# IN TOUCH

SCC MONTHLY NEWS - ISSUE 128

NOVEMBER 2026





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November 2026

Our cover features Phil and Jan Foster's prize-winning garden.

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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

# REMEMBRANCE DAY

Please join us on

Wednesday
11th November



at 10.45am

in The SCC Anzac Garden
(adjacent to the Chapel)

for the SCC Remembrance Day Service



# FLAG CEREMONY

To acknowledge the International Year of Indigenous Peoples there will be an Aboriginal Flag Raising Ceremony on
**Wednesday 4th November at 11.45 am**
in front of our Recreation Centre.

Our Federal Member, Pat Conaghan, and other guests will attend.

Everyone is warmly welcome to attend with complimentary morning tea available.



# GROWING OLDER GRACEFULLY

## SR ANNE HENSON

Each morning as the first rays of the sun begin to light up the sky, birds in the neighbourhood are singing. A Chinese proverb says that a bird does not sing because it has an answer. It sings because it has a song.

Australian birds are well-known for their warbling, mimicry and beautiful songs. The warbling of magpies is a familiar sound in early mornings and just before sunset. The ringing cry of currawongs can be heard in urban areas as well as in our native forests. Whip birds are unique in that the male utters a whip-like crack to which the female replies in melodic tones. Our native lyrebird has been called the greatest vocal mimic on earth, copying the songs of other birds, human sounds and machinery noise.

When I was in primary school, every Australian child learned Henry Kendall's poem "Bellbirds":

And, softer than slumber, and sweeter than singing,

The notes of the bellbirds are running and ringing.

The silver-voiced bellbirds, the darlings of daytime!

They sing in September their songs of the May-time.

I remember walking in the forest one day and my grandmother telling me that there were bellbirds in that area so if I was very quiet, I might hear them and yes, I did hear them – truly unforgettable.

We can go birdwatching and we can visit our local botanic gardens to see and listen to the birds, but we can also become more aware of the ones in trees in our backyards. This is high on my list of things you get for free. I would not want this reflection on birdsong to overlook those noisy kookaburras which find life in my neighbourhood so hilarious.

What the birds tell me each morning is that a new day has dawned. Whatever the ups and downs of yesterday, today is a new beginning. Birds sing a song of hope and new opportunities. They are nature's choir announcing joy and creating harmony.

In Gilbert & Sullivan's opera, The Mikado, the Lord High Executioner, Ko-Ko, asks: "Tell me, dickybird why do you sing? Is it weakness of intellect or a rather tough worm in your little inside?" The little bird was actually suffering from unrequited love but continued to sing. Birds will always sing, regardless of the circumstances, because it is their nature to do so.

I sing when I am happy, when I hear a song that has special meaning for me, when I feel the urge to sing. I really enjoy listening to a choir. What I have learnt from birdsongs is to celebrate each day as a gift from God. In the words of an old hymn: "There is an endless song echoes in my soul" and when I hear birds chirping and warbling I am reminded of another hymn, "Morning Has Broken" a song of praise for the blessing of each new day.

**Sr. Anne Henson**
Marian Grove
Resident





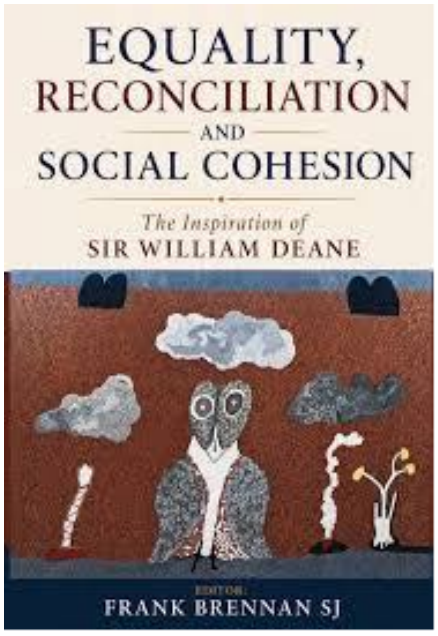
# IN THE SPIRIT

## MATT DIGGES

**Remembering**

Sir William Deane, the Governor General of Australia in the 1990s, is renowned for his commitment to holding the country together through difficult times. We remember the canyoning tragedy at Interlaken and Port Arthur. Bill and his wife Helen are known as the First Couple of Aboriginal Reconciliation for their efforts to find listening pathways between indigenous and non-indigenous Australians.

Bill sees equality, reconciliation, and social cohesion as flowing directly from his commitment to Christian faith. A recent collection of his writings reminds us of the need to prioritise respect for each other in pursuit of the common good. This is timely as our nation grapples with the attack on parliamentarian Helen Haines. We may need to be reminded of who we aspire to be.




November is the month for remembering.

We remember those members of our community who have died in the past year. Their names are remembered at our Bi-Annual Memorial and displayed in the Chapel throughout the month.

We remember those who have made significant contributions to our lives and welfare.

We remember our war dead: Those who died so we may live in peace.

We remember our own calling as witnesses to truth and our ability to change our world

We remember and are inspired by incredible Australians who stand for decency and the truth. People like Ricky, the barber who rushed to help Helen in Wangaratta; Bill Deane, who has spent his life speaking and acting for truth and justice; and the many who lead by example but are unnamed and largely unknown. They are known by you and me.

We remember.

**Matt Digges**
Director of Mission



# VILLAGE NEWS

## KAREN MARTIN

**Recreation Centre - Construction Update**

Construction works on the Recreation Centre are due to commence shortly. There has been a brief delay owing to inclement weather, which is beyond our control.

All equipment and furniture from the Recreation Centre, including the library books, have been securely packed and moved into storage. We would like to extend our sincere thanks to the residents who generously assisted with this process. Your time, support and willingness to help are greatly appreciated.

While the Recreation Hall is undergoing construction, resident activities have been relocated to various locations. The training room, located in the Home Care and Pastoral Care Administration Building, is also available for residents to use over the weekends to encourage social interaction and maintain community connections.

Thank you for your patience and understanding during this period of transition.




**Annual Management Meeting**

Our Annual Management Meeting has been scheduled for Thursday, 19th November, at 9.00am at the Link Pavilion.

All residents are warmly invited to attend and participate in this important meeting.

If you have any questions you would like raised at the meeting, please submit them in writing to Marian Grove office by Thursday, 12th November.

**Appointment of Auditor**

We are also seeking residents' consent to reappoint our auditor for a further three-year term.

Wappets Chartered Accountants have been a trusted firm responsible for auditing our accounts for several years, and we are seeking residents' approval for their continued appointment.

Please return your completed consent documentation to Marian Grove Reception at your convenience. Alternatively, you may bring your completed consent form to the Annual Management Meeting on 19th November.

**Karen Martin**
Village Manager

# Residents' Committee Report

At our Committee Meeting on 9th October, all Committee members were in attendance.

- Denis Scott reported that the library packing had been completed and thanked the volunteers who helped with the work.

- For occupational health and safety reasons, the Grove Café will be closed on Saturdays. Tea and coffee and other facilities will be available in the Training Room, including the Committee correspondence box.

- Alternative venues have been arranged for all activity groups affected by the Recreation Centre redevelopment. Work was expected to commence on 19 October 2026. The gym project is proceeding as planned.

- Committee members welcomed the new residents in villas 93 and 22.

- A second flagpole has also been erected and will fly the Aboriginal Flag on 4th November.

- Residents with questions or concerns about the Recreation Centre redevelopment or other matters are encouraged to speak with a Committee Member or Village Management. Please seek information from these sources rather than relying on rumours or incomplete accounts.

Peter Grant
Marian Grove Residents' Committee Secretary

Project Update

# Recreation Centre Upgrade

## Where are we up to?

The Recreation Centre is now closed in preparations for the trades people to begin works on the Recreation Centre upgrade.

The alternate venues for the continuing activity groups are listed below.

**Activity Locations 2026-27 Refurbishments**

| | | |
|---|---|---|
| BBQ | 4th Sunday | **Postponed** |
| 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 | **Postponed** |
| Church - Ecumenical All denominations | 1st & 3rd 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<br>Wednesday 9.00am - 10.00am | Boambee East Community Hall<br>**Mater Christi Community Room** |
| Exercises - James | Friday 9.30am - 10.30am | Boambee East Community Hall |
| Finska on the Lawn | Thursday 9.00am | Next to the Chapel |
| Mahjong | Tuesday 9.30am - 11.30am | Marian Grove Training Room |
| Mahjong for Beginners | Monday 9.30am - 11.00am | Other venue -Resident's home |
| Mass | Wednesdays 9.30am<br>Fridays 9.30am | The Chapel |
| Movies | 3rd Saturday | **Postponed** |
| Paper Craft | Thursday 9.30am - 12.00pm | Other venue -Resident's home |
| Pool/Snooker | Monday - Friday 4.00pm - 5.00pm<br>Thursday 7.00pm | **Postponed** |
| Rummikub | Thursday 1.30pm - 4.30pm | Marian Grove Training Room |
| Scrabble | Wednesday 1.30pm - 3.30pm | Postponed |
| Singing | Friday 10.30am - 11.30am | The Chapel |
| Table Tennis | Monday 9.30am - 11.30am | **Postponed** |
| Ukulele Group | Monday 3.30pm - 4.30pm | **Mater Christi Community Room** |
| Wii Fit | Wednesday 10.15am - 11.45am | Marian Grove Training Room |
| Wood Working | Daily | Workshop |

# Finska on the Lawn – A New Outdoor Activity

With bowls temporarily postponed, we are pleased to introduce a new activity for residents to enjoy: Finska on the Lawn!

Finska is a popular outdoor wooden log-tossing game that originated in Finland. The aim is to reach an exact score of 50 points by throwing a wooden log at 12 numbered pins. It is a fun and engaging activity that encourages friendly competition, outdoor enjoyment and social connection.

**Activity details:**

- When: Thursdays, 9.00am – 10.00am
- Where: Next to the Chapel
- Coordinators: Mark and Sandra Evans, and Elizabeth Habgood

Following the game, everyone is invited to gather at the Café for a cuppa and a friendly chat.

Everyone is welcome to come along, have a go and enjoy some outdoor fun!



SAWTELL CATHOLIC CARE PRESENTS

# SPRING GARDENS COMPETITION



Congratulations to our SCC Annual Spring Garden Competition winners

**Best Spring Garden -** Ronda Kirk

**Best Overall Marian Grove Garden -** Phil and Jan Foster

**Best Potted Garden -** Moira Rodgers

**Best Mater Christi Garden -** Leonie Whittaker

SAWTELL CATHOLIC CARE PRESENTS

# SPRING GARDENS COMPETITION



**Best Spring Garden -** Ronda Kirk



**Best Potted Garden -** Moira Rodgers



**Best Overall Marian Grove Garden -**

Phil and Jan Foster



**Best Mater Christi Garden -**

Leonie Whittaker



# HOME CARE
## STUART THORNE

As we move through spring and approach Christmas, Sawtell Home Care has been reflecting on the support we provide and looking ahead to 2027. This busy period offers an opportunity to recognise what our service does well and consider how we can continue to improve the services we deliver.

Our reflections have highlighted the importance of caring, respectful and person-centred support. We remain focused on providing meaningful assistance that reflects each participant's goals. These principles underpin our approach and provide a foundation for planning the next stage of our service.

The team has participated in planning days and education, taking time together to reflect on current practice and explore opportunities for improvement. In looking towards 2027, we have considered how to build on our strengths while continuing to develop the support we offer. Involving the whole team has been an important part of this process.

We look forward to bringing these plans and projects to fruition and sharing their outcomes with participants through the services we deliver. Our focus remains on translating reflection and planning into meaningful support.

As Home Care Manager, I continue to meet and learn about the people we support. I value these opportunities and the strong sense of community at Marian Grove and Sawtell.

I wish everyone an enjoyable lead-up to Christmas.

**Stuart Thorne**
Home Care Services Manager



# SANDY'S KITCHEN UPDATE

## SANDY BENDALL

**Staff Achievement**

Mater Christi catering won a visit from Maggie Beer, after 12 months of being part of the Maggie Beer Foundation through the Mentor Trainer Program. We were selected out of many other facilities. We stood out because of our online training, staff upskilling, and documenting all the positive changes that we had accomplished throughout that time.



The whole catering team, led especially by head Chef Tia, put their hearts into implementing all the positive changes which have clearly shown to have lifted the food service we provide here at Mater Christi. Maggie's time was spent between the catering team, cooking apple crumble with the lifestyles team and residents, as well as enjoying a meal with some of the residents. It was a day that none of us will forget.









# SANDY'S KITCHEN UPDATE
## SANDY BENDALL

**Making each mouthful count**

October 12th - 18th was Nutrition Week when we focused on loving what you eat and understanding what nutrients and calories are in some of our morning tea and lunch menu items. We also reminded residents about the fresh fruit bowls in each kitchen and we added to this by sending fresh fruit to staff rooms. We also had the Grove Cafe promote this week by having a special on for any fresh made salad with protein and a Wilde juice. This was a great success.



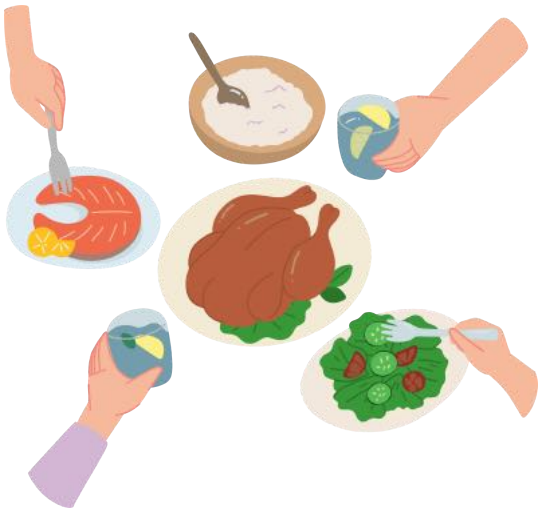
To promote a home-like experience for our residents, we are continuing to get the information about our residents' handbook for residents' choices for our food service, to families and friends. Out in each dining area there is a residents' choices handbook available to look at, and if you would like a copy don't hesitate to ask. This book is full of information about breakfast, lunch and dinner, snack food, bread or milk choices that we offer and times and information about the meal service.

We are now on our Spring/Summer menu, so don't forget to pop into the Grove Cafe to try some of our meals cooked in the main kitchen.

**Meal Sharing for Family and Friends**

We are always happy to have family and friends join us for meals. You will find a notice in each area of Mater Christi sign on areas 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.

**Sandy Bendall**
Chef Catering Manager





# SANDY'S RECIPE

**Chocolate Zucchini Cake**

12 serves | Oven: 175°C

**Ingredients**

All-purpose flour 1 cup
White sugar 1 cup
Cocoa powder ⅓ cup + 1 tbsp
Baking soda 1 tsp
Baking powder ½ tsp
Ground cinnamon ½ tsp
Salt ¼ tsp
Vegetable oil ¾ cup
Eggs 2
Grated zucchini 1½ cups
Chopped walnuts ⅓ cup + 1 tbsp

**Method**

- Preheat oven to 175°C (160°C fan-forced).
- Mix all dry ingredients together in a large bowl.
- Add the vegetable oil and eggs, mixing well until combined.
- Fold in the grated zucchini and chopped walnuts.
- Pour the mixture into a greased or lined cake tin.
- Bake for approximately 35–50 minutes, checking from 35 minutes onwards. The cake is ready when a skewer inserted into the centre comes out clean or with a few moist crumbs



# MARIAN GROVE NEWS

## Residents' Luncheon
## Sawtell Bowling Club

**Tuesday 10 November**
**12 Noon**

Menu
Fish & Chips
**or**
Roast Lamb & Vegetables
Dessert

$20 per person

Please purchase your tickets from Reception and advise your meal preference before 6 November

Limited transport is available, so carpooling with your neighbours would be greatly appreciated.

***Raffles 3 for $5***

COFFS HARBOUR CITY ORCHESTRA

## BROADWAY MUSICALS

Coffs Harbour Regional Conservatorium
Bray Street

**Sunday**
**8th November**
**3 pm**

***Limited seating***

https://www.trybooking.com/DQANW

**TICKETS:**
Adults $30
Concession $25
Children and Students **FREE**

BROADWAY THEATRE

FXBC Mid North Coast

During the Recreation Centre renovation the newspapers will be dropped off at the Chapel







**The Home Library Service, for those unable to visit the local library, provides delivery and pick up every 4 weeks to the resident's home.**

**To register phone Toormina Library on 6648 4925 or collect an application from Marian Grove Office.**



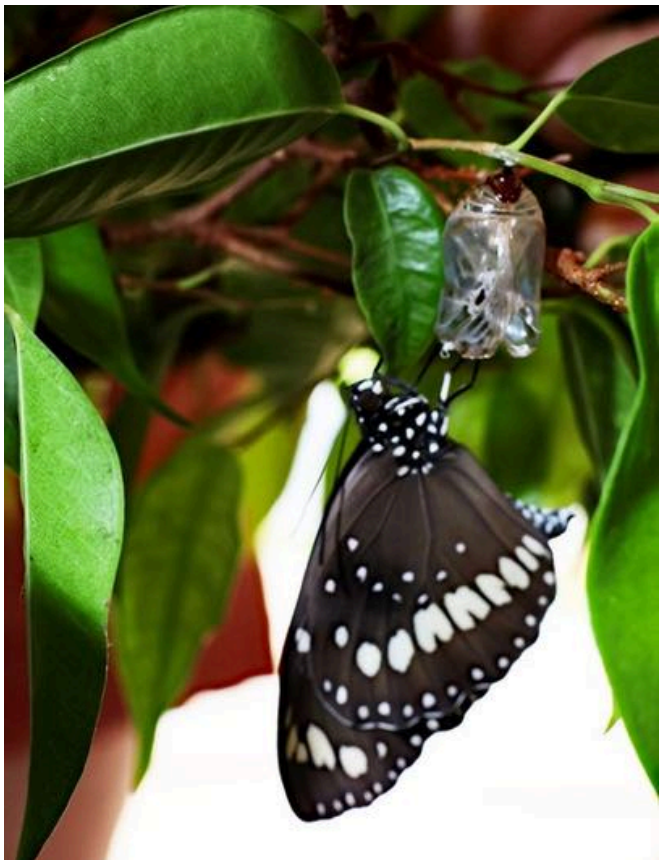
# Community Corner

Some inspiring photos of nature captured by Richard Mosman around the Village.















# SEEDS OF GRACE

**You are invited to our final get together for 2026.**
**Come along, meet friends and make connections with others.**
**A wonderful social group supporting one another.**



**WHERE: The Link – Reflections Bungalow**
**WHEN: Friday 13th November 2026**
**TIME: 10:30am – 12:00pm**
**ALL WELCOME**

**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



You are invited to our last get together for 2026.
A welcoming environment for those experiencing grief, loss and change in life.
Come for support or share lived experience.

**Where: The Link – Reflections Bungalow**
**When: Friday 13th November 2026**
**Time: 1pm – 2:30pm**

"May there be comfort in knowing that someone so special will never be forgotten."
—JULIE HÉBERT

Afternoon tea provided.
RSVP Kathryn, Senior Pastoral Assistant
Call 0475 214 834
Email kathrynbutcherine@scca.net.au for more information

# Christmas Markets - Sunday, 29th November 2026

## at The Link, 631 Hogbin Dr, Toormina

## 7:30am to 12:30pm

Come along, enjoy the festive spirit & help make Christmas brighter!

Join us for a wonderful morning of delicious food, coffee, drinks, a BBQ sausage sizzle and beautiful handmade gifts — perfect for your Christmas shopping!

Gold coin donation on arrival, with all funds donated to St Vincent de Paul Toormina's local Christmas Appeal.

Extra parking available from 3 Marian Place, with shuttle buggy transfers. Shop local, enjoy the day and help support local families this Christmas.

We'd love to see you there!




**7:30am**
**GATES OPEN**
Cafe Breakfast
Market stalls



**9am - 12noon**
**The Smiley Squad**
FREE face painting for all kids

**10am**
Mary Help of Christian's School Choir performance



**10:30am**
**FREE**
Morning Tea for all children with Mrs Claus

**12:30pm**
**MARKET CLOSES**
Cafe remains open for lunch, snacks, coffee etc







Note: Lots of stalls are cash only





# MATER MATTERS

## Oktoberfest



Our residents enjoyed a taste of Germany as we celebrated Oktoberfest with delicious bread pretzels and wonderful entertainment by Ange! The room was filled with music, laughter and plenty of festive cheer as everyone joined in the fun.





It was a fantastic afternoon of good food, great company and lively entertainment, bringing a little Bavarian spirit to Mater Christi. Prost!









# Healthy Heart Day

Our residents enjoyed a lovely Healthy Heart Day lunch, celebrating the importance of looking after our hearts through healthy eating, staying active and spending time together. The lunch was a wonderful opportunity to enjoy delicious food, share conversations and connect with friends.



It was a beautiful reminder that caring for our hearts is about more than just what we eat, and how laughter, friendship and happiness all play a part in keeping our hearts healthy!









# MATER MATTERS

## Cooking up a treat with Maggie



What an exciting day at Mater Christi! Our residents had the wonderful opportunity to cook alongside the amazing Maggie Beer, creating a delicious apple crumble together. Having Maggie share her passion for food and cooking made this a truly special experience for everyone involved.

There were smiles, laughter and plenty of excitement as residents got hands-on in the kitchen, sharing in the joy of preparing a much-loved classic dessert. A memorable day filled with wonderful company, delicious aromas and a little Maggie Beer magic!





## Doug Visits

Our residents always look forward to visits from Doug! The joy and comfort that our furry friends bring is truly heart-warming. Gentle pats, wagging tails, and happy smiles fill the room each time he arrives.





# MATER MATTERS

## A Beautiful Afternoon Tea with Bob and Kath

Our residents enjoyed a wonderful outing to the home of our lovely volunteers, Bob and Kath, for a beautiful afternoon tea surrounded by Kath's amazing garden.

It was a good opportunity to relax, admire the stunning gardens, enjoy delicious afternoon tea and share conversation in such a welcoming and peaceful setting.

A heartfelt thank you to Bob and Kath for their warm hospitality and for opening their beautiful home and garden to our residents. We truly appreciate the time, kindness and generosity of our volunteers, who help make these special moments possible!









# 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**

## Sophia Montgomery

Presenting the latest scientific insights for people living with dementia and those caring for them.

## Friday 20th November

## 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 November

### Lauren Curtis
### Speech pathologist

**Wednesday 18th November**

**10.30am**

**Mater Christi Community Room**

**All welcome, Residents, Staff, Families and Village Residents**

# Parish News

## Blessing of the Animals

In this special Jubilee Year of St Francis of Assisi, Fr Joy blessed many of our furry and feathered friends at a special ceremony. The special blessing must have worked because they were all very well behaved (both the pets and their owners)!





## Parish Connections ~ Tea and Togetherness



Our monthly Parish Connections ~ Tea and Togetherness has a new temporary home. You'll find us on the fourth Wednesday of every month from 10am in the Acacia House 1 lounge.

You'll see the same friendly faces from the Parish Office and more delicious treats to share with residents and other parishioners alike.

# Parish News

## Men's Coasters Breakfast



We held another successful Men's Breakfast for the Saturday Coasters with guest speaker, Peter Breen, sharing stories and funny anecdotes from his fascinating life. As an author of 10 books, he may even have inspired a few blokes to give writing a go!



Thanks to the organisers and guest chef, Michael, who took charge of the tongs and egg flip for the event!

The next gathering is on Saturday 5th December from 7am.

Building faith, friendship and community one breakfast at a time!

THE WOMEN OF SAWTELL PARISH ARE INVITED TO

## Women. Food. God

Come along and enjoy a warm, welcoming evening
of friendship, faith and fun,
where women can connect, share
and feel part of a caring community.

Sunday 15th November 5-8pm
at The Link, Lakeside Room (upper deck)

$20 includes meal and drinks
for more information and
To register click on the link below
or Contact parish office.

# Hello From DONOVANS

**November at DONOVANS Link**
Can you believe it's November already? The festive season is just around the corner, so why not take a little time out to enjoy the gardens at DONOVANS Link?

**November Residents' Food Offer**
Enjoy a freshly baked scone and coffee deal for just $10, including:

- A freshly baked scone with jam and cream
- Your choice of regular coffee

Available throughout November.

**Garden High Tea - November and December**
Gather your friends and enjoy a special morning in our beautiful gardens with our Garden High Tea. Enjoy a selection of sweet and savoury treats, including mini sandwiches, bagels, brownies, cookies, Portuguese tarts and freshly baked scones.

Join us on Sunday 15th November or Sunday 13th December, from 11am – 1pm.

Tickets are $45 per person, with the option to add bottomless bubbles for an additional $35 per person. Book your tickets at donovansvenues.com.au.

**Fresh Flowers are back!**
Our fresh flower bunches have returned, available to purchase for $35 per bunch. Pick up a bunch for yourself or surprise someone special with a little something beautiful.

**DONOVANS Loyalty Card**
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.

**A little reminder:** The monthly Residents' food offer can be redeemed multiple times throughout November, per person. Loyalty card offers are limited to the cardholder, with each guest required to present and use their own loyalty card to access member-exclusive offers.

We look forward to seeing you soon!
**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)**

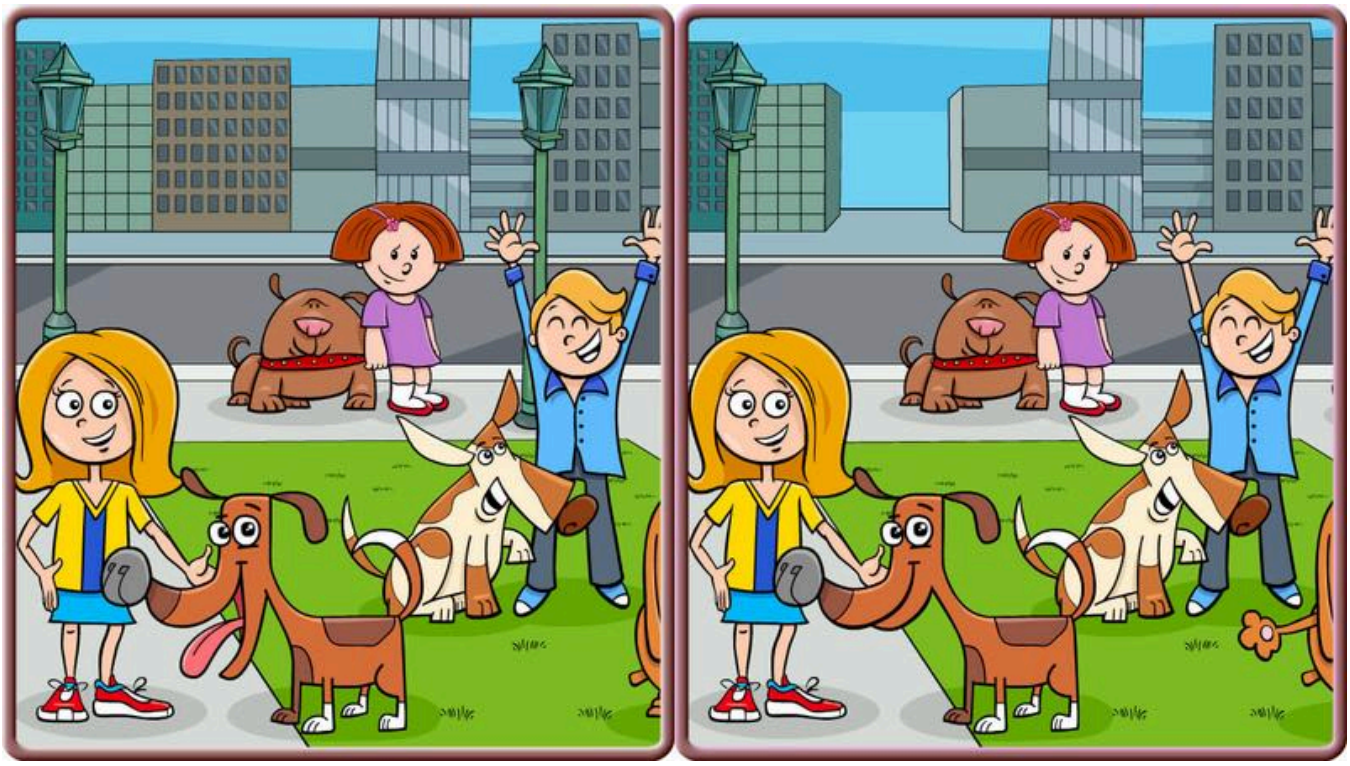
For any Police emergency matters please phone:
**6691 0799**

## 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.

# SPOT THE DIFFERENCE



# SUDOKU

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

Sudoku provided by SudokuBliss.com

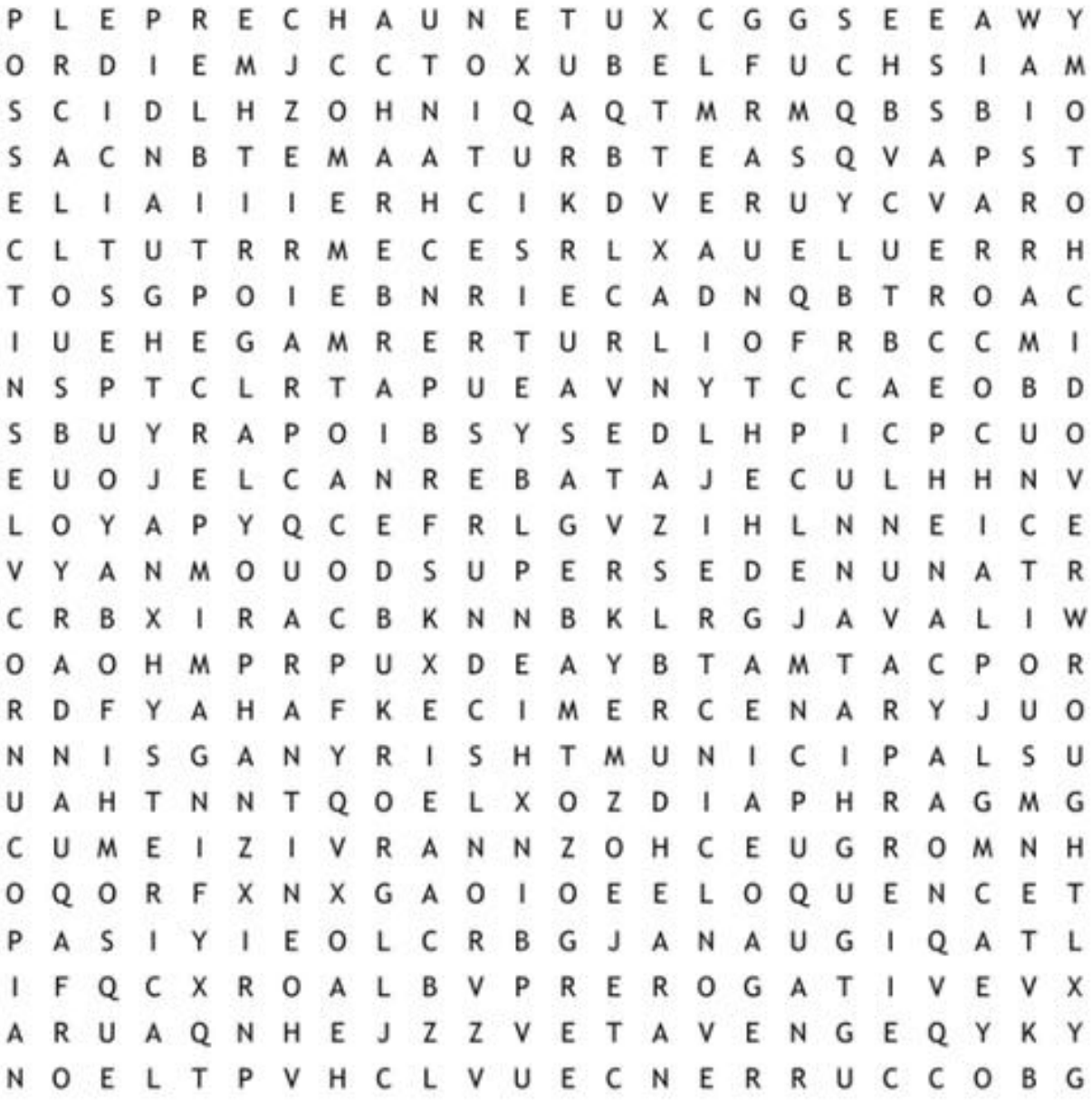
## October Sudoku solution

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

Sudoku provided by SudokuBliss.com

# Find a word

## 100 words




imperceptible
tabernacle
eloquence
diaphragm
prairie
callous
iguana
beret

resurrection
sauerkraut
municipal
algorithm
nuptial
magnify
morgue
bayou

rambunctious
hysterical
supersede
lavender
phalanx
jacuzzi
kaiser
posse

parocochial
occurrence
mercenary
quandary
parquet
mememto
tinsel
maul

overwrought
leprechaun
exquisite
penchant
monocle
fuchsia
docile
echo

prerogative
quarantine
dichotomy
crevasse
paunchy
orphan
avenge
ogre

harebrained
cornucopia
pesticide
invoice
naughty
mosque
lagoon
buoy



# From our CEO

## Courage, Love, Respect, Justice

Dear residents, families, friends and staff,

November brings with it a number of opportunities to reflect, celebrate and come together as a community as we move towards the end of another busy year.

On Remembrance Day, Wednesday 11th November, we will once again gather at the Mater Christi Memorial Garden for our annual Remembrance Day Service.

At 11.00am, we join Australians everywhere in pausing to remember those who served, suffered and gave their lives in war and conflict, and to acknowledge all those whose service continues today. Our annual service has become an important tradition at Mater Christi, providing residents, families and staff with an opportunity for quiet reflection, gratitude and remembrance. Lest We Forget.

Acknowledging and respecting our First Nations Peoples. This month we will also mark a significant occasion for our Village community with the ceremonial raising of the First Nations flag on our newly installed flagpole.

Local Members of Parliament will join residents, staff and invited guests for the inaugural raising. This is a visible and enduring acknowledgement of Australia's First Nations Peoples and, importantly, of the Gumbaynggirr People as the Traditional Custodians of the land on which our community lives and works.

It represents another meaningful expression of SCC's commitment to respect, inclusion and reconciliation.

Calendar celebrations this month include: Melbourne Cup Day on Tuesday 3 November will again provide an opportunity for a little sweepstake fun, colourful dressing and friendly competition.

World Kindness Day on Friday 13 November reminds us that small acts of generosity and compassion can make an enormous difference. Kindness is something we see every day at SCC between our residents, clients, families, volunteers and staff.

International Men's Day on Thursday 19th November, provides an opportunity to celebrate the positive contribution of men within our families and communities while encouraging conversation about men's health and wellbeing.

Preparing for summer - as we approach summer and the warmer months, now is also the time to review household bushfire and emergency plans. Know your local risk, decide what you will do if threatened by fire, prepare your property, and make sure important documents, medications, contacts and essential items are readily accessible in your emergency kit. Most importantly, do not wait until an emergency occurs to make your plan.

Until next time, stay safe and active, and be kind to yourself and others.

**Michael Darragh**
Chief Executive Officer,
Sawtell Catholic Care