

IN TOUCH



SCC MONTHLY NEWS - ISSUE 125
AUGUST 2026





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Our cover features one of the recent puzzles completed in the recreation centre.

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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

Aged Care Employee Day

Aged Care Employee Day is celebrated annually on 7 August to honour and recognise the dedication of aged care workers across Australia.

“At Sawtell Catholic Care, we are fortunate to have an extraordinary team whose kindness, professionalism and commitment bring our mission and values to life every day. We sincerely thank every member of our care and village teams for the contribution they make to the dignity, wellbeing and happiness of the people we serve.”

Michael Darragh - SCC CEO





GROWING OLDER GRACEFULLY

SR ANNE HENSON

Who doesn't enjoy a good whodunnit, a detective story, whether on screen or in a book? These days detectives are often shown as having light bulb moments when they visualise the crime from beginning to end, gather the suspects, tell their story and elicit a confession from the guilty person.

Sherlock Holmes, on the other hand, was always depicted with his trademark magnifying glass, scrutinising fingerprints and relying on their infallible forensic evidence to solve all those murder mysteries.

Natural oils and sweat from our fingertips leave behind an invisible print on any surface touched. Investigators use techniques such as dusting, chemicals, lasers to reveal fingerprints and compare them with a criminal database to identify the perpetrator. The process is foolproof if carried out correctly because each human being has a distinctive set of fingerprints. They are on our fingers when we are born, are permanent throughout our lives and they are unique. Not even identical twins have the same fingerprints.

Our fingerprints mean that each one of the billions of people ever born is unique. This immediately reminds me of a verse from Psalm 139: "I praise you for I am fearfully wonderfully made". Fearfully in this context meets awe-inspiring and indeed it is awesome to ponder our uniqueness.

Oprah Winfrey believes that each of us has a personal calling as unique as our fingerprints and that the best way to succeed in life is to discover what you love and offer it to others in the form of service. Earlier, John Henry Cardinal Newman (1801-1890) declared that God has created each person for some definite service, not entrusted to any other and this is one's mission in life.

Whatever our calling, our giftedness, we have a mission to serve others, treating all without exception with dignity and respect. Our choices and decisions enable us to make a difference through the way we connect with others.

We are unique but we are also connected. Forensic scientists map that connection through our DNA, tiny molecules found in almost every cell of our bodies. We inherit our DNA from our parents who in turn, inherited it from their parents.

There is an interesting theory called the six degrees of separation which refers to the idea that we are all socially connected through a short chain of acquaintances. Living in a village community as we do, this is significant. So let us celebrate our personal uniqueness through self-respect and our connectedness by being friendly, kind and respectful. A smile of recognition and wave of the hand are a good way to begin.

Sr. Anne Henson
Marian Grove Resident



**God gave you a
fingerprint that no
one else has, so
you can leave an
imprint that no one
else can.**



IN THE SPIRIT

MATT DIGGES

St Mary MacKillop on Aged Care Workers

Born in Melbourne in 1842 to Scottish parents, St Mary MacKillop was a pioneering Australian educator and religious sister. After teaching underprivileged children in rural South Australia, she co-founded the Sisters of St Joseph in 1866. She faced myriad difficulties both within the Church and in general society. When she called out misconduct, she was targeted rather than the perpetrators. When she appealed to the Pope, the Sisters were granted independence from local bishops. She is Australia's first canonised saint.

Mary taught by her perseverance and hope in the face of suffering and injustice. Her words to the Sisters also speak to the efforts of our dedicated and professional staff as they daily walk alongside older people associated with SCC.

She said ***let no obstacle deter you from proceeding with courage*** and she encouraged her Sisters to ***never see a need without doing something about it***. In the end, Mary MacKillop teaches us to do what we can, when we can, because we can.

This Aged Care Employee Day, Friday 7 August, reach out and recognise members of our SCC team as they live our values and model the exhortation of Mary MacKillop to ***love one another and help one another***.

Matt Digges

Director of Mission

“Gratitude is the memory
of the heart”

Saint Mary MacKillop, 1907



VILLAGE NEWS

KAREN MARTIN

Recreation Centre Refurbishment – Alternative Activities

With the Recreation Centre scheduled to undergo refurbishment from 1 October, alternative arrangements are being made to help residents continue enjoying a range of activities during this period.

Home Library Service

The local library offers a Home Library Service (HLS) for eligible residents. Eligibility depends on your living arrangements at Marian Grove. Residents may qualify for HLS membership.

To participate an eligible resident will need to:

- Become a library member.
- Complete a Home Library Service membership form.

Library items will be delivered once each month. Residents are responsible for all borrowed items during the loan period, including any lost or damaged materials.

If you would like more information or assistance with joining, please contact Marian Grove Reception.

Indoor Lawn Bowls at Sawtell RSL

We have also been in contact with Sawtell RSL, which offers the following indoor lawn bowls sessions:

- Ladies' Indoor Bowls: Wednesdays, 12.00 pm – 2.00 pm
- Mixed Indoor Bowls: Tuesdays, 6.30 pm

To participate, residents will need:

- Sawtell RSL Social Membership
- Lawn bowls joining fee: \$2
- Game fee: \$3 per session

If you are interested in attending, please advise Marian Grove Reception so these outings can be included in our existing bus schedule from October.

Complimentary Biscuits

We have received feedback regarding the complimentary biscuits available at the Recreation Centre.

These refreshments are provided as a courtesy for residents to enjoy with a cup of tea or coffee. Our Welfare Team replenishes supplies throughout the week; however, they are intended to be enjoyed in moderation.

Owing to a significant increase in demand recently, we ask residents to be mindful of others by taking only what they need.

If supplies have run out, please speak with the team at Marian Grove Reception, who will be happy to assist where possible.

Karen Martin

Village Manager

July Luncheon





Where are we up to?

The Recreation Centre will be closed from 1 October 2026 and will remain unavailable while refurbishment works are underway. This closure is necessary to comply with Workplace Health and Safety (WHS) regulations and to ensure the safety of all residents and staff.

The refurbishment is expected to take approximately 9 months to complete.

During this period, we are exploring alternative options to ensure residents can continue to enjoy a variety of activities.

These include:

- The training room at the Homecare Administration Building, which may be available for activities when not required for operational purposes.
- An additional bus service for residents wishing to visit the local library.
- The Link, which will be used as an alternative venue for the Annual Management Meeting and selected residents' luncheons.

A meeting with the Activity Coordinators will be held over the coming months to identify any additional opportunities and alternative arrangements for residents' activities during the refurbishment.

We understand this temporary closure may cause some inconvenience. However, once the refurbishment is complete, the Recreation Centre will provide an enhanced and more enjoyable space for everyone to use.

Thank you for your patience, understanding, and continued support while these important improvements are carried out.

Stay informed...

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



COLIN'S CARE COLUMN

COLIN MCDONALD

Winter is here

It is great to see so many residents, friends and families out and about in the sunshine on the days we have it. Coffee under the trees, shade sails or just a walk in the grounds. It is great for the soul and mind to get some sunshine where we can. Rug up though as at times it is a bit chilly.

Lots more activities and celebrations will be taking place during the month of August. Birthdays, concerts, entertainment and many more exciting activities to be enjoyed. We have had a couple of staff celebrations with one special mention. Karen Angus celebrated 25 years of service. She does an incredible job and always with a smile and willingness to go above and beyond, thank you, Karen.

If you have any suggested activities, please come and chat with the Lifestyle Team who would love to hear from you.

We have seen new admissions to the Mater Christi family, moving in over the month of July. Please say hello and make them feel welcome. Staff also have joined us during July, and you will see new faces in the corridors busily attending to all the needs of residents and the facility in general. Thank you for all the hard work our staff do.

Re-registration commitments continue, updating, validating and implementing the processes and procedures that make Mater Christi the amazing place we love, live and work in. If there are any questions regarding the process and how it all works, please don't hesitate to come and ask.

Doug is making his usual Tuesday pet day appearances, and he loves the time he gets to spend with everyone. His tail never stops wagging as he makes his way around saying hello to everyone he sees.

Colin's comment for the month:

*While wandering the path of life,
don't forget to stop and smell the roses...
Just watch out for Bees.*



Colin McDonald
Care Services Manager



SANDY'S KITCHEN UPDATE

SANDY BENDALL

Staff Achievement

In July, Lyndal Carter and Olivia Hopkinson completed their Chefs qualifications. That now makes 4 qualified chefs in the kitchen with assistant Catering Manager, Tia Jaeger completing her qualifications earlier this year. This amazing skilled part of the team is supported by our qualified cook Belinda who has been cooking in aged care for many years.



Making each mouthful count

When looking at our seasonal menu it's easy to overlook the length of time and planning that goes into a well-balanced and nutritional menu. Starting with resident input, through meetings, surveys and daily feedback, we are helped to shape what meals we cook.

We also have a number of our residents on a supported diet, needing extra fortification to meals. This is particularly important for texture modified diets. We use things like olive oil, milk powder, cheeses as well as supplement powders for extra protein and fibre.

Our menu is then assessed by a dietitian and improvements made in line with her recommendations, if needed. It doesn't stop there; we then cycle through the 6-week menu, again making adjustments in line with resident feedback and Chef input before the final draft has the tick of approval.

Meal Sharing for Family and Friends

We are always happy to have friends and family join us for meals. You will find on an A4 display in each area of Mater Christi that explains the 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.

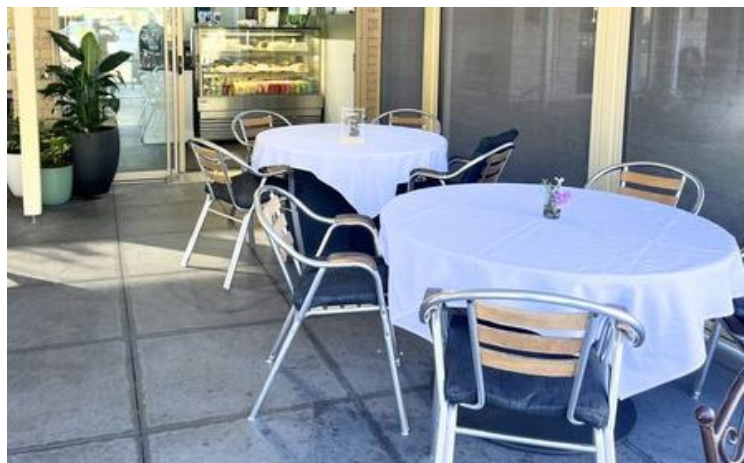
Dining Experience

The catering team with support of management is always finding ways to improve our dining experience. Some of the ways in which we have been changing are table cloths on tables, moving away from plastic hospital-style bowls and cups to using crockery and glass wear. We also offer residents a choice on clothing protectors. Instead of terry towelling bibs, they can choose a scarf style cotton protectors.

We also have implemented suggestions from resident feedback such as portion-control butter and spreads at breakfast, again promoting independence.

New Staff Uniforms

Chefs have their new black chefs' jackets, and the catering team will now have a tailored grey shirt, making a smart looking catering team, so keep an eye out for these shirts knowing that these are the key people you're looking for, for any food-related questions.



Cafe Upgrades

As everyone knows, the Grove Cafe was shut for a little over a week in July for some upgrades. Staff and patrons are now enjoying the fresh new look. Keep an eye out for a few other additions that will be coming over the next few weeks.





Residents' BBQ

Sunday 23rd August

Marian Grove

Recreation Centre

Please RSVP on the
sheet in the Recreation
Centre by Tuesday 18th
August

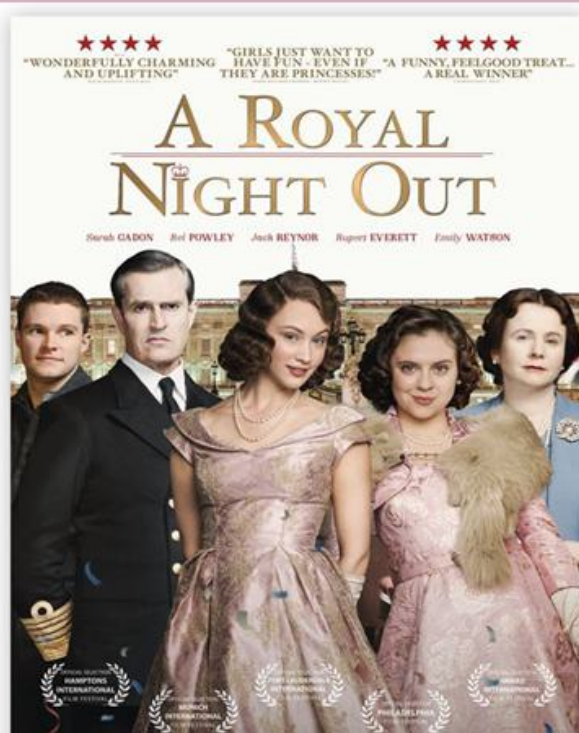


Exercise Bike

Free

Contact Tom
Maginnity

0427 532 159



Saturday 15th August 2026

1.30pm

\$3.00 Donation

Includes afternoon tea & lucky door prize

For enquires contact Barbara Smith

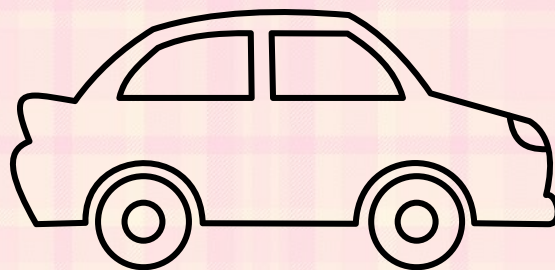
0401 781 706

RESIDENTS ONLY

July Sudoku solution

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

Sudoku provided by SudokuBliss.com



A resident is looking to
purchase a car.

Please contact Margaret if
you have a car to sell.

Ph. 0409 533 952



MARIAN GROVE NEWS

Residents' Luncheon

Tuesday 11th August 2026
12 Noon
Recreation Centre

Menu

**Roast Pork, potato bake,
peas and carrots**
Apple crumble and custard

\$16 per person

**Please purchase your tickets from Reception
prior to Friday 7th August 2026
Transport available**



Raffles 3 for \$5



FREE MUSIC CONCERT

Mei Wei Lim and friends

Singers and instrumentalists perform
songs/pieces in all styles

Marian Grove Recreation Centre
2pm Saturday 29th August 2026

Free entry – all welcome!



Library Survey



As preparations begin for the refurbishment of the Recreation Centre, the library will undergo a period of consolidation to ensure it is ready for the works ahead.

To help us better understand the needs of library users, a survey has been distributed. We encourage everyone to participate, as your feedback will help guide future planning for the library space.

The storage area will also be reorganised, with all activity group equipment temporarily removed. This will allow minor repairs to be carried out on the shelving and storage areas.

These improvements will help ensure that, when the Recreation Centre reopens, storage space is allocated fairly and efficiently to all activity groups.



Our Resident

Dorothy Hays OAM



Volunteer Group: Coffs Harbour Cancer Council Information Service Volunteer

What is something surprising or unique about your past career or life experiences that people may not know?

Some people may not know that I have volunteered across many different organisations for more than 52 years. In 2006 I was honoured to receive an OAM for my service to the Coffs Harbour community particularly through palliative and health care services although I have never volunteered for recognition. I am 85 years old and still happily volunteer one day each week.

Over the years I have been named Citizen of the Year for Coffs Harbour as well as Quota Woman of the Year and Volunteer of the Year for MCLHD. I also spent many years working at the opportunity shop at St Johns Church in Coffs Harbour.

I have been part of so many groups that I can no longer remember them all but each one has meant a great deal. My joy has always come from helping others, not from awards.

What inspired you to start volunteering, and what keeps you volunteering?

I have always volunteered. It has simply been part of who I am. I have volunteered at Coffs Harbour Hospital for 33 years and before that worked for the NRMA in Sydney.

When my husband was so unwell in the 1980s, I had two exceptional palliative care nurses Jane Glover and Jane Phillips who supported us with such kindness. Their care inspired me to give back. Two years after my husband passed away I began volunteering in palliative care as a Silent Visitor because I wanted to offer others the same comfort I received.

Over the years I have also volunteered with Meals on Wheels for 21 years and with the Order of the Eastern Star for 52 years. When I first arrived in Coffs Harbour there was no RSPCA so I helped raise money to establish support for animals in need. Each role came from the desire to help the community in which I live.

I love volunteering and the sense of purpose it brings. I plan to keep volunteering until they take me out in a box!



Community Corner



Mary Help of Christians School

A special thank you to Roy Derrett, who recently handcrafted a beautiful wooden cross for Mary Help of Christians school.

After a blessing by Fr Joy, Roy formally presented the cross to Mary Help of Christians School. It will now take pride of place during our school liturgies, daily prayers, and special school celebrations.

Marian Grove Ukulele Group

Marian Grove Ukulele group has been in existence for many years and played at most of the Nursing Homes in Coffs Harbour and beyond....until Covid arrived!

Many players from outside the Village come to join us on Monday afternoons. Be there at 1pm ready to start at 1.30pm (except public holidays) for an hour.

The power of music is amazing and we have witnessed some remarkable reactions from residents in care.

We welcome new people who would enjoy an hour of playing great music. Come and see what we do!



The school is so grateful to Roy, for sharing his wonderful craftsmanship and generosity with our school community.





Community Corner

The walking group went to the Botanic Gardens on Tuesday 7th July.

The beautiful tree is called Pink Trumpet Tree. A lovely place for a walk!

Photo: Julie, Jill, Jan and Phil



★ CHRISTMAS MARKET ★

Sunday, 29th November 2026
at The Link - 631 Hogbin Drive, Toormina
7:30am to 12:30pm

SAVE THE DATE

Market Stalls available
You don't have to be a professional market stall holder, amateurs/first timers are very welcome.
Come and give it a try.

To book your place please scan the QR code and complete the short registration form.
Or contact the Parish Office on 6658 3544
admin@mhocsawtell.org.au



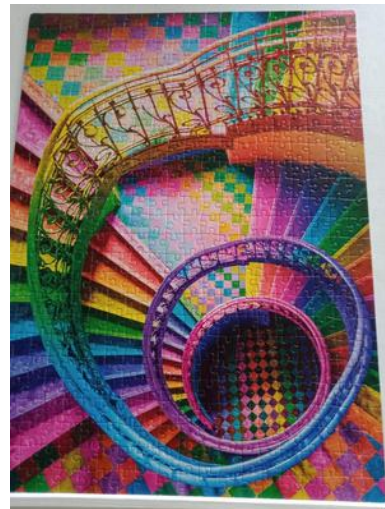
Village Management and residents enjoying the recent Coffee Cart held on Thursday 23rd July.





Community Corner

Puzzles completed from January - June 2026 in the Recreation Centre.
All welcome to participate at your leisure.





MATER MATTERS

Joan Celebrates Her 100th Birthday

A very special milestone was celebrated as Joan marked her 100th birthday surrounded by family, friends, fellow residents, and staff.

The celebration was filled with smiles, laughter, and heartfelt wishes as everyone came together to honour Joan's remarkable century of life. Residents enjoyed sharing in the festivities while reflecting on the many memories and experiences Joan has accumulated over the past 100 years.

Reaching 100 years of age is an extraordinary achievement, and it was a privilege for our community to celebrate this special occasion with Joan. We wish her continued happiness, good health, and many more joyful moments.

Happy 100th Birthday, Joan!





MATER MATTERS

Visits from Doug the Dog

Residents were delighted to welcome Doug the Dog for another special visit. Doug spent time making his way around the home, bringing smiles, laughter, and plenty of pats from residents and staff alike.

Animal visits continue to be a favourite, encouraging conversation, social interaction, and creating a calm, happy atmosphere throughout the home. Doug's gentle nature and friendly personality make his visit enjoyable for everyone, and many residents are already looking forward to seeing him again.

Thank you, Doug, for brightening our day. We can't wait for your next visit!





MATER MATTERS

The Comfort of Doll Therapy

Many residents living with dementia experience moments of anxiety, confusion, or loneliness. One gentle, person-centred approach that can provide comfort is doll therapy.

Doll therapy involves offering a realistic baby doll to residents who may find comfort in nurturing and caring for it. While it is not suitable for everyone, many people experience a sense of purpose, security, and emotional connection when holding or interacting with a doll.



At our home, doll therapy is always offered as a choice and is tailored to each individual's preferences and life experiences. Some residents enjoy cuddling, talking to, or caring for the doll, while others simply find comfort in holding it during times of distress.

The benefits of doll therapy may include:

- Reducing anxiety and agitation.
- Providing comfort during periods of confusion.
- Encouraging meaningful conversation and social interaction.
- Promoting a sense of purpose and nurturing.
- Supporting emotional wellbeing and relaxation.

Sometimes, the simplest moments can have the greatest impact. Whether it's a gentle cuddle, a comforting smile, or a cherished memory sparked by holding a doll, these meaningful interactions help create a warm, supportive environment where every resident feels valued and cared for.



MATER MATTERS

Celebrating NAIDOC Week

Residents celebrated NAIDOC Week by taking part in a variety of meaningful activities that recognised and celebrated Aboriginal and Torres Strait Islander cultures, traditions, and community.

Throughout the week, residents enjoyed making traditional wattle seed damper to accompany a delicious kangaroo stew prepared by our Production Kitchen. They also baked tasty wattle seed and pumpkin scones, giving everyone the opportunity to experience native Australian flavours.

Residents embraced their creativity by producing artwork and craft using natural materials, creating unique pieces inspired by the beauty of Country and the natural environment.

A highlight of the celebrations was a special didgeridoo performance by Josh, the grandson of resident Thelma Marsden. Josh shared the rich sounds and cultural significance of the didgeridoo, providing residents with an engaging and memorable experience that was enjoyed by all.

Thank you to our Production Kitchen, Josh, and everyone who helped make our NAIDOC Week celebrations such a meaningful and enjoyable week of learning, creativity, and connection.





MATER MATTERS

World Chocolate Day

World Chocolate Day was a wonderful opportunity for residents to come together, socialise, and enjoy a little sweet indulgence. It was a simple celebration that brought joy, connection, and, of course, plenty of chocolate!



Outing to Urunga Boardwalk

Residents enjoyed a refreshing afternoon outing to the beautiful Urunga Boardwalk, wrapping up warmly as they braved the crisp winter weather.

The group took a leisurely stroll along the scenic boardwalk, taking in the peaceful river views, fresh air, and natural surroundings. Despite the chilly conditions, everyone enjoyed the opportunity to get outdoors and spend time together.

After the walk, residents warmed up with a hot cuppa and afternoon tea, sharing conversations and laughter before heading home. It was a wonderful afternoon of gentle exercise, social connection, and enjoying the beauty of our local area.





MATER MATTERS

Armchair Travel to Japan

Residents enjoyed a wonderful Armchair Travel experience to Japan, exploring the country's culture and cuisine from the comfort of home. A special thank you to Sachi from our Allied Health team, who gave a live sushi-making demonstration and shared her skills with everyone. The highlight of the day was tasting the freshly made sushi, with residents enjoying new flavours, great conversation, and a memorable cultural experience together.



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

Friday 21st August

10.30am

Mater Christi Community Room

All welcome, Residents, Staff, Family and 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 August 2026

To be advised

Wednesday 19th August 2026

10.30am

Mater Christi Community Room

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



Parish News

Parish Connections: Tea and Togetherness

Our July morning tea was our biggest yet! It's wonderful to see lots of returning residents and have the opportunity to get to know a few new people each month.

Come and meet with the Parish Office staff on the fourth Wednesday of each month in the Recreation Centre after Mass. Everyone is welcome!



Saturday Coasters: Men's Breakfast

All men are invited to join with the Saturday Coasters Men's Breakfast which is now held bi-monthly on the first Saturday of the month. The next event is on Saturday 1st August at The Link. Breakfast will be served from 7:30am.

We invite a \$10 donation.



SEEDS OF GRACE

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

WHERE: The Link – Reflections Bungalow

WHEN: Friday 14th August 2026

TIME: 10:30am – 12:00pm

Guest Speaker: Charlotte Rodgers

Occupational Therapist

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 and support to share.

Where: The Link – Reflections Bungalow

When: Friday 14th August 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 winter continues, DONOVANS remains the perfect place to escape the cold, catch up with friends and enjoy a delicious meal. With outdoor heaters, pull-down weather blinds and cosy blankets available, you can relax in comfort while taking in the beautiful surroundings.

If you haven't visited us recently, now is the perfect time to experience our new seasonal menu. Since launching in July, we've loved hearing your feedback on our latest dishes, with plenty of new favourites already becoming customer highlights. Whether you're joining us for breakfast, lunch or coffee and a treat, there's something new waiting to be discovered.

Our popular **Residents Winter Warmer Deal** will continue throughout the cooler months and is available Monday to Friday:

Garden Roasted Vegetable Soup and Toast – \$14

It's the perfect lunch to warm you up on a chilly winter's day.

Don't forget to collect your DONOVANS Loyalty Card if you haven't already. Throughout the year we'll continue offering exclusive promotions, seasonal specials and rewards available only to our loyalty members.

Please note: The monthly residents' offer 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.

Long Lunch

We're also excited to announce that our next Long Lunch will be held on Saturday, 15 August. Get ready for an unforgettable afternoon at Donovans Link as Chef Matt Donovan fires up the iconic paella pan for a live outdoor cooking experience in the gardens.

Enjoy Matt's signature dishes, shared feast-style, perfectly paired with local wines while watching him cook live right before your eyes.

Want a say in the menu?

Head over to Chef Matt Donovan's socials, find your favourite reel, and comment which dish you'd love to see recreated live at this exclusive event.

Exclusive Ticketed Event – \$89pp

- 2 hours of selected beer & wines
- Shared feast-style plates
- Live cooking demonstration on the iconic paella pan with Chef Matt
- Relaxed afternoon in the beautiful Donovans Link gardens

Spots are limited, so don't miss your chance to experience one of Chef Matt's most interactive events yet.

Book your tickets now at donovansvenues.com.au

DONOVANS Team





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

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

Sudoku provided by SudokuBliss.com



Winter Word Scramble

UAFSMEFR _____

ANAWAZK _____

LOSITEMET _____

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From our CEO

Courage, Love, Respect, Justice

Celebrating Those Who Care

Dear residents, families, friends and staff,

As we enter the final month of winter, August provides us with several important opportunities to thank and acknowledge the people who make our community special, to reflect on our shared values, and continue caring for one another.

On **Friday, 7 August**, we celebrate **Aged Care Employee Day**, a national occasion recognising the dedicated people who support older Australians across aged care, home care, retirement living and seniors' housing. Every role matters, whether providing direct care, preparing meals, maintaining residents' homes and gardens, coordinating services, supporting administration, volunteering, or simply offering a listening ear and a reassuring smile to dispel social isolation.

At Sawtell Catholic Care, we are fortunate to have an extraordinary team whose kindness, professionalism and commitment bring our mission and values to life every day. We sincerely thank every member of our care and village teams for the contribution they make to the dignity, wellbeing and happiness of the people we serve.

This year, we are also delighted to recognise **Karen Martin** and **Sandy Bendall**, who have been nominated for **Ageing Australia's You are ACE! Leadership Excellence Award**.

Karen has provided outstanding leadership to our Marian Grove community and SCC, strengthening community connections, supporting residents and developing a positive and responsive village culture. Sandy has demonstrated exceptional leadership of our Catering Services, delivering innovation, quality nutrition and warm hospitality across Mater Christi, Marian Grove and Sawtell Home Care. Their nominations are a wonderful acknowledgement of their leadership and of the dedicated teams they inspire.

The following day, **Saturday, 8 August**, marks the **Feast Day of Saint Mary of the Cross MacKillop**, Australia's first saint. Mary MacKillop dedicated her life to faith, education and service, particularly to people experiencing disadvantage or hardship. Her courage, compassion and belief that we should "never see a need without doing something about it" continue to inspire Catholic communities throughout Australia.

Her example reminds us that meaningful service is often expressed through simple actions: noticing when someone needs assistance, making time for conversation, welcoming a newcomer, or offering encouragement during a difficult day. These everyday acts of kindness help build the strong and caring community we all value.

August also includes **Loneliness Awareness Week**, from 3 – 9 August, with the 2026 theme "**Make Room for Connection**." The week encourages us to intentionally create opportunities for meaningful relationships and inclusion. A friendly greeting, an invitation to share a cup of tea, attending a village activity, checking on a neighbour or joining one of our activity groups can make a genuine difference.

As we move through August, let us continue to look out for one another, celebrate those who serve our community, and make room for friendship, compassion and connection.

Thank you to our residents, families, volunteers and staff for everything you contribute to the life of Sawtell Catholic Care. Together, we continue to create a caring community where people feel welcomed, respected, supported and valued.

Until next time,

Michael Darragh
Chief Executive Officer,
Sawtell Catholic Care