

IN TOUCH



SCC MONTHLY NEWS - ISSUE 124
JULY 2026





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Our cover features the recently renovated garden and new fountain at the front of the recreation centre

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GROWING OLDER GRACEFULLY

SR ANNE HENSON

The label on my honey jar says: 1500 bees visit 35 million flowers to make 700g of honey. Now that is truly awesome and I say to myself: how do they know? Who is counting? I recall that when I was studying Latin for my Leaving Certificate in 1947, a prescribed text was Virgil's Georgics IV, a 556-line poem describing the nature of bees, beekeeping and apiaries. Virgil (70BC-19BC), a Roman poet, introduced me to the wonderful world of bees and now it is time to find out more.

Bees have been around for about 30 millennia and they have been very busy. There about 20,000 known species and they are responsible for pollinating about one-third of the food we eat. They are funny little insects with their small wings and fat little bodies. According to the laws of aerodynamics, they should not be able to fly but they don't know that so are always flying about, buzzing and searching for flowers. On their bodies they carry pollen from anthers to stamens resulting in fertilisation, and the development of fruit.

Bees collect pollen without damaging flowers. They do not discriminate, visiting gardens, wildflowers, clover and flowering weeds. They are kind to the environment. We can take lessons from them in that regard.

A bee sting packs a powerful punch but we are warned off by their buzzing. More often the word bee signals delicious honey. Honey has medicinal benefits and health value, often being used in traditional medicine and home remedies. It is antiseptic, antibacterial, good for digestion and for our blood.

Honey is used in cooking, on toast and scones and yes, licked from the spoon! We are also amazed at the perfect structure of honeycomb with its beeswax which is used in skincare, cosmetics, candles, woodwork and as a waterproofing agent.

From biblical times bees have symbolised a healthy, fertile environment. The Promised land, Canaan, was described as flowing with milk and honey. This phrase occurs about 20 times in The Old Testament.

In recent years the outbreak of Varroa mites has become a serious threat to entire colonies of bees. It is spread throughout the world and is a destructive pest in New South Wales. The lives of humans and bees are so closely linked that if bees became extinct so would we humans. Such is the nature of our connection and our interdependence. They need our gardens, they need our protection and conservation. They are vital to the health of planet earth.

Yes indeed, what a wonderful world we share with bees. We have so much to learn from them and so much for which to be grateful too. Praise God for the bees and thank God for our beekeepers.

Sr. Anne Henson
Marian Grove Resident

“

I have a huge belief in the importance of bees, not just for their honey, which is a healing and delicious food, but the necessity of bee colonies that are vital to the health of the planet.

~ Trudie Styler



trvst



IN THE SPIRIT

MATT DIGGES

Playing Our Part

At the heart of the University of the Third Age (U3A) is the premise that older people with the benefit of life experience have something to contribute to support the challenges of contemporary society. U3A has active participants all over the world.

In his recent letter, Magnifica Humanitas (Magnificent Humanity), Pope Leo reminds us that our worth is not measured by efficiency or economic usefulness, but by our human dignity. No amount of technological advancement in AI will be able to replace the compassionate care and gentle presence that we are able to share with others. Leo continues that the profound gift of age is that of a wisdom bank, imparting life lessons of hope and faith to younger generations.

The theme of NAIDOC week this month, Fifty Years Deadly, highlights that Aboriginal and Islander culture is firmly founded on the experience and wisdom of elders who are confident in the need for their knowledge and contribution. NAIDOC week teaches us connection with history and culture which transcends ethnic and racial boundaries. All people are important, but not all people have the depth of cultural knowledge that elders possess.



Serendipitously, World Day for Grandparents and the Elderly is celebrated annually on the fourth Sunday of July. Pope Francis established this celebration on the Feast of Sts Joachim and Anne, the grandparents of Jesus. This day aims to celebrate the wisdom and contributions of seniors while combating loneliness and isolation within the elderly community. Even when we feel that our contributions are not appreciated, the gift of hope never fails. Recently, Pope Leo spoke on the wisdom of elders.

God thus teaches us that, in his eyes, old age is a time of blessing and grace, and that the elderly are, for him, the first witnesses of hope.

Leo XIV

All we need to do is to accept the challenge and play our part!

Matt Digges

Director of Mission



VILLAGE NEWS

KAREN MARTIN

Functions and Activities Update

Plans are underway to identify alternative venues and activity options for residents while the Recreation Centre refurbishment works are being carried out. Once a confirmed timeframe for these works is received, we will keep residents informed.

The Link may be able to host some of our monthly luncheons, along with other alternative venues as required. We have secured Sawtell RSL for our Christmas Luncheon, which will be subsidised by SCC. The luncheon will be held on 1 December, so please save the date in your calendar.

Transport arrangements are currently being coordinated using MHOC Bus in conjunction with our Village bus.

The Christmas Luncheon held in 2024 was very well received and enjoyed by residents, and we look forward to another successful event this year.

Our next luncheon in July will be catered for by an external provider to offer residents some additional variety. Guests can look forward to an Asian-inspired menu, with the luncheon being financially subsidised by the Functions Coordinators Committee.

Owing to the significant increase in food costs, the Father's Day Luncheon will be offered at a discounted price rather than being complimentary. We anticipate holding this event at The Link.

As a reminder, if you have paid for a luncheon and are unable to attend, a credit will be given, provided sufficient notice is received. Unfortunately, if you do not advise us of your inability to attend, the payment will be forfeited, as catering arrangements are made based on confirmed attendance numbers.

Coffee Cups

Over the past few months, we have received feedback from residents regarding two issues at the Recreation Centre. Firstly, many of the current cups have become stained with regular use. Secondly, there have been concerns about cups not being washed and returned after use.

As an interim measure, disposable coffee cups are being provided while replacement cups are on order. However, this is not a sustainable long-term solution. Once the new cups arrive, the disposable cups will be phased out and removed from use.

We kindly ask all residents to continue washing and returning their cups after use to help maintain a clean and welcoming environment for everyone.

Thank you for your cooperation and consideration.

Karen Martin
Village Manager



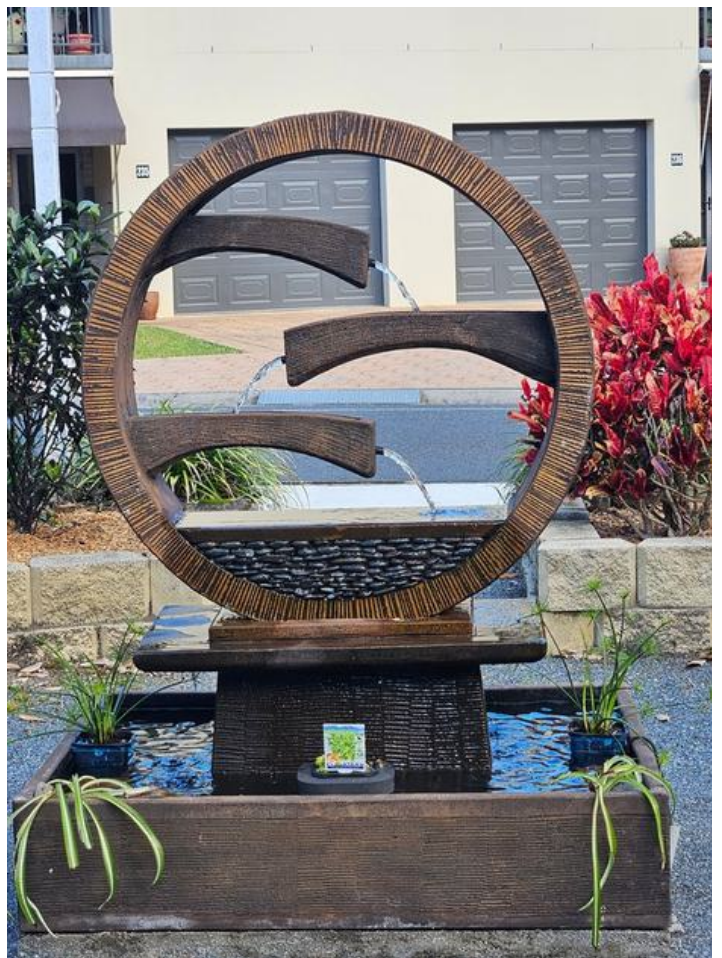
VILLAGE FACILITY UPDATE

Kevin has been meticulously rejuvenating an outdoor setting located at the front of the Chapel. Once the old paint was removed, we were pleasantly surprised to discover that the setting was crafted from quality cedar. Through his expert craftsmanship and attention to detail, Kevin has beautifully restored this piece, bringing it back to its former glory.

The water feature at the front of the Recreation Centre had unfortunately reached the end of its service life and ceased operating. To maintain the attractive appearance of this area, a beautiful new water feature has been installed.

Comfortable seating has also been added to create a welcoming space where residents can relax and enjoy the tranquil atmosphere and soothing sounds of flowing water. In addition, a variety of attractive plants has been incorporated into the landscape to further enhance the setting.

This charming water feature has transformed the area into a peaceful retreat and created another beautiful space for residents to enjoy.





COLIN'S CARE COLUMN

COLIN MCDONALD

Dear Mater Christi Family,

Welcome to Winter... Brrr



The cold weather has commenced, and the winter woollies are out.

There have been some cold starts to the days but so far, the daily temps have not been too bad. Next time you are in to visit your loved one, please check the cupboards, check with staff to see if there is some weather-appropriate clothing that may be needed, such as singlets, socks, jumpers, etc.

On that note, please take care of yourself. If any signs and symptoms of cold and flu, drink lots of water and stay home. We love seeing you here and will welcome you back when fit and healthy.

Some of the amazing celebrations in June, included the King's Birthday and bus outings. Bus outings continue to be a great way to get out and about in the warm, airconditioned bus. Happy hour and music appreciation are always a hit, so come along and join in the fun. State of Origin celebrations continue into July with some great Blues/Maroons rivalry - Go the Blues!



Refurbishment of rooms is nearing completion which is great news, as it allows us to welcome some new faces into the Mater Christi family. The Pamper Room is continuing on the agenda for completion.

There have been several new staff members at Mater Christi. If you see a new face, please say hello, introduce yourself and help me welcome the new starters. We all know how hard it is sometimes when coming to a new place.

We are in full swing for re-registration, updating and validating the processes that make Mater Christi the amazing place we all know and love. If you want to know what the process is, please don't hesitate to come and ask.

Doug continues to come in and share his wagging tail and wet nose with everyone, spread his individuality with all whom he meets. I am getting around meeting everyone and continue to be humbled by all the warm welcomes and friendly conversation with all I chat with, again thank you.

Colin McDonald
Care Services Manager

SANDY'S KITCHEN UPDATE

SANDY BENDALL

End of an Era

Diane McCormack, one of our long-standing qualified cooks has decided to retire, after 20 years of service. Diane has been an amazing part of our Catering Team, sharing her home-cooking skills, mentoring and training many staff and was renowned for her meatloaf and her secret curry sauce. Diane's legacy will continue with some of the core recipes we use, and we will miss our rock and roll radio days and the laughs. I was personally lucky enough to work with Di for all of those 20 years and have missed her while she has been on leave. As she enters into the next stage, we all wish her a long and happy retirement.

More than just a sandwich

The catering team is well known and credited for the tasty sandwiches they produce for our residents and for functions here at Mater Christi and also for The Link, and just this week we were asked what we do so differently.

Firstly, we use quality products, fresh bread is always key, real butter, this is not only tasty but helps to fortify and give extra calories to those who need them. We then create a sandwich that meets nutritional standards, fillings that contain no fewer than 2 pieces of cheese, 3-4 slices of meat, half a cup of freshly made (real) eggs mashed with butter and mayonnaise, fresh avocado with lemon juice, salt and pepper, fresh cooked portions of salmon with olive oil, salt and pepper, things like sliced tomato and cucumber, making sure the pieces cover the whole sandwich, and condiments like chutney, seeded mustard, one of our favourites is cheese and beetroot YUM!!

So, when you're looking at that sandwich you can think about how much nutritional value is in between those two slices of bread.

Menu and Dining Review

The Catering Department is always undertaking internal and external audits. We are always open to seeing where we can improve and next month, we are due for our yearly menu and dining audit.

A licensed dietician spends 1-2 days watching all components of the food service from breakfast to dinner, measuring and weighing products, reviewing all recipes and menus and making sure they match with our records, ordering lists and receipts for food costs.

During the process they will also speak to residents and staff over these couple of days. As part of the New Standard 6 in aged care the strengthened standards have put a closer eye on food and nutrition and this is having great positive effect, meaning our residents are given better quality and choice over the food and service they are receiving.

Meal sharing for family and friends

We are always happy to have friends and family join us for meals. You will find an A4 display in each area of Mater Christi explaining this process.

If you would like to join us it's as simple as letting our reception staff know what meal service you would like to attend and for a small cost you will have a main meal served with fresh fruit salad at lunch or a dessert at dinner.



SANDY'S KITCHEN UPDATE



Fresh vegetables for stock



Chef Tia putting finishing touches on sauces



Mani unpacking our fresh fruit and vegetables



Belinda baking and serving home made apple pie and custard



The daily made fresh fruit salad bowls for lunch



Service of the external take away meals for the village, today is slow cooked lamb shanks in rosemary gravy



Memory support lunch service - lamb shanks



Texture modified Minced lamb shanks



Night at the Poms



Night at the Poms





Invitation Marian Grove Retirement Village

Tuesday 7th July 2026 at 11:00am
For a Show followed by a delightful Morning Tea
In the Recreation Centre

All Guests are Welcome to

That's me
the label
by
Margo Mott

Every woman looks for a practical wardrobe
that will take her anywhere at any time.
When shopping for fashion
and that one special piece stands out We say

That's me



With my many years of experience within the fashion industry, I have always had the desire to bring together a collection that has no zippers, no buttons, requires no ironing, takes little room in a suitcase and is easy to launder.

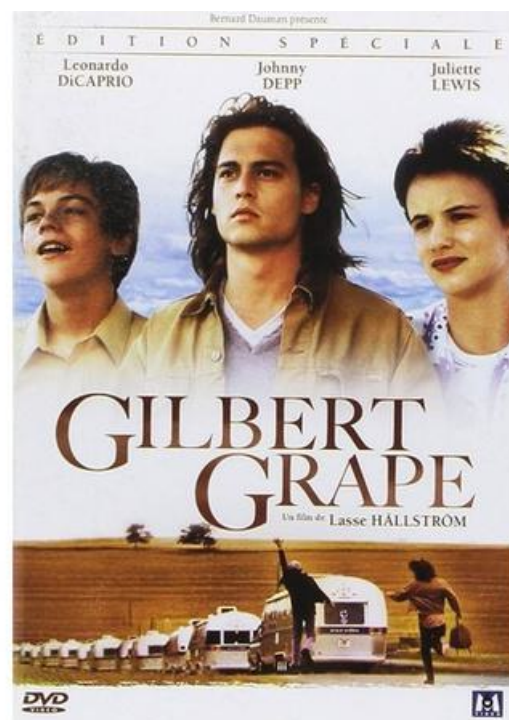
A classical design to suit the slender and the fuller figured woman, colours that stand out and never date, designs that take you anywhere from morning 'til night, with sizes X small to XX large, and catering for the shorter and the taller woman.

This collection is created and designed for the woman who enjoys relaxed clothing, yet affords her style and femininity to suit each individual body shape.

You are cordially invited to a new and exciting view of the future of fashion that will shape your outlook on fashion, through the range "That's Me."

Residents are welcome to invite outside guests.

Please RSVP by Friday, 3rd July 2026 – Bookings are Essential
Please place your name on a list at Reception



Saturday 26th July 2026

1.30pm

\$3.00 Donation

Includes afternoon tea & lucky door prize

For enquires contact Barbara Smith

0401 781 706

RESIDENTS ONLY

Residents BBQ

Sunday 26th July

Midday

Recreation Centre



Please RSVP by writing your name on the
sheet in the Recreation Centre.

For more information contact

Barbara Smith

0401 781 706

June Sudoku solution

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

Sudoku provided by SudokuBliss.com



MARIAN GROVE NEWS



Residents' Lunch
Tuesday 14th July 2026
12 Noon
Recreation Centre

*** \$18 per person**

Menu

Sweet & Sour Pork, Chicken & Cashews,
Jasmine Rice and Spring Roll
Flummery Dessert

Please purchase your tickets from
Reception prior to Friday 10 July 2026
Transport available

** luncheon is being subsidised by the function coordinators committee*

Raffles 3 for \$5



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



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

Please contact Marian Grove Reception to register your interest on 6653 1241.

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

\$10 per class. All welcome

**Please note
Chair Yoga will have a
3 week break for the
school holidays.**

**(no class July
2nd, 9th or 16th).**



Community Corner

Tea and Togetherness

Our monthly morning teas in the Recreation Centre have become a wonderful way to weave deeper connections between our SCC residents and the wider parish community.

If you love great conversation, warm company, and delicious treats, we would love for you to join us!

When and Where

- When: The fourth Wednesday of every month, directly following morning Mass.
- Where: Gathering in the Recreation Centre after Mass at the OLOW Chapel.

Why Come Along?

"There is no greater joy than sharing a cuppa and a laugh with friends, old and new."

Whether you are a regular face at Mass, a resident looking to catch up, or someone new to the community, there is a seat at the table and a warm cup of tea waiting for you. Come for the treats, stay for the friendship!

Everyone is most welcome, bring a smile, and we'll provide the rest.





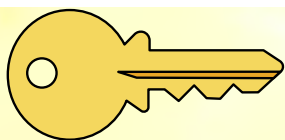
Community Corner

Paper Craft Group

Residents enjoy the Paper Craft Group held on Thursday mornings between 9.30am - 11.30am in the Recreation Centre. All are welcome to attend. For more information speak with Joan Kirk who coordinates the group.



Key Safe



A recent recommendation from a resident returning home from hospital in the evening, was to have a small torch kept near your key safe for when returning home so you can easily access the key safe.



Resident Bus Travel Excursions

We have received feedback from residents expressing interest in bus travel excursions.

If you are interested in organising and coordinating excursions on behalf of fellow residents, please advise Marian Grove Reception.

Please note that these excursions will be resident-led and managed by residents.

Thank you for your interest and participation.





MATER MATTERS

King's Birthday Celebrations

Residents and staff recently came together to celebrate the King's Birthday with a wonderful morning of delicious food, and community spirit.

The festivities began with a special high tea prepared by our talented catering team, featuring an assortment of sweet and savoury treats enjoyed by all. Residents gathered with friends and family to share stories, laughter, and a delightful morning tea experience.

A highlight of the celebration was the viewing of the traditional Trooping of the Colour Ceremony. Residents enjoyed watching the spectacular military parade, complete with marching guards, ceremonial music, and royal pageantry on the big screen. The event sparked many conversations and fond memories, with residents sharing their experiences and reflections on past royal celebrations.

The King's Birthday celebration provided a wonderful opportunity for residents to come together, enjoy a special occasion, and celebrate a long-standing tradition. Thank you to our catering team and staff who helped make the day such a memorable and enjoyable event for everyone.





MATER MATTERS

Exploring the World Through Virtual Reality

Residents recently embarked on an exciting new adventure without ever leaving the comfort of home, thanks to our Virtual Reality (VR) goggles.

From peaceful walks along sandy beaches to visits to famous landmarks and encounters with incredible wildlife, residents are immersed in breathtaking experiences that sparked smiles, laughter, and meaningful conversations.

The VR sessions provided more than just entertainment. They encouraged reminiscence, stimulated conversation, and promoted social connection. Research has shown that virtual reality can support cognitive stimulation, reduce feelings of isolation, and enhance wellbeing for older people, particularly those living with memory loss.

It was wonderful to see the excitement on residents' faces as they explored the world from their armchairs, each experience created moments of joy and connection.

We look forward to many more virtual adventures and discovering where our residents will travel next!





MATER MATTERS

A Cozy Day In with Homemade Minestrone Soup

When wet weather caused one of our recent bus outings to be cancelled, residents and staff made the most of the day by enjoying a warm and comforting indoor activity together.

Rather than letting the rain dampen our spirits, residents gathered in the kitchen to prepare a delicious homemade minestrone soup. The activity provided a wonderful opportunity for everyone to socialise, share cooking tips, and reminisce about favourite family recipes.

The aroma of fresh vegetables, herbs, and simmering soup soon filled the home, creating a welcoming and homely atmosphere. Residents enjoyed being involved in the preparation process, from chopping vegetables to stirring the pot and tasting the final product.

Once ready, everyone sat down together to enjoy a hearty bowl of soup, accompanied by plenty of conversation and laughter. The simple pleasure of cooking and sharing a meal together turned a rainy day into a memorable experience.

While we missed our outing, the day reminded us that some of the best moments can be found right at home, especially when good food and great company are involved.



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

Friday 17th July 2026

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 Parkinsons

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 July 2026

Tony Alappat

Mater Christi Physiotherapist

Wednesday 15th July 2026

10.30am

Mater Christi Community Room

All welcome, Residents, Staff, Family's and Village

Parish News

Celebrating Family, Faith, and 40 Years of Connection!



World Day for Grandparents and the Elderly Passionist Family Groups 40th Anniversary

You are warmly invited to join us for a very special double celebration on Sunday, 26th July as we honour the beautiful intergenerational bonds that enrich our Sawtell Parish community.

When

9.00am

We will begin with a meaningful Mass, featuring a special blessing to honour the vital contribution grandparents and older mentors make in the lives of our children and families. Family group members will also take part in a Commitment Ceremony.

10.00am

Parish BBQ and Family Fun: Join us for a complimentary BBQ brunch and a relaxed morning of fun activities for all ages.

A Double Milestone for Our Parish

This day carries a wonderful dual significance for our community.

Honouring Our Elders: Celebrating the World Day for Grandparents and the Elderly, recognising the wisdom, love, and guidance our seniors share across generations.

40 Years of Passionist Family Groups: Marking four decades of building a loving, supportive, and deeply connected parish family. We celebrate everyone who has helped foster these lifelong bonds of friendship and care.

Everyone is most welcome! Whether you have been part of a family group for decades, are new to the parish, or simply want to share a lovely day with the community, we cannot wait to celebrate with you.

Community Transport



SEEDS OF GRACE



In June, we welcomed Sue
from The Community Transport (TCT).

Sue shared information about the many ways they offer
to stay connected within the community.

The services offered included social outings, bus trips,
and visiting friends and family to name a few.

Sue left flyers, timetables for activities for the rest of the year
and further information. If you would like any information,
please contact Kathryn from the Pastoral Team 0475 214 834

Need help with Transport?

#Dosomeethingood

The Community Transport Company can get you
where you need to be, connect you with your
community and support your independence.

Good things happen when people become
active members in their community.

We can help with:

- Appointments - medical & other
- Shopping Buses
- Social outings
- Recreational activities
- Visiting friends & family
- Accessible transport,
anywhere from A to B

Our services are available to all.

To find out how we can help,
go to our website by scanning
below or call **1300 812 504**

SCAN
TO VIEW



communitytransport.net.au



Contact

The Community Transport

Please get in touch via the details below or complete the
form on the website www.communitytransport.net.au
to make a booking.

Mid North Coast
Coffs Harbour, Bellingen, Nambucca Heads

1300 812 504

info@communitytransport.net.au

23 Newcastle Drive
Toormina NSW 2452

SEEDS OF GRACE

You are warmly invited to come and meet others from Marian Grove, along with family and friends who have a loved one in Mater Christi.
This group is a place to give support, create friendships and build connections within our community.

WHERE: The Link – Reflections Bungalow

WHEN: Friday 10th July 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

*Kindness is one of the smallest seeds that can
grow the biggest positive change*



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 10th July 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



Hello From Donovans

As the cooler months settle in, DONOVANS is here to keep you warm, comfortable and well fuelled throughout winter. With outdoor heaters, pull-down weather blinds and cosy blankets available from the restaurant, we've created the perfect space to relax and enjoy a meal, whatever the weather.

We're also excited to announce that our brand-new menu launches on 1 July, featuring plenty of fresh new dishes and seasonal favourites. We can't wait for you to discover your next favourite meal.

Our June Dinner Series was a huge success, and we'd like to thank everyone who joined us. Because of the overwhelming response, we'll be hosting another special dinner event in August. Keep an eye on the next In Touch magazine and our social channels for details so you don't miss out.

We're continuing our popular Residents Winter Warmer Deal, available Monday to Friday.

Garden Roasted Vegetable Soup and Toast \$14

It's the perfect way to warm up on a chilly day.

We also encourage all residents to collect a **DONOVANS Loyalty Card**. Throughout the year, we'll be offering exclusive promotions, special deals and rewards available only to our loyalty members.

Please note: The monthly residents' deal can be redeemed multiple times throughout the month, per person. However, loyalty card offers cannot be redeemed for multiple guests during a single visit. Each guest must present and use their own loyalty card to access member-exclusive offers.

At DONOVANS, we value feedback from our residents and are always looking for ways to improve your experience. If you have any suggestions, comments or feedback, please email us at link@donovansvenues.com.au or write your feedback down and pass it on to one of our team members for review.

We look forward to welcoming you this winter.

Thank you
DONOVANS Team



Follow us on socials
@donovanslink and @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:

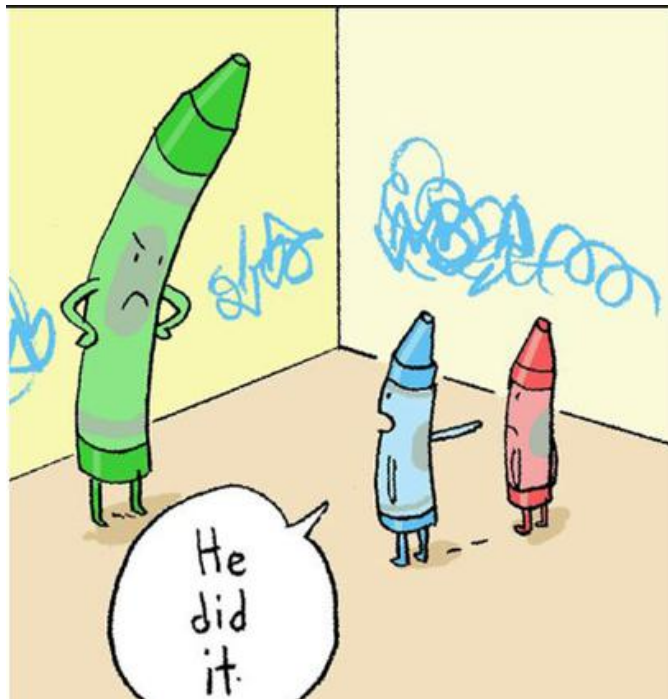
6691 0799

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.

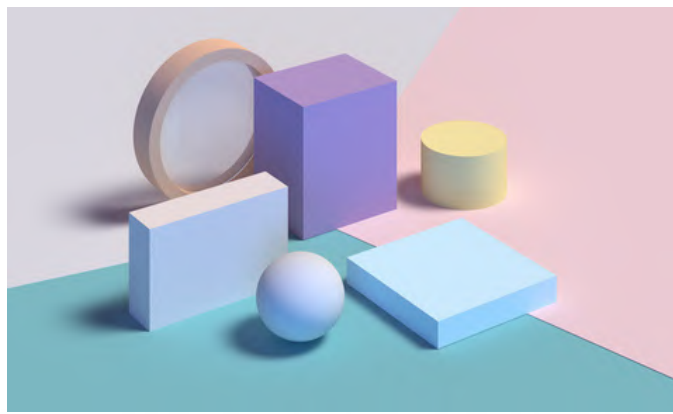
COMIC



SUDOKU

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

Sudoku provided by SudokuBliss.com



Shapes Words Word Scramble

Unscramble the following list of shuffled words to meaningful words!

- CCELIR
- AEQRSU
- GRNTILEA
- LGTEANCER
- OALV
- NPTAEOGN
- AHNGOXE
- OGNOCAT
- ASRT
- EHATR
- AOIDNDM
- ITDZROP AE
- RCENCEST
- RSCSO
- OWARR
- RPSEEH
- BUEC
- LCINDYER
- OENC
- DAIMYRP



From our CEO

Courage, Love, Respect, Justice

Dear residents, families, friends and staff,

As we move into July, we find ourselves in the heart of winter, a time when the days are cooler, the mornings are crisp, and the importance of warmth, connection and care becomes even more meaningful.

This month, we continue to encourage everyone to look after their health and wellbeing. Please keep warm, stay hydrated, enjoy some fresh air and sunshine when the weather allows, and continue to take sensible precautions during the winter season. Flu and other respiratory illnesses can spread quickly at this time of year, so hand hygiene, staying home when unwell, and following medical guidance remain simple and important ways we can help protect one another.

July also brings several opportunities for reflection, learning and community connection. Most significantly, National NAIDOC Week will be celebrated from Sunday 5 July to Sunday 12 July 2026. The theme for this year is "50 Years of Deadly", marking five decades of NAIDOC Week and honouring the Elders, organisers, artists and leaders who have carried the movement forward over many years. NAIDOC Week is a time for all Australians to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

Across our care service community, we look forward to acknowledging NAIDOC Week in ways that are respectful, meaningful and inclusive.

Our Recreation and Lifestyle teams will also continue to offer a wide range of activities during July, including regular group activities, outings where weather permits, music, games, spiritual care opportunities, social gathering and

happy hours. These occasions help strengthen friendships, encourage participation, reduce isolation and support wellbeing. Families and friends are always encouraged to stay connected and involved where possible.

With major projects, we are collaborating with Level Projects as we continue planning for the next stage of the Village Recreation Centre project following the Development Application approval. This is an exciting step forward, and further information will be shared as planning progresses, particularly around timing, temporary arrangements and how we can continue supporting activities and special groups during any period of closure extending through Christmas. In Mater Christi, we are working with Kone to plan the replacement of the elevator in Houses 6/7 through July - August, so this will be quite disruptive for everyone, and we ask all to be patient with the necessary constraints.

As always, our focus remains on providing care that is safe, respectful and centred on each person. We thank our staff, volunteers, families and friends for the many ways you contribute to daily life across our community. Whether through a friendly visit, a kind word, a helping hand getting people to Mass or activities, or simply taking time to check in with someone, these gestures help make our community inclusive and strong.

As we journey through July, let's continue to look after one another with kindness, patience and generosity.

Wishing everyone a safe, warm and connected month ahead.

Michael Darragh
Chief Executive Officer,
Sawtell Catholic Care