

Residents and guests shared birthday cake, refreshments, and heartfelt conversations while celebrating Betty's remarkable century of life, love, and experiences.

The Community Room came alive with the beautiful sounds of the piano as residents gathered to listen, sing along, and enjoy the lively atmosphere. Reuben played a fantastic selection of well-loved songs and timeless classics that brought back many fond memories for residents and staff alike, Thank you to Reuben Fox for sharing his talent and creating such a memorable experience for Betty's special day.





# MATER MATTERS

## Mexican Fiesta Brings Joy to Our Memory Support Unit

Our Memory Support Unit recently came alive with colour, music, and laughter as residents and staff celebrated a vibrant Mexican Fiesta together. The room was beautifully decorated with bright banners, sombreros, flowers, and festive table settings, creating a warm and cheerful atmosphere for everyone to enjoy.

Residents were treated to a delicious Mexican-inspired lunch lovingly prepared by our wonderful catering team, featuring tasty dishes, sweet treats, and refreshing drinks. The fiesta was a wonderful opportunity for residents to engage socially, reminisce, and experience something fun and different. Staff also joined in the celebrations, helping create meaningful moments and plenty of laughter throughout the afternoon.

Activities like these are so important in supporting wellbeing, connection, and joy within our home. It was lovely to see so many happy faces and residents embracing the festive spirit.

A big thank you to our catering team and staff who helped make the day such a memorable celebration for everyone involved.





# MATER MATTERS

## Mother's Day Celebrations at Mater Christi

Mother's Day was filled with warmth, laughter, and special moments at Mater Christi as residents came together to celebrate the wonderful women within our community.

The day began with thoughtful Mother's Day gifts being personally delivered to all of the ladies throughout the home. Smiles lit up the rooms as residents received their beautiful gifts, making each woman feel appreciated and celebrated on this special occasion.

Following the gift deliveries, residents gathered in the Community Room for a delightful Mother's Day High Tea. The room was beautifully set with delicious sweet treats, savoury delights, and an assortment of teas and refreshments for everyone to enjoy.

The morning was filled with conversation, laughter, and cherished memories as residents, staff, and families spent quality time together celebrating the incredible mothers, grandmothers, and women who have touched so many lives.

It was a wonderful opportunity to recognise and honour the special women of Mater Christi, creating meaningful moments and memories for all who attended.





# MATER MATTERS

## The Link afternoon tea outings



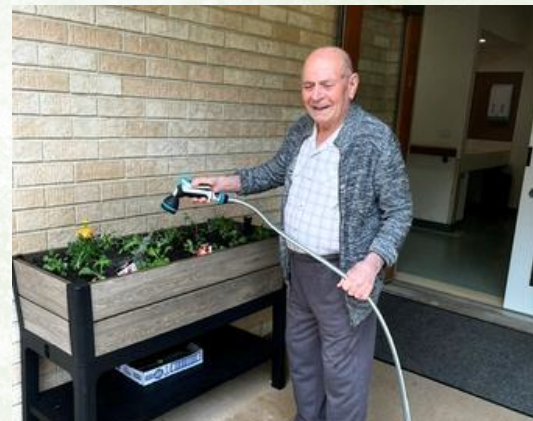
## New raised garden beds

Residents have been enjoying spending time outdoors with the addition of the new raised garden beds within our facility. The garden beds have created a beautiful and accessible space where residents can participate in gardening activities, socialise with others, and enjoy the fresh air and sunshine.

Residents have been busy planting flowers, herbs, and seasonal vegetables, taking pride in caring for the gardens and watching them grow. Gardening activities provide many wonderful benefits including relaxation, gentle physical activity, sensory engagement, and opportunities for meaningful conversation and reminiscing.

The raised design allows residents of all mobility levels to participate comfortably, making the gardens an inclusive and enjoyable space for everyone. The area has quickly become a favourite spot for residents to gather, share stories, and enjoy time together outdoors.

A special thank you to everyone involved in helping create and maintain this beautiful addition to our community. We look forward to seeing the gardens continue to flourish in the months ahead.



# JOIN US FOR A FREE INFORMATION SESSION



**Time:** 1:30pm

**Date:** 9th June 2026

**Place:** Mater Christi Aged Care Facility

**Topics:** Seniors Rights Service Information Session

**Audience:** Residents and Relatives

Seniors Rights Service is a community organisation dedicated to protecting and advancing the rights of older people.

02 9281 3600  
SeniorsRightsService.org.au  
info@SeniorsRightsService.org.au

Your rights. Your voice.



**Seniors Rights Service**

# 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

**Dr Lisa Harris**

**WHEN: Friday 19th June 2026**

**10:30am**

**WHERE: 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?

<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 June 2026

## Josh Welsh

(Accredited Exercise Physiologist)

**WHEN: June 17th 2026**

**10:30am**

**WHERE: Mater Christi Community Room**

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

# 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 12<sup>th</sup> June 2026**

**TIME: 10:30am – 12:00pm**



**SPECIAL GUEST – Marion, from  
The Community Transport**

Find out information about their service  
and how they may support you in your transport needs



Morning Tea is provided.

RSVP to Kath, Senior Pastoral Assistant 0475214834 or  
[kathrynbutcherine@scca.net.au](mailto: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 12<sup>th</sup> June 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



# Hello From Donovans

Can you believe we're already halfway through the year? As we head into the cooler months, we'd like to take a moment to thank all our wonderful residents for your ongoing support of DONOVANS. We truly appreciate seeing so many familiar faces throughout the year and being part of this beautiful community.

## **Our June Residents Deal is available Monday – Friday:**

Garden Roasted Vegetable Soup & Toast – \$14

We also encourage all residents to pop over and get a DONOVANS Loyalty Card. Throughout the year we'll be running exclusive specials and offers available only to our loyalty members. Please note: the June deal can be redeemed multiple times throughout the month per person. However, the loyalty card cannot be used for multiple guests in one visit – each guest will need to have their own card to redeem the offer.

## **DVINE Intimate Long Lunch**

Join us for one unforgettable Sunday afternoon in the stunning gardens of DONOVANS Link Eatery & Grounds.

We're bringing together two of Australia's most exciting food personalities – Matt Donovan, the chef behind DONOVANS Link, and Jane de Graaff, your favourite face from the Today Show.

**Sunday 28 June 2026**

Bubbles on arrival

Live cooking demo

Beautiful long lunch

Good food. Good wine. Good people.

An intimate afternoon designed to celebrate incredible local produce, conversation, and connection in a truly beautiful setting.

Only a few tickets left!

### **A reminder!**

We'd like to remind all our residents that our toasties are available on your choice of bread, our artisan thick-cut loaf for a more rustic experience, or our classic house loaf for a lighter touch.

Simply let our staff know your preference when placing your next order.

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

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

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

# Birds of the World Word Search

- Eagle
- Owl
- Parrot
- Falcon
- Hawk
- Penguin
- Robin
- Heron
- Crane
- Crow
- Pigeon
- Seagull
- Sparrow
- Swallow
- Peacock
- Flamingo
- Albatross

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

- Kingfisher
- Woodpecker
- Hummingbird





# From our CEO

## Courage, Love, Respect, Justice

Dear residents, families, friends and staff,

Winter is Coming!

As the days grow shorter and the weather turns cooler, we turn our attention to several important preparations for winter. First, keep warm, and discuss flu vaccination with your doctor if you have not already been vaccinated. Stock up on vitamin C, and remember to get plenty of Vitamin D (eg sunshine) which helps regulate calcium absorption, for bone strength and immunity functions.

It is also wise to be prepared for winter storms or unexpected power outages. A small emergency kit can be very helpful, including a torch, spare batteries, essential medications, warm clothing, a list of important phone numbers, and any personal items you may need if services are interrupted. These preparations are simple, but they can make a great difference when weather conditions change quickly.

The Development Application for the Village Recreation Centre has been approved by Council. This is an exciting step forward for our community. The project reference group is planning to host a meeting to discuss planning and preparations for the expected temporary closure of the centre while the builders complete their work. Please keep an eye out for further information if you are interested in assisting with planning alternative arrangements for activities and special groups during that time.

June brings several important national, international and Catholic occasions for reflection, celebration and community connection.

**National Reconciliation Week continues until 3 June**, inviting all Australians to learn more about our shared histories, cultures and achievements, and to consider how each of us can contribute to reconciliation. **On 3 June, Mabo Day** honours the life and legacy of Eddie Koiki Mabo and the historic High Court decision that recognised native title in Australia.

**On 5 June, World Environment Day** reminds us of our shared responsibility to care for creation and protect the natural world for future generations.

**The King's Birthday Public Holiday falls on Monday 8 June.**

**Men's Health Week (15 to 21 June)** encourages men to take practical steps towards better health and wellbeing. It is a good reminder for all men to book check-ups, talk about health concerns early, stay socially connected, and seek support when needed.

**Refugee Week (14 to 20 June) and World Refugee Day (20 June)** also remind us of the importance of welcome, compassion and human dignity.

Please continue to look out for one another in practical ways, like checking in with a neighbour, sharing a kind word, offering assistance, and joining in activities. Wishing everyone a safe and healthy start to winter.

Michael Darragh  
Chief Executive Officer,  
Sawtell Catholic Care