

IN TOUCH



SCC MONTHLY NEWS - ISSUE 126
SEPTEMBER 2026





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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

What a wonderful Cultural Day!

Thank you to everyone who came along and helped make our Cultural Day such a fantastic celebration. It was so great to see our staff sharing their cultures through traditional dress, food, music and conversation, and everyone getting involved and supporting one another.

It was a lovely opportunity for residents and staff to come together, have some fun and celebrate the many different cultures that make up our SCC community. We hope everyone enjoyed the day as much as we did!





GROWING OLDER GRACEFULLY

SR ANNE HENSON

For three consecutive weeks, a light bulb fused in my unit. This always happens in the evening leaving me in the dark and it can be very frightening for older people who avoid falls at all costs. But I am prepared for these emergencies and cautiously reach for my little lantern. It resembles a kerosene lamp but is powered by battery and cost only a few dollars. It really does light up a dark room and helps me feel safe in the darkness. Lighthouses, streetlights, security lighting and search lights keep us and our community safe. Campfires gather people together for safety and cosiness.

Our days are divided into night and day when the sun rises each morning dispelling darkness. We are lost in wonder at Nature's displays of light at dawn, sunset, in starlight and moonlight. We celebrate with little candles on birthday cakes and big candles at church ceremonies. We highlight a special world event with the Olympic torch.

Light is not only a natural phenomenon, but also a powerful metaphor. When a mystery is solved, we say that the truth has come to light. A flash of understanding is a light bulb moment. We refer to hope as the light at the end of the tunnel. Desmond Tutu, a beacon of hope for his people struggling against apartheid in South Africa, expressed this with conviction: "Hope is being able to see that there is light despite all the darkness".

Light symbolises those significant values of knowledge, hope, understanding. A sudden inspiration is called a flash of light. When a secret is revealed, it has been brought to light. A much-loved person is called the light of your life. A happy person is said to light up a room. Acts of kindness, however small, and words of comfort, thanks or encouragement light up the lives of others.

The world's great religious faiths link light with living a good life. Christians are familiar with the words of Jesus: "Let your light shine that others may see your good works and glorify God". (Matt.5:16) This means that the way we live should be an inspiration to others. A Buddhist teaching is to let your light shine however small it may be. Jewish people celebrate Hannukah, the Festival of Light and they believe that "A candle is small but one candle can light another". Light represents truth, kindness, knowledge and hope in all faiths and cultures.

The effectiveness of light was expressed in very simple words by Eleanor Roosevelt: "It is better to light a small candle than to curse the darkness". Fellow American Thomas Jefferson offers this reflection on the two-way effect of a candle: "A candle loses nothing when it lights another candle".

What lights up your life and what light can you bring to someone today? It will brighten the life of that person and your own life too.

Sr. Anne Henson
Marian Grove Resident

"BEING A LIGHT IN THE
WORLD IS ABOUT LIFTING
OTHERS UP, HELPING
THEM TO SEE THE BEAUTY
AND POTENTIAL WITHIN
THEMSELVES."





IN THE SPIRIT

MATT DIGGES

Encouraging our Men

The AFL Finals are upon us. I was excited by the prospects of the Swans but now all I can think of is the destruction they have caused. With so many other men in our society, they are in a crisis which is causing deep wounds in the lives of many others. Irrespective of age, statistics concerning men's health are concerning, with men accounting for 75% of suicides and 40% of men reporting a deep loneliness.

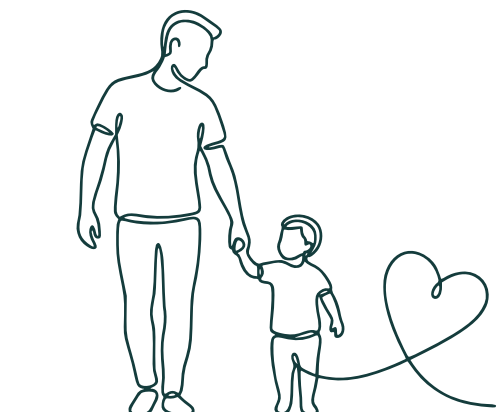
Recent highlighting of unacceptable behaviour among some men in our society has drawn attention to the need to champion positive ways of displaying masculinity. The good news is that men of good will are modelling ethical lives. This will take time to filter through, but the signs of growth are irrefutable. Men's groups and sheds are thriving. Sawtell Parish recently launched Coasters, a bimonthly breakfast group that is attracting 40 men. Most were encouraged by their wives. Our churches are reflecting this trend as well, with Gen Z and Millennial men outnumbering women in acknowledging the importance of a faith commitment.

Father's Day gives us an opportunity to talk about what values we admire in the significant men in our lives and society. Good fathers show up, connect, take an interest and listen. Their integrity, respect, and vulnerability model behaviour and boundaries to the next generation. St Joseph has been a model for many Christians. His humility in listening to God, quiet provision for and protection of Mary and Jesus, culminating in his unrecorded death, teach the values of fatherhood.

Encourage the men in your life. Most of us know our weaknesses, so point out their strengths and help them to aim higher. On RUOK day, check in and encourage them to talk. Good relationships make strong societies.

Matt Digges

Director of Mission





VILLAGE NEWS

KAREN MARTIN

Planning for the Future: Why Having Your Legal Documents in Place Matters

We will be hosting an important information session at the Recreation Centre on Tuesday 22nd September, facilitated by Copeland Estates Legal.

The session will focus on the importance of having your legal and personal affairs organised, including a Will, Enduring Guardian and Power of Attorney. These documents provide an important framework for ensuring that your wishes are understood and that trusted people can make decisions on your behalf when you are no longer able to do so yourself.

Importantly, these arrangements need to be considered and put in place while you have the cognitive capacity to understand and make these decisions. Waiting until there is a loss of mental capacity can make it significantly more difficult, and in some circumstances impossible, to establish these arrangements.

The session will also explain what can happen when these structures are not in place. In the event of death, the absence of a valid will can leave important decisions about your estate to be dealt with under the law rather than according to your wishes, potentially creating additional stress, expense and delays for family members.

Similarly, if you lose the capacity to make decisions and do not have the appropriate authority in place, your family or loved ones may not automatically have the legal authority to manage your financial or personal affairs or make important decisions on your behalf. This can result in significant uncertainty and may require formal legal or administrative processes to determine who can act for you.

This information session is an opportunity to understand these important arrangements; ask questions and take proactive steps to ensure your wishes are documented and your loved ones are better prepared for the future.

We encourage everyone to attend and take the opportunity to plan ahead while you are able to make informed decisions for yourself.

Karen Martin

Village Manager



August Luncheon



Activity Locations 2026-27 Refurbishments

BBQ	4 th Sunday	No alternate venue available
Bible Study	Thursday 2.00pm	Other venue - Resident's home
Bowls - Indoor	Thursday 9.00am - 12.00 pm	Option for Sawtell RSL ladies only Weds 12pm-2pm. Mixed Tuesdays 6.30pm
Cards - 500	Monday 1.00pm - 4.00pm	Marian Grove Training Room
Chair Yoga	Thursday 1.30-2.30pm	Other venue - Resident's home
Church - Ecumenical All denominations	1st & 3 rd Sunday 10.00am	The Chapel
Colouring Group	Tuesday 1.30pm	Other venue - Resident's home
Computer Technology	Friday fortnightly 10.00am - 11.00am	Marian Grove Training Room
Craft	Tuesday 1.00pm - 3.30pm	Marian Grove Training Room
Dance Fit - Julie Ross	Monday 12.30pm - 1.30pm Wednesday 9.00am - 10.00am	Boambee East Community Hall Mater Christi Community Room
Exercises - James	Friday 9.30am - 10.30am	Boambee East Community Hall
Library	Daily	Alternative Toormina Library
Mahjong	Tuesday 9.30am - 11.30pm	Marian Grove Training Room
Mahjong for Beginners	Monday 9.30am - 11.00am	Other venue -Resident's home
Mass	Wednesdays 9.30am Fridays 9.30am	The Chapel
Movies	3rd Saturday	No alternate venue available
Paper Craft	Thursday 9.30am - 12.00pm	Other venue -Resident's home
Pool/Snooker	Monday - Friday 4.00pm - 5.00pm Thursday 7.00pm	No alternate venue available
Rummikub	Thursday 1.30pm - 5.00pm	Marian Grove Training Room
Scrabble	Wednesday 1.30pm - 3.30pm	Marian Grove Training Room
Singing	Friday 10.00am - 11.00am	The Chapel
Table Tennis	Monday 9.30am - 11.30am	No alternate venue available
Ukulele Group	Monday 3.30pm - 4.30pm	Mater Christi Community Room
Wii Fit	Wednesday 10.15am - 11.45am	No alternate venue available
Wood Working	Daily	Workshop

Residents' Luncheons

During Recreational Centre Refurbishment

While our Recreation Centre is undergoing refurbishment, we are making alternative arrangements to ensure our resident luncheons can continue.

Our October luncheon will be held at The Link, with alternative external venues currently being investigated for the November luncheon. Watch this space for further details!

Our Christmas luncheon will be held at Sawtell RSL, providing a wonderful opportunity for residents to come together and celebrate the festive season.

If the luncheon at The Link is well received, we plan to schedule further luncheons from February through to June next year. We may also include a selection of alternative venues during this time, depending on resident feedback and preferences.

Rest assured, we will keep all residents informed of upcoming arrangements and venue details as they are confirmed.

We look forward to continuing to enjoy these social occasions together while our Recreation Centre is being refurbished.

Karen Martin
Village Manager



SAWTELL CATHOLIC CARE PRESENTS

SPRING GARDENS COMPETITION

SCC Annual Spring
Garden Competition is
on again this October

Categories are:

Best Spring Garden

Best Overall Marian Grove Garden

Best Edible Garden

Best Courtyard/Patio Garden

Best Potted Garden

Best Mater Christi Garden

Phone the office on 6653 1241 to enter by 30th September

Judging will be held on Monday 19th October

Prizes: Bunnings Gift Vouchers





HOME CARE

STUART THORNE

My name is Stuart Thorne, and I am pleased to introduce myself as the Home Care Services Manager at Sawtell Catholic Care. I bring more than three decades of experience across aged care, disability services, risk management, education, mentoring and operational leadership, with a strong commitment to service excellence and positive outcomes for older people.

Throughout my career, I have had the privilege of working in roles focused on supporting people, strengthening teams and improving services. My background includes leadership in residential aged care operations, quality and risk management, business support, disability services, and education in leisure and health. These experiences have shaped my belief that good care is built on trust, collaboration, clear communication and a genuine respect for each person's story, preferences and goals.

As Home Care Services Manager, my focus is to support our participants to remain safe, connected and independent in their own homes for as long as possible. I am passionate about personalised home care that is delivered with dignity, compassion and reliability, whether through practical assistance, companionship, clinical support, respite, transport, domestic help or coordination of services.

I also recognise the important role families, carers and staff play in creating meaningful outcomes. I look forward to working closely with clients, families, care workers, nurse and allied health professionals and the broader Sawtell Catholic Care Team.

I am inspired by Sawtell Catholic Care's values of Love, Respect, Courage and Justice, and by the simple but powerful motto, "We Care." I look forward to listening, learning and contributing to the continued growth of Sawtell Home Care.

I am excited to get to know people in the Sawtell Catholic Care Community and look forward to being part of this amazing community and sharing the adventures and opportunities this role presents.

Stuart Thorne

Home Care Services Manager





COLIN'S CARE COLUMN

COLIN MCDONALD

We are slowly getting through winter... not long to go now.

This month has seen some amazing activities throughout the facility. From birthdays to happy hours, to cultural extravaganzas, armchair travel, cuppa and chats with residents and families, games days and entertainment. It is so great to see the involvement from all residents, relatives and friends. Thank you.

There has been more work going on in the facility with the Pamper Room nearing completion in House 2. This will be a great room to relax and enjoy some quiet time. I am close to securing a mobile hairdresser to visit the facility and provide some follicle support for those of us requiring it. The Café is back up and running and serving some great food and drinks. They make a great cappuccino. Thanks baristas!

Some new staff are joining the Mater Christi family. Please make these new team members welcome. We are also welcoming some new residents both respite and permanent to the family. Let's make all feel welcome and at home here at Mater Christi.

There continues to be a hive of activity in the registration process. Lots of work making sure all areas are up to date and in good shape ready for the process to take place. There are some amazing people who are doing some incredible work to make sure Mater Christi is the excellent place we all know and love. Thank you to all.

Doug is booked in for more fun filled, treat eating, tail wagging days with the residents and staff at Mater Christi. He loves his days making residents, family, staff and friends smile with his own special style of love.

Colin's comment for the month:

"If you are working on something you really care about, you don't have to be pushed... the vision and the love pull you forward". - Steve Jobs



Colin McDonald
Care Services Manager



Vision loss has a way of touching more lives than most of us realise. It might be someone who's quietly stopped showing up to bowls. A neighbour who's finding it harder to pour a cup of tea confidently, or spending time worrying about what happens to her independence if her driver's licence comes into question. Perhaps it's something on your own mind, or somewhere in your family.

Low vision is more common than you'd think - often the result of conditions like macular degeneration, glaucoma or diabetic eye disease, among other conditions. Not the kind of vision loss glasses can fix, and often not severe enough to come with access to the disability supports built for more advanced sight loss. Low vision sits in a middle ground: real enough to change how you live, but invisible enough that most people around you would never know.

That's the thing about low vision, it can hide in plain sight, and many Australians are carrying this burden alone.

An estimated 70,000 Australians are living with permanent low vision, severe enough to affect daily life, yet not severe enough to qualify for the funded supports designed for more advanced sight loss. Many people are also managing the ordinary business of getting older – perhaps other health worries, a partner who needs a hand, or financial stresses. Life rarely hands us one thing at a time, and navigating vision loss might be something that's sitting alongside everything else life is already asking of you.

SeeWay is a free, national service for any Australian living with some vision loss, and for their loved ones. It's not a replacement for your eye care team, but support for everything that sits alongside it: practical guidance for daily life, information that is written by humans who work in this space, access to no-gap emotional counselling (*GP mental healthcare plan required), and simple help making technology work for you. If vision loss is affecting your life in any way, support is available and deserved.

You don't need a referral. You don't need to wait until things get harder. If any of this sounds familiar for you, or for someone you know, you can visit [SeeWay.com.au](https://seeway.com.au) or phone them for more information.

An excerpt from *The Senior* newspaper.

Ph: 1800 SEE WAY (1800 733 929)

Email: info@seeway.com.au

A Free Talk for You and Your Family

Do you have a Will that still fits your life today?

A lot of people made their Will years ago — before grandchildren, before a house was sold, before things changed. An old Will can cause real problems for the people you leave behind.

We're offering a free talk for Marian Grove residents and their families.

An experienced estate planning lawyer will explain, in plain English:

- What a Will actually does
- What happens if you don't have one
- What a Power of Attorney and Enduring Guardian are — and why they matter now
- How to make sure your wishes are followed

Nojargon. Nopressure. Nocost. 🌱



MEET YOUR PRESENTER

Del Copeland, Copeland Estates Legal

18yearsofestateplanningexperience—explained simply, without the jargon.

FREE GIFT FOR EVERYONE WHO COMES ALONG:

"Information for My Family — Estate Planning Booklet"



Peaceofmindforyourfamily—sothey'll have what they need when the time comes.

Ask yourself — does your family know where your Will is? Who to call? What accounts exist? Simply fill out the booklet yourself, and your family will have every answer in one place.

WHEN 10:30am, Tuesday 22 September 2026

RSVP To Marian Grove reception by Friday 18 September 2026

Everyone's welcome — residents and family members alike. Can't make the session? A copy of the booklet is available from reception.



Residents' BBQ

Sunday 27th September

Marian Grove Recreation Centre

Please RSVP on the sheet in the Recreation Centre by Tuesday 22nd September





MARIAN GROVE NEWS



Prices from \$29 - \$99
Beautiful Ladieswear
and Accessories from
around the globe! Great
gifts! Sizes XS - XXL

U & I Designs Mobile Ladies
Fashion is coming to you!!

Tuesday the 15th of September

11.30am - FASHION PARADE

Recreation Centre

we accept cash, credit cards and eftpos

www.uandidesigns.com.au



Saturday 19th September 2026

1.30pm

\$3.00 Donation

Includes afternoon tea & lucky door prize

For enquires contact Barbara Smith

0401 781 706

RESIDENTS ONLY

★ CHRISTMAS MARKET ★

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

SAVE THE DATE

Market Stalls available

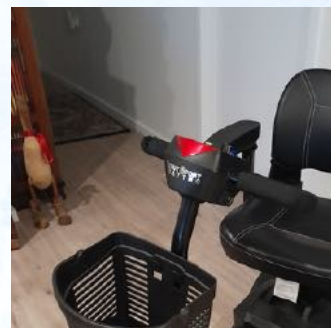
You don't have to be a professional market stall
holder, amateurs/first timers are very welcome.
Come and give it a try.

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



Free - Scout Sports Quattro Scooter

Call Graham
0427 464 303



Free - Coffee Capsules



Call Jan
0407 818 291



Community Corner

Home Care came together to meet the new Home Care Services Manager and share an afternoon tea together.



Library Survey



Library volunteers Denis and Marie would like to thank the residents for responding to their library survey.

There were 72 responses received and 27 comments provided from these surveys. This information and comments will be carefully considered when carrying out a stocktake of current resources.

Any resident who would like to join as a library volunteer can speak to Marie or Denis.

The Library will be closed from Monday 21st September to commence consolidation of books. Please ensure you borrow or return books prior to the 21st September. There will be no option for book return until the library reopens.



Community Corner

Ruth's 90th

Ruth Egan recently celebrated her 90th birthday with family. Happy birthday Ruth!



Ruth Egan would like to thank the thoughtful person who left a beautiful floral arrangement of bromeliad flowers for her 90th birthday. She hasn't been able to solve the mystery of who it was! But wishes to say Thank you!



One Foot in the Groove Singing Group

I Invite you to One Foot in the Groove singers group. An hour of familiar (and not so familiar songs) followed by tea and coffee.

Many of us have had good memories of choirs and we would love to welcome more of our residents into the singing group.

Please call Margaret England (on behalf of One Foot in the Groove) 0431233033 for more information or to join in at singing.



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 11th September 2026

TIME: 10:30am – 12:00pm

Discussion Topic: Enhancing Wellbeing

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 11th September 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





MATER MATTERS

Fun and Creativity in Our Memory Support Unit

There has been plenty of fun, laughter and creativity happening in our Memory Support Unit recently!

Residents enjoyed an energetic balloon parachute activity, which encouraged movement, coordination and teamwork. It was wonderful to see everyone joining in, watching the balloons bounce and sharing plenty of smiles and laughter along the way.

Our button craft activity provided an opportunity for residents to get creative and explore different colours, shapes and textures. Residents enjoyed choosing their buttons and creating their own unique pieces of artwork.

We also celebrated National Cupcake Day with a delicious baking activity. Residents enjoyed helping to prepare, bake and decorate cupcakes, with lots of colourful icing and creative decorations. The best part, of course, was enjoying the delicious treats together!

These activities provided wonderful opportunities for social connection, sensory engagement, creativity, reminiscence and enjoyment. Most importantly, residents had a lovely time together and being involved in activities that brought smiles to their day.





MATER MATTERS

A Lovely Afternoon at Moonee Beach Reserve

Residents enjoyed a wonderful afternoon outing to Moonee Beach Reserve, making the most of the beautiful surroundings and fresh coastal air.

We enjoyed a relaxing afternoon tea together while taking in the peaceful scenery and spending time outdoors. There were plenty of lovely conversations, smiles and laughter as residents enjoyed each other's company.

It was a wonderful opportunity to get out into the community, enjoy nature and share a relaxing afternoon together. Everyone thoroughly enjoyed the outing and we look forward to more adventures in the community!



Celebrating Our Wonderful Staff – Aged Care Employee Day

To celebrate Aged Care Employee Day, our residents had the opportunity to share their appreciation and heartfelt thanks with the wonderful staff who care for and support them each day.

Our Appreciation Wall was filled with beautiful messages, kind words and thoughtful notes from residents. It was a lovely way for residents to express how much they value the dedication, kindness, patience and compassion shown by our staff.



The messages were a powerful reminder that the little things our staff do each day can make such a meaningful difference to the lives of our residents.

A huge thank you to all of our caring staff for everything you do. Your commitment, warmth and care are truly appreciated by our residents, their families and the wider community.

Happy Aged Care Employee Day!



MATER MATTERS

Celebrating World Tree Day

Residents came together to celebrate World Tree Day with a special tree-planting activity.

Planting a tree provided a wonderful opportunity for residents to spend time outdoors, connect with nature and contribute something lasting to our environment. Residents watched as the tree was carefully planted and enjoyed learning about the importance of trees and the many benefits they provide.

The activity also encouraged conversation and reminiscence, with residents sharing memories of gardens, favourite trees and special places from their past.

Our new tree will continue to grow and flourish, becoming a lasting reminder of the time we spent together celebrating nature and the importance of caring for our environment.

It was a meaningful and enjoyable activity that brought everyone together and left us with something beautiful to look forward to watching grow.





MATER MATTERS

Celebrating Betty Fleming – Author and Storyteller

We are delighted to celebrate one of our very own residents, Betty Fleming, who is a published author with not one, but two interesting books to her name.

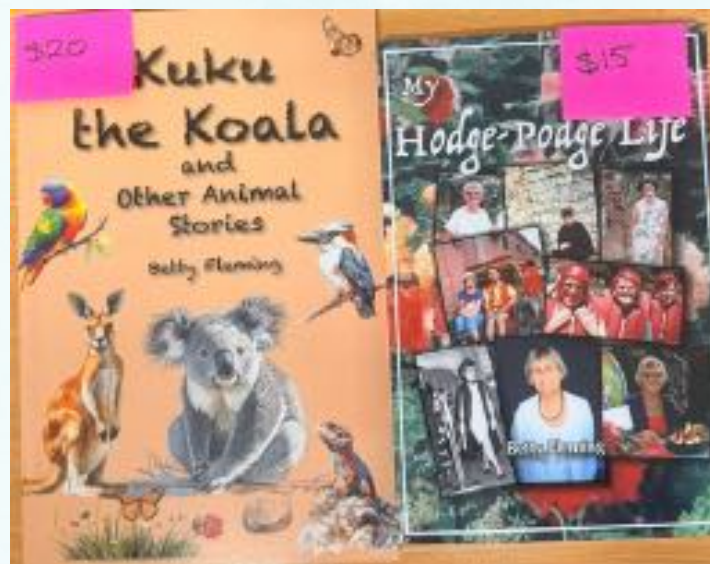
Hodge-podge Life, is a heartfelt reflection on the many experiences and adventures that have shaped her life. Through her stories, Betty shares a wonderful collection of memories from a life filled with fascinating experiences, taking her around the world and back to her native Australia.

Betty has also published Kuku the Koala and Other Animal Stories, a delightful collection of 20 original stories, accompanied by illustrations. Written with young readers in mind, the stories are suitable for children from early to mid-primary school age, either for children to read themselves or to enjoy together with a parent or carer.

We are incredibly proud to have Betty as part of our community and to celebrate her achievements as an author. Her books are a wonderful reflection of her creativity, imagination and the wealth of experiences she has gathered throughout her life.

Interested in purchasing a copy?

If you would like to purchase one of Betty's books, copies can be ordered through Bec, our Recreation Coordinator at Mater Christi. This is a wonderful opportunity to support Betty and enjoy her stories with family and friends.





MATER MATTERS

A Heartfelt Thank You to the CWA Ladies

We would like to extend a very special thank you to the kind CWA ladies from Raleigh and Repton for their generous donation of beautifully handmade knitted items for our residents.

The ladies kindly donated a lovely selection of fidget muffs, blankets and other handmade items, created with care, time and thoughtfulness.

Our residents are already enjoying these beautiful gifts, with the fidget muffs providing comfort and sensory engagement, while the warm blankets are perfect for keeping people cosy and comfortable.

We truly appreciate the kindness and generosity shown by the CWA ladies. Your thoughtful contributions make a meaningful difference to our residents and are a reminder of the care and support within our local community.

Thank you, CWA Raleigh and Repton, for thinking of our lovely residents and sharing your talents with us!



Safe Harbour 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 18th September

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 September

Vince Carroll

Wednesday 16th September

10.30am

Mater Christi Community Room

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

Hello From Donovans

Winter at Donovans

Winter is still in full swing, and there's no better time to settle in at DONOVANS. Our outdoor heaters, pull-down weather blinds and cosy blankets are ready to keep you warm while you enjoy the gardens, catch up with friends and make the most of a delicious meal.

Have you tried our new seasonal menu yet? Launched in July, our new menu has already been receiving plenty of love, with some dishes quickly becoming new customer favourites. Whether you're stopping by for breakfast, settling in for lunch, or simply popping in for coffee and a sweet treat, there's something new to enjoy.

Come in, get cosy and discover your next DONOVANS favourite.

Residents' Offer

Our residence meal deal is back for September and is available Monday to Friday:

Banana bread and a regular coffee - \$10

Don't forget to collect your DONOVANS Loyalty Card if you haven't already. Throughout the year we will 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.

Thank You to Nola

A big thank you to Nola for the incredible care and love she puts into our gardens. From the beautiful table arrangements to our gorgeous hanging plants, her work adds so much to the DONOVANS experience.

Our gardens, restaurant and even our produce wouldn't be the same without her. We're so grateful for everything she does to keep our spaces looking beautiful all year round!

Fathers Day

Looking ahead, we're planning a fantastic Father's Day celebration on Sunday, 6th September. Gather the family and treat Dad to a delicious meal with us. Book a table before 1st September to go in the draw to win Dad's meal back to the value of \$30.

As always, we value your feedback and are continually looking for ways to improve your experience. If you have any suggestions or comments, please email us at link@donovansvenues.com.au or pass your feedback on to one of our friendly team members.

Thank you for your continued support. We look forward to welcoming you to DONOVANS throughout the rest of winter and celebrating the exciting events ahead.

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

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

Sudoku provided by SudokuBliss.com

August Sudoku solution

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

Sudoku provided by SudokuBliss.com

SPRING

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

BLOSSOMS
BREEZE
BUTTERFLIES
CHICKS
CHIRPING

DAFFODIL
FLOWERS
GARDEN
GRASS
GREEN

LADYBUGS
PASTEL
PICNIC
RABBIT
RAINBOW

RAINY
SEEDS
SUNSHINE
TULIPS
WARM

WWW.ALWAYSTHEHOLIDAYS.COM





From our CEO

Courage, Love, Respect, Justice

Welcome to Spring

September brings with it the beginning of spring, a season traditionally associated with renewal, growth and new life.

After the cooler winter months, the warmer days and longer hours of sunlight are a welcome invitation to spend more time outdoors, reconnect with friends and neighbours, and enjoy the wonderful gardens and natural environment we are fortunate to share across our Sawtell Catholic Care community.

Thank you to our residents, clients, families, staff and volunteers who contribute in so many ways to making Sawtell Catholic Care such a welcoming and caring community.

Also, in this vein, a big shout out to the Men's Group that now meets monthly at The Link Gardens on a Saturday morning for breakfast. Keep an eye on the Parish newsletter for dates.

Celebrating Fathers and Father Figures, Father's Day, Sunday 6 September

We wish a very happy Father's Day to all the fathers, grandfathers and significant father figures within our community.

Father's Day provides an opportunity to acknowledge the love, guidance, wisdom and support that fathers and father figures provide throughout our lives.

For some, the day will be one of celebration with family and friends. For others, it may bring special memories of fathers or loved ones who are no longer with us. We hold all of those memories with respect and gratitude.

We hope everyone celebrating enjoys a wonderful day surrounded by family, friendship and new happy memories.

R U OK? Day

Thursday 10 September, is an important national reminder of the difference a genuine conversation can make.

A meaningful conversation does not require us to have all the answers. Often, what matters most is letting another person know that they are noticed, valued and supported.

Within our SCC community, looking out for one another is an important expression of our values of Love, Respect, Justice and Courage.

This September, perhaps take the opportunity to check in with someone you have not spoken with for a while. A simple conversation may mean more than you realise.

Dementia Action Week, 21–27 September

Dementia Action Week is particularly meaningful for our seniors community. The 2026 theme is "It's time to talk about dementia."

Dementia Australia is encouraging Australians to have more open conversations about dementia, helping to improve understanding, reduce stigma and ensure people living with dementia and those who care for them feel supported and included.

Every person living with dementia continues to have their own story, relationships, strengths, preferences and contribution to make.

At Sawtell Catholic Care, person-centred care means seeing the individual first, and recognising the dignity and uniqueness of every person and supporting them to remain connected, involved and valued.

During Dementia Action Week, we particularly acknowledge the extraordinary contribution of families, carers, volunteers and care staff who accompany people living with dementia with patience, compassion and kindness.

Sometimes the most important thing we can offer is our presence and attention.

Michael Darragh

Chief Executive Officer,
Sawtell Catholic Care