

Outlook Gardens Newsletter

Autumn 2016

Devotion: Change

One of my favourite sayings is "The only thing that is consistent **is** change"!!! Just when one has become used to a certain way of doing things or perhaps a certain environment, something or someone comes along and decides to turn everything upside down and inside out by updating, replacing, upsizing or downsizing. Phew! It can all be a bit exhausting, confusing and overwhelming. Any control over the situation at hand that we thought we had seems to have been snatched away from us and we can either go with the flow or be dragged along kicking and screaming, whether we like it or not! What a crazy world we live in. Thankfully as children of God we know that although we may **live** in the world, we can take comfort that we are not **of** the world.

Of course change does not just happen around us. I believe the most important change occurs 'within' us. But how do we change and is it something we can do by ourselves? The following scripture reveals how change can begin. **Romans 12:2 "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. ...".** "the renewing of your mind"! It starts with a conscious decision, a choice to repent of our sin and ask the Lord Jesus into our hearts. When we do this, we are filled with the Holy Spirit and a wonderful, not always easy, journey begins. **1 Samuel 10:6 "The Spirit of the Lord will come upon you in power, ... and you will be changed into a different person."** A better person! God has created us with a conscience.

The purpose of our conscience is to discern right from wrong and it is through our conscience that the Holy Spirit guides us. The choice to follow the leading of the Holy Spirit is ours to make, by our free will. With choice comes change and this can be unsettling. When faced with change firstly remember this; **2 Thessalonians 2:13 "..... because from the beginning God chose you to be saved through the sanctifying work of the Spirit and through belief in the truth".**



**Mary Colquhoun
Celebrating her
100th birthday
on the 29th January**



←←
 FEAR NOT FOR
I am with you
 BE NOT DISMAYED
for I am your God
 I WILL STRENGTHEN YOU
I will help you
 I WILL UPHOLD YOU WITH
my righteous right hand
Isaiah 41:10
 →→

Keeping the truth of this scripture close to our hearts is a wonderful reminder of God's plan and purpose for each one of us. There is no place for fear to take hold when God's presents to us areas in which we need to grow. We may need to face facets of ourselves that we don't want to know about, but if God presents them to us, we must be ready to be delivered from them!

He wants us to be healed, whole and free from the bondage of sin, unforgiveness, guilt, condemnation. We can bring it all to our Father and look forward to the changes that will take place in us through the transforming power of our Lord Jesus Christ. So do not be afraid. Our God teaches us; **Isaiah 41:10 "Fear not, for I am with you. Do not be dismayed. I am your God. I will strengthen you; I will help you; I will uphold you with my victorious right hand"**. Our God cannot tell a lie. His word is

TRUTH. We may need to change but God never changes. **Malachi 3:6 "For I am the Lord, I change not"**.

Let me share with you this quote; "It is well for us that, amidst all the variableness of life, there is One whom change cannot affect; One whose heart can never alter, and on whose brow mutability can make no furrows." ~ Charles Spurgeon.

Cheryl Ebsworthy

Pastorally Speaking

We warmly welcome Ted Slagter, George Givan, Caterina Serra, and Johanna Kappers to Outlook Gardens Aged Care and hope you settle well into your new home and community.

A warm also to Anne Vanderzaag in Unit 46 in the village, we trust you have settled in your new place of residence and our community.

We continue to welcome all respite residents and hope you will enjoy your stay with us.

Our thoughts and prayers go out to all who have been struggling with ill health and pray for God's strength and presence to uphold you and carry you through this time.

Our deepest sympathy to the families and friends of Anna Fernando, Doris Duval, Johanna Mulder and Michael Belousoff from the Aged Care Facility. Your loss of these love ones from our community is heartfelt and our prayers and thoughts go out to all of you. May God continue to bless you and comfort you all with His peace and love during this time of loss.

Cheryl Ebsworthy

A Celebration—100 years.



It was great to be able to celebrate the 100th birthday of our resident Mary Colquhoun on the 29th January. Residents and staff enjoyed an afternoon tea with Mary and her family. There was also a celebration on the Sunday at the Dandenong club for family and friends which was enjoyed by all.

Again Mary, God has been good to you.

Corey van Garderen

From the General Manager's Desk

Opening New Outlook Gardens Aged Care Building

We are very pleased to advise that the opening of the extension of Thirty four rooms, the Community Centre and the Leisure and Lifestyle area will be on:
Saturday 2nd April, 2016 at 2.00pm.

We give thanks to God for this momentous event

Venue: Community Centre/Leisure and Lifestyle area.

Parking: Cnr. Outlook Drive and Gladstone Road
Dandenong North.

Note: There will be limited seating available.

After the opening we will be conducting small tour groups of the facility.



We currently have vacancies available for new residents.

Please refer any inquires to us on 9795 7566

Something Funny

A Texan farmer was visiting his friend in England who was also a farmer. Standing by the front of the Englishman's farm, the Texan asked his friend "How big is your farm?"

"Well" said the Englishman, "Look all the way down the road 'til you come to the big Oaktree, make a left turn at that brown fence and travel past the red post box that you can just make out and continue on until you come to that large barn in the distance. Turn left again and continue along 'til you reach this front gate. That's my farm."

"Nice farm you have here" replied the Texan. "Thankyou" replied the Englishman. "How big is your farm?" "Well" replied the Texan "If I start out at dawn in my car and keep driving 'til sundown, I am still only half way across my farm".

"Yep" replied the English farmer with an understanding tone "I once had a car like that."!!!

Aged Care Happenings



Men's group have been
busy refurbishing
furniture!



Walking group has been very
active over summer.
Weekly walks to the village
have been very popular with
our residents.



Seeking Volunteers

We are currently seeking volunteers to help us implement activities programs for our residents.

If you would like to share your talent and energy with a group of caring individuals and be a part of a wonderful team this could be the opportunity you've been waiting for!

We need volunteers for:

- Bingo (Monday 1.45pm- 3.00pm)
- Bus outings, shopping trips and in house activities (Tuesday 9.30-11.30 am or 1.30-3.30am)
- Men's group (Friday 9.30-11.30am)

Should these times and activities not be suitable and you are still interested in volunteering with us please contact us to discuss what other options we may have available.

For expressions of interest or further information please contact Danni or Georgie in Leisure and Lifestyle department on 97957566 Monday to Friday 9.00- 3.30 or email leisurelifestyle@outlookgardens.com.au



A Visit to the
'Op Shop'



A Visit into Melbourne to look at the Myer's Christmas Windows.

From the Residential Services Manager's desk

It seems only the other day that we were celebrating Christmas and the beginning of the New Year. Yet at the end of March we will be celebrating Easter., and a quarter of the year will already be over.

I would like to take this opportunity to wish you and your family a happy Easter.

Doctors

We are currently looking for doctors who would be willing to look after and visit our residents. Please let us know if you are aware of any doctors who might be interested.

For personal reasons Dr. Eastaugh is no longer available to come in to the facility. All Dr. Eastaugh's residents have been assigned to another visiting practitioner.

RosieDais

RosieDais is a service which provides visits, companionship and support to residents on a weekly or monthly basis. If you are unable to visit your family member as often as you would like and would like to use their services please contact them on 0413 848 050 or email rosiedais@bigpond.com.

Dentures

Isaak from Bite-Rite Dental Lab is offering to come in to the facility for any denture concerns. He has offered to collect and return the dentures. He will also give a quote before he goes ahead with the repair.

Lost Property

As mentioned in previous newsletters we are having a huge problem with 'lost property'. Can I please remind you that any new items of clothing or linen must be handed in at reception for labelling. If all items are labelled we should not have this problem. Do not leave any unlabelled items in the Resident's rooms. If no one is at reception, please leave them with a staff member in one of our Nurses stations.



Maintenance Issues

Also a friendly reminder that if there are any maintenance issues in a resident's room that need addressing please inform reception staff. The issue will then be passed on to Greg our maintenance man.

Continuous Improvements

We have busy furnishing the new Grevillia wing which is becoming more 'homely' as the residents enjoy this new environment. A drinking fountain has also been recently installed.

We are still looking to buy equipment and set up our new laundry and hair dressing salon .

A number of our rooms have also been updated with new flooring being installed.

Staff

- Congratulations to both Bernice Sara-Varkey and Briony Groves who are both expecting babies.
- We currently have a number of staff who have recently commenced or are continuing with their Batchelor of Nursing. Lupe Tupola, Baudena Kay, Sasha Cooray, Chamala Bandara, Freya Dodemaide, Harpreet Kaur and Miriam Tiron.
- As we have a number of male residents at present, we have recently employed some extra male staff.

Leave

I will be on leave from Monday 7th March for a month, while I am away Anna Sheran our Clinical Care Coordinator, will be available to answer any questions or concerns.

Moving into an aged care home may often be a difficult and emotional decision.

The following information taken from a booklet produced by the Department of Social Services. *‘Five steps to entry into an aged care home’* may assist you to understand the process.

1. Assessing eligibility

If you are considering moving into an aged care home, you will first need an assessment with a member of an Aged Care Assessment Team (ACAT or ACAS). They will assess your eligibility for care, and provide you with a letter to let you know what type of services you are entitled to.

2. Finding an aged care home

The best way to find a place that suits you is to visit a few different homes.

3. What do you need to pay

You will need to ask for a ‘Financial Assessment’ from Centrelink. This will provide the basis of what you will need to pay for.

You may be asked to pay one or more of the following:

A basic daily fee—this covers living costs such as meals, power and laundry. For some people this is the only fee they are required to pay.

A means-tested care fee. This is an additional contribution towards the cost of care that some people may be required to pay.

An Accommodation payment. This is for your accommodation in the home. Some people will have their accommodation costs met in full or part by the Australian Government, while others will need to pay the accommodation price agreed with the aged care home. This is based on an assessment of your income and assets.

4. How do you apply for an aged care home?

You will need to apply to the home you are interested in and some homes will have their own application process and may ask you to fill in their application form.

5. What is it like to live in an aged care home?

Each home is different. There will be new routines, new surroundings and new people all living together under one roof.

You will get to decide what you want to do each day and have control over your personal matters. Staff will respect your privacy and your friends and family will be able to visit.

No matter which aged care home you move into, your rights and responsibilities will be the same as those of every resident. To make sure your rights and responsibilities are protected, there is legislation that all aged care homes funded by the Australian Government must follow.

Alzheimer's Poem

Do not ask me to remember
Do not try to make me understand
Let me rest and know you're with me
Kiss my cheek and hold my hand
I'm confused beyond your concept
I am sad and sick and lost
All I know is that I need you to be with me at all cost
Do not lose your patience with me
Do not scold or curse my cry
I can't help the way I'm acting
Can't be different though I try
Just remember that I need you
That the best of me is gone
Please don't fail to stand beside me
Love me till my life is done