



From our CEO

This week I was asked to lead a devotion for another Committee with whom I work. The Bible verse I shared was Philippians chapter 4 verse 12. "I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want." In many ways, the lesson for me in this verse is simple, but very profound. We may be in a position where we don't have a lot, or we may not have much, but despite our individual circumstances we can find contentedness.

In a world that can turn on its head with just a few minutes' notice it is easy to get frustrated, feel de-stabilised or disorientated, and to be highly discontented. Can I encourage you at these times to search for things that you can rely on; things that don't change with the seasons and that give you immense joy. You may have a close lifelong friend who has been a steadfast support through life, or a hobby you immensely enjoy that always leaves you feeling a deep sense of peace. Despite what is happening in the world around us, make sure to spend time focusing on the things that we know to be true and reaffirming.

I find it is very easy, at the moment, to be very aware of how I am being impacted by life. Like all of us, my world has severely shrunk to be, at times, as small as my house. A trip into the backyard has become a big adventure which may be as far as I am allowed to go on that day. When I look beyond myself, I can see that charities are struggling like never before, business restrictions are significantly impacting families across our state and friends are facing unprecedented mental health challenges. There is plenty I can do to help and, although it is not why I do it, I actually feel much better when I step outside of myself and do something for someone else.

The good news is that Spring is coming. Spring brings with it a natural optimism with its bright colours, new life and sunnier days. There is much to look forward to. While Spring is a season, it also represents optimism and future times ahead that we believe will be better than today.

Our staff all appreciate that life is hard at the moment, and our thoughts and best wishes go out to our residents and families. I want to take the time to thank all our staff for your ongoing commitment when I know work can be challenging and life outside of work is also profoundly difficult. Thanks for all you do and I encourage you to continue to support one another as you care for our residents and each other.

On a personal note, I would like to thank Dirk for all he did for the organisation and his generosity in giving freely of his time and knowledge. We wish you all the very best in your retirement.

Neil Morgan—Chief Executive Officer

From our Director of Aged Care



It's been a long, cold winter and it's exciting to see the first inklings of spring in the weather and in the garden! I love seeing my garden come to life with new growth and the promise of flowers, herbs, fruit and vegetables. With spring comes new beginnings, and here are just a few of the things that are 'beginning' at Outlook Gardens:

- *We recently welcomed a new unit manager to Lavender. Salima Nayani has joined our team, and is quickly getting to know all of our residents. She is looking forward to getting to know family members face to face once lockdown is lifted.
- *Our spring/summer menu is being planned, and a draft will go out to residents for feedback and input. Among other things, more BBQs are on their way. We continue to appreciate our wonderful kitchen team, who prepare fresh meals every day for every resident.
- *With staff Covid vaccinations being mandatory by mid September, Outlook Gardens is currently in the highest compliance bracket, with between 95-100% of staff being vaccinated already. We are proud of our staff for their commitment to our residents and to one another, and we thank them for their positive response to the government directive.

We are currently conducting a survey with families seeking your feedback, ideas and suggestions. If you have not already been contacted as part of our random selection, please feel free to request a survey and/or provide feedback. While we formally seek your input via survey once a year, we always appreciate feedback at any time.

Of course, with new beginnings also come endings and farewells. In July we wished Dirk all the best for his retirement and thanked him for many years of commitment to Outlook Gardens. At last report, he was still waiting for restrictions to lift...but once they do, we're sure he will be heading off for many four wheel driving and camping adventures.

Talya Goldsmith—Director of Aged Care



Spring has sprung

As a child growing up in South Africa, one of my favourite memories of spring was visiting the Jacaranda capital of South Africa, Pretoria. The beautiful Jacarandas with their purple flowers were everywhere. Spring was in the air, in the atmosphere, it was all around us. Most of us love spring because of childhood memories. Spring is synonymous with new beginnings, freshness, new life, and happiness. The cold and dreary winter has made way for spring. When we start to see the blossoms on the trees and we hear the song of returning birds, we tend to get a spring in our step. Housewives love spring because they know it is the best time for some spring cleaning.

The Bible talks about spring in the book **Song of Songs 2:11-13**

*See! The winter is past;
the rains are over and gone.
¹² Flowers appear on the earth;
the season of singing has come,
the cooing of doves
is heard in our land.
¹³ The fig tree forms its early fruit;
the blossoming vines spread their fragrance.*

During winter, it sometimes feels as if spring will never come. It feels as if the cold wet weather will go on forever. Then suddenly, out of nowhere the first blossoms appear on the fruit trees. We see new leaves starting to show on the trees and we know, even while it is still winter, that spring is on the way.

Life can sometimes feel like that. We all go through proverbial winter times and spring times in our lives. There are seasons in our lives that feel as if the difficult times will never end. We feel as if we will never have joy and happiness again. The thought of rejoicing and singing makes us feel even worse. The Israelites felt that way while they were in captivity in Babylon. We read in **Psalms 137:4** *How can we sing the songs of the LORD while in a foreign land?*

But, just as seasons continue to change without prompting or reminders, our lives keep on changing as well. We know the saying; nothing ever stays the same.

Just as blossoms and new leaves tell us that spring is on the way, in the same way God sends us little reminders during our winter times that there is a hope eternal and change is on the way.

These look different for each one of us. It could be a thoughtful gesture of a good friend, or a kind word of a stranger. It might be a Bible verse that we read or song that we hear. God speaks to us daily— when we listen to Him, keep our eyes on Jesus and look full in His wonderful face, then the things of earth will grow strangely dim in the light of His glory and grace. Before we know it...winter has made way for spring.

God bless,

Audrey Harmse,
Pastoral Care Worker

We've been busy...



What's cooking? Dumplings, pastries, apple pies, pasta, cupcakes, popcorn chicken, anything and everything! Residents from all over the facility regularly drop in to



Lavender for cooking sessions. Often the best bit is enjoying the results afterwards!



Footy tipping, cooking group, Dutch club, bingo, Bible discussion, art group, Men's affairs, hymn singing, plus plenty more! Even though we're locked down, our residents have lots to do!



Some special events...



Just for an afternoon, the tables were turned. For Aged Care Employee Day in August, our residents served a special afternoon tea for our staff!



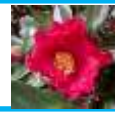
Lydia celebrated her 90th birthday with her Outlook Gardens friends, who sang her a Dutch version of happy birthday! She asked us to say a special thank-you to everyone for making her day so special!



Enjoying the everyday...



Spring is on the way!



As the days begin to warm up, it's lovely to get outside and enjoy some sunshine!



Our gardening group in Grevillea has been busy potting up some seedlings and succulents

A new display...



Many of our residents were born in different countries, and our Christian residents read their Bibles in many different languages. At the moment, our kiosk area is host to a Bible display reflecting cultures from all around the world! There are also 'daily bread' bible verses available for everyone to help themselves.



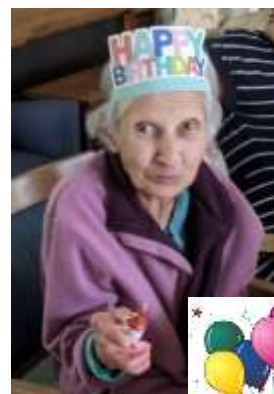
Birthdays blessings to all who are celebrating a birthday in
October, November and December

The following residents are celebrating Milestone Birthdays

- October** Terry Mournellis—90th birthday
John Lincoln—80th birthday
- November** Yvonne Misso—95th birthday
Evelyn Campbell—90th birthday



We love a good party! On their birthday, every resident receives a freshly baked cake from our kitchen, which is shared for morning or afternoon tea after a great big happy birthday song! Then, we gather all of our current birthday boys and girls for a party during their birthday month!



Farewelling Dirk and Commissioning Neil

Dirk Schurink retired in July, and we farewelled him with various celebrations. In between lockdowns, we held a farewell thanksgiving and commissioning service for both Dirk and Neil, which was attended by village and facility residents. Dirk was also celebrated at a residents' morning tea (with a hilarious slideshow of some of his best dress-ups for theme days!), and another afternoon tea with staff. Although some of the celebrations had to be modified to fit with various lockdowns and restrictions, we still managed to mark the occasion with some special events.



Outlook Gardens Village Happenings

Thankfully Spring has arrived. After a long cold winter it is good to have the warm sun with us again. The gardens also enjoy the new season and it is lovely to see the bulbs up and flowering and also the new growth on the roses.

The kiosk in the Community Centre is open each Thursday between 9-10am. Once lockdown is over we look forward to resuming our weekly coffee morning.

We welcome some new residents to the village! Gerard and Ria recently joined us in unit 21. We also welcomed Anne and Jan to unit 3 in August—sadly Jan passed away shortly after moving in to their new home, and our prayers are with Anne and her family as they grieve their loss.



New Clothes?

Don't forget to label them!

If you or family members are bringing new clothes or other items, please leave them in a named bag at reception or with care staff to be **labelled**. Of course, you can also choose to label items yourself with a laundry marker. Unfortunately we cannot take responsibility for lost items if they are not labelled.

New Medicare or Pension Card?

If your family member receives a Medicare or Pension card with a **changed expiry date**, please provide the details or a copy to reception or nursing staff so we can update our records.

Lost something?

If you or your loved ones are missing clothing items, please ask reception or care staff.



Staying Connected



Don't forget that there are many ways to stay connected even if you can't visit in person:

Email: Send a message to admin@outlookgardens.com.au, and include some photos for your loved one. We print them off (together with your message) and pass them on

Skype: Call reception (9795 7566) to book a Skype call time with the nurses' station:

Magnolia: skype@outlookgardens.com.au

Grevillea: skype2@outlookgardens.com.au

Banksia: skype3@outlookgardens.com.au

Lavender: skype4@outlookgardens.com.au

Phone: If your loved one doesn't have their own phone, please feel free to call reception. The best times are between 9.30am-12pm, and 1.30pm-5pm

Parcels/letters: Parcels and letters can be posted or dropped at reception during office hours

Smartphone: Download apps such as WhatsApp, FaceTime or Viber to send messages and make video calls

RESIDENT INTERNET ACCESS

Outlook Gardens has a **guest wifi network available for residents' use** for \$10/fortnight. Simply ask at reception if you would like to connect.

WINDOW VISITS

Although the best way to visit is with a long chat, a cup of coffee and lots of hugs, unfortunately this is not possible with ongoing lockdowns and restrictions. In the meantime, we have a place where you can see your loved one for a window visit in a quiet area. A designated staff member will be present to assist with connecting you via phone and receiving/sanitising any items you would like to bring. We have a lovely outdoor area set up for visitors, where you can see your loved one through the window while you chat to them on the phone.

The space is available to book for **half hour timeslots by calling reception** on 9795 7566. For staffing reasons, general bookings are available between 10:30am and 4:30pm, but please chat to us about an alternative if these times are not possible for you.

After setting this up a few weeks ago, we've seen some wonderfully creative visits happen—from 'happy hour drinks' to morning coffee. We encourage you to be creative in your window visits!

We also ask that you ensure you are complying with your own reasons to leave home and all other restrictions.