

# Outlook Gardens Newsletter

## Spring 2016

### Devotion

I love the way God brings about the answers to our prayers. As a pastoral carer, I am privileged to be a witness to God's hand at work in turning circumstances around where man alone could not and bringing peace into situations where there was none before. "Peace I leave with you; my peace I give you .." John 14:27. It is reassuring to know that as children of God we do not need to be robbed of our peace or of countless days worrying about how **we** are going to work things out when all we need to do is invite God into our circumstances and wait for His will to be done in a way **we** could not have thought of! I am sure many of you who have experienced this first hand, probably many times.

We experience many joys and trials on our earthly journey, but in every trial, God has a plan and purpose that ultimately tests our character. How we respond to these joys or trials determines what we learn from these experiences. We may gain empathy, understanding, compassion, endurance, knowledge of spiritual and emotional strength we didn't know we had ... the list is endless! Every one of us has experienced something that has made us a better person and every one of us has experienced something that has brought out a part of ourselves that needs working on ... but that is just God loving us and giving us the opportunity to grow and be better than before! "I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit He prunes so that it will be even more fruitful". John 15:1-2. This scripture encourages us to embrace trials knowing that God is aware of where we are in our faith walk and loves us so much that He has cares to refine us further.

In our joy it is easy to see God is with us, but remembering that through our trials, isn't always so easy. God's word says "He who overcomes, I will grant to him to sit down with me on my throne, as I also overcame and sat down with my Father on His throne". Revelation 3:21. Once again we are encouraged and assured as 'overcomers' that all the trials we have endured will have been worth it in the end when we are seated with our Lord. Wonderful!



Resident's enjoying our 1960's and 1950's theme days.



God's purpose for each and every one of us reaches far beyond our time spent here on earth. His plan is an eternal plan! "But the plans of the Lord stand firm forever, the purposes of his heart through all generations." Psalm 33:11. Arriving at that moment of revelation when we realise that our life here on earth is not all there is, is the beginning of making every moment here on earth count. An opportunity not to be missed! What seeds are we planting in the lives of our loved ones and others? Let the seeds we plant grow to bear fruit that will 'feed' others now and to come.

Yours in Christ Cheryl

## Pastorally Speaking

We warmly welcome Evelyn Campbell, Kevan Hamilton, Heather & John Nicholson, John Paice, Vassily Porublev, Maud Sheo Chap Sing and Ounhean Vongphrachanh to Outlook Gardens Aged Care and Spencer & Lorna Vander Zeil and Cedric & Rosemary Auwardt to the Village. We hope you settle well into your new home and 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 Kathleen Brown and Vera Kovacevic (June), Rosetta Vadala, Albert Dickson, Loris Garsia and John Gale (July) and Petronella Vander Monde, Elizabeth Deluca-Pennisi and Branko Cebic (August). Your loss of these loved 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 with His peace and love during this time of loss.

Cheryl Ebsworthy

## Just for Fun:

### Time and Eternity

A man was taking it easy, lying on the grass and looking up at the clouds. He was identifying shapes when he decided to talk to God. 'God', he said, 'how long is a million years?'

God answered, 'In my frame of reference, it's about a minute.'

The man thought for a moment and then asked. 'God, how much is a million dollars?'

God answered, 'Well to ME, it's just a penny.'

With this, the man thought a moment longer.

Finally he asked, 'God, can I have a penny?'

God answered, 'In a minute.'

### Peanuts

A young man had made arrangements to go out with his friend one day when he suddenly remembered that he had promised to visit his grandmother. He asked his friend if he would mind taking a short stop with him at his grandmother's house. His friend agreed. While they were visiting the grandmother, the friend noticed a dish of peanuts on the coffee table. While the young man was in the kitchen helping his grandmother with something, the friend being quite hungry ate all peanuts in the dish. When the two returned from the kitchen, the friend apologised for eating all the peanuts in the dish. The grandmother said 'Oh that's quite all right dear. Since I lost my dentures last week, I can only suck the chocolate off any way.'

# From the Residential Services Manager's Desk

The last few weeks have both been busy and rewarding as we continue to welcome new residents both permanent and in respite care to our facility. Our Grevillea wing is almost full and at the time of writing we have two respite residents Rosemary & Prema Abhayawickrema in the new Banksia Wing making a total of 75 respite and permanent residents. At present we are furnishing and decorating the new Banksia Wing and any donations of suitable paintings would be most appreciated.

## **Residents and Family Meeting**

You are all welcome and encouraged to join us for a Residents and Family Meeting on Wednesday 28th September at 2.00pm in the Sunflower Room. This will be followed by an interesting education session for carers, families or friends on living with Dementia. Alzheimer's Australia will be presenting this session.



**UNDERSTAND ALZHEIMER'S  
EDUCATE AUSTRALIA**

## **Car Parking**

The Dandenong Valley Private Hospital has notified us that they are commencing the building of their new Cancer Centre. During the building of this centre car parking will be limited around the hospital area. If you do have difficulty parking, there is usually car parking spaces in the church car park on Outlook Drive. You will be able to enter the facility from the car park.

## **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. At present Dr F. Dawood is temporarily replacing Dr M. O' Toole who is on leave.

## **Incoming Food**

A reminder that any food brought into the facility needs to be signed into the 'food register' book kept at reception. Cooked food brought in must be eaten immediately, it cannot be stored or reheated by staff.

We ask visitors not to give 'brought' in food to other residents not only because of the Food Safety requirements but because the resident may have a medical condition or allergies that may prevent them from eating the food.

## **We love to see Relatives and Visitors join Residents for a meal.**

If you would like to enjoy a meal with a residents please let reception know a day prior. A table will be organised and set for you. The cost of the meal is \$10.00

## **Lost Property**

Although this notice is printed in every newsletter we send out, we still seem to have a problem with lost property. Please note that every new item of clothing or linen that is purchased needs to be left at the Reception desk for labelling. If Reception is not manned please leave with nursing staff.

## **Staff**

Sarah Saeedi has recently started with us as an RN. Sarah will be replacing Fran and Arna who have both resigned to pursue other careers



# Aged Care Happening's

Residents have enjoyed various theme days during the past few months. They cruised down memory lane with a celebration of the 1950's and had fun dressing up for a 1960's celebration.





# Up and Coming Events

**Residents and Family Support meeting.** Wednesday 28th September 2.00pm in the Sunflower Lounge followed by education for careers, families or friends of people living with dementia.



## **Craft Fair**

Friday 14th October—10am in the Magnolia Lounge

## **Sandra's crafts**

Tuesday 15th November—9.30am in the Sunflower Lounge

## **Gift Sale**

Thursday 24th November 9.30am in the Sunflower Lounge



Bollywood and Indian culture was also celebrated with an afternoon of dance, Indian food, drinks and henna designs.



Residents also enjoyed a bus outing to Garden World



The Lifestyle staff are asking all families/friends of residents to bring in a photo of when the residents were young.

We would love to have a photo in each Resident's room.

# From the General Manager's Desk

Now that a typical Melbourne winter is starting to hopefully, fade away we are heading towards Spring when we see nature producing it's splendour. There has been quite some activity within the Village and Facility. We have new residents in the Village and the facility has started to use the Banksia Wing so we are gradually filling up. However we do have vacancies so if you know people requiring permanent placement or respite care, please refer them to our facility.



Lavender wing Garden

## Annual General Meeting

The AGM for the Association and Village Residents has been scheduled for Saturday 19th November 2016 and the venue will be the Community Centre—504 Police Road Dandenong North. Please note your diaries accordingly.

## Relocation of Laundry

We are in the process of relocating the laundry to the lower ground in our new extension. We are installing two new commercial washing machines as well as two new gas fired dryers. This new equipment is more environmentally friendly and will be more efficient and cost effective. This new project will cost approximately \$120,000 and has become a necessity as the equipment we have had for many years and is reaching its used by date.

## Shine on Foundation

I am very pleased to advise that the Shine on Foundation have supported our facility again this year with a **very generous** donation of \$200,000. These funds will be used to purchase equipment for the opening of the Banksia Wing, and other requirements within the facility. On behalf of the Board and Management I want to affirm our sincere thanks for their support.

## Early Migrants

On a lighter note, I went to Station Pier Melbourne last month to celebrate the arrival of my family on the Johan Vanbarnevelt in August 1956. This event occurred 60 years ago and it made me reflect on the contribution those early migrants made to Australia. Not only did they make a new life in Australia, but also established the Christian Reformed Churches of Australia, many Parent Controlled Christian Schools and Retirement Villages as well as this Aged Care Facility. Thank you to those people who are now in glory for their vision.

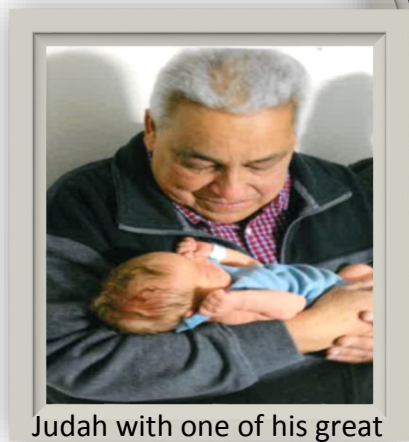




# Village News



Meet Judah Visser—Judah has the privilege of having 4 four sets of great grandparents residing in the village.



Judah with one of his great grand fathers



Judah's four great grand mothers



Movie night at the Community Centre



Village Residents enjoying a luncheon at the Sky High restaurant

## Podiatrist

A reminder that the Podiatrist will be visiting the Aged Care facility on September 20th and November 1st.

If you would like to make an appointment for either of these days please let reception know on 9795 7566



# Bep van Triet and Jaxon the dog



are much loved by residents at Outlook Gardens. As a volunteer Bep runs the knitting group on Wednesdays and brings Jaxon along for pet therapy on Fridays.

Let's get to know Bep and of course, Jaxon.

*Bep, tell us a bit about yourself..*

I was born in Holland in the area of Doesburg in 1940. My mum, dad and four siblings migrated to Australia 61 years ago. I have lived in areas like Belgrave, Upwey, Box Hill, Dandenong and Hampton Park.

*Describe yourself as a child...*

I was kind of serious, I would say. I took my school work very serious. I also enjoyed craft, sewing, embroidery and even tried weaving later on.

*What are your hobbies and interests?..*

I enjoy crosswords, looking after my pool and garden, knitting and cross stitch. I like camellias, roses and I love my lilac bush.

*What has life taught you?*

Have patience and be satisfied with what you have.

*Proudest moment of my Life?*

When I learnt to swim at 45. I was scared of the water as a child.

*How and when did you start to volunteer with Outlook Gardens?*

I started volunteering when my parents, John and Jo van Triet were residents at Outlook Gardens. I helped out with shopping trips and have been running the knitting group since 2008. I also visit the residents with Jaxon on Fridays.

*Lets talk about Jaxon.*

I adopted Jaxon from a shelter when he was 1 1/2 years old. Ive had him for 7 1/2 years now. He enjoys daily walks and belly rubs. Surprisingly he is not scared of thunder or fire works. He is just a happy very loving and happy fella! He also loves visiting at Outlook Gardens.

*What do you enjoy the most about volunteering?*

Volunteering is a lovely way to connect with people. The smile of the resident's faces motivates me to keep volunteering. I've always enjoyed being around people. As a baker, I enjoyed selling cakes at the market on Fridays as I was able to interact with a variety of people.

We thank Bep for her contribution and commitment to Outlook Gardens and the joy she along with Jaxon brings to our residents.

If you would like to join our wonderful team of volunteers please contact our Lifestyle Coordinator Danni or our friendly Reception staff.