



Outlook Christian Living

Spring 2022 Newsletter

Welcome to our Spring newsletter! Within this newsletter you'll find updates from right across our Outlook Christian Living community, some news from our Executive Team and Board, as well as a pastoral reflection for you to contemplate. We hope that this helps you keep connected, and also provokes some thought.

By now, we hope that you are starting to become accustomed to seeing our new logo in various places. We have received lots of great feedback on our new logo, and we hope that you feel proud to be part of a community with a Christian cross at its heart. We have had some new signage installed at each village and around the aged care facility (see the photos below). We are also hard at work on a new website, which we're looking forward to sharing with you soon.

With all of these changes, we are also remaining true to our heritage and culture—meeting the needs of aged and ageing people in a Christian atmosphere of love and care.



Greetings from our CEO

It is hard not to feel a sense of joy and optimism as we say goodbye to Winter and embrace the new Spring season with open arms. Spring symbolises new life, warmer weather and more hours of sunshine. Can I encourage you as we go through this change of season to reflect on whether there is something you also need to change. Is there an old habit, a critical nature or a lack of gratitude that you wish to leave behind?

I know there have been times this year when I have not quite felt myself. I tend to look more inwardly, get more reflective and focus more on my own thoughts. I find that when I look for the best in others, see what difference I can make to a situation, or ask how someone else is going that I start to lift and encourage those around me.

Strangely, as a result, I also start to feel better. Are there people in your lives that can do with your help, your encouragement or your listening ear. If you can support your friends and family in this way they will feel so much better ... and strangely you probably will too.

Neil Morgan
Chief Executive Officer



Around the villages...

Olive Gardens

How wonderful it is to think that we can look forward to some warmer weather and the beautiful blossoms heralding Spring!

There is a lot of work happening at Olive Gardens at the moment, readying some units for new residents. Greg and his team of tradesmen are busy with the preparations. In due course, all units will again be occupied, which is great news. As the garden begins to bloom, we emerge from winter and welcome some new residents, the village feels as though it is coming back to life.

Our gardener, Lance, is working very hard to tend our common areas, and is doing a good job. We look forward to the burst of colour that will arrive in Spring!

Ebenezer

Welcome to Spring. After what seems to have been a long cold Winter, Spring has finally arrived with the anticipation of warmer weather as many residents have been hibernating or migrating up north. Our village gardens are starting to blossom as life in the garden returns. Our community has been hit hard this Winter, dealing with flu, Covid and age-related illnesses. Many were hospitalised and unfortunately some have moved into an aged care facility.

A highlight for us was our Winter Wonderland dinner dance in July, an evening that brought joy to many. Our focus in the coming months will be to refurbish three units, two of which have been sold and will be completed before the end of the year. Our Social Organising Group is active and busy ensuring our residents have plenty of choices to get involved in.

Greetings from the Ebenezer community. Shalom.

Outlook Gardens

On a cold June day we had a bus trip to the Mornington Peninsula. We had a coffee at Arthurs Seat and then on to a restaurant for lunch—see the photos below.

Instead of our usual Happy Hour in August, we had a pizza meal with delicious soups as well. A lovely time enjoyed by all.

We also welcome two new residents to our community—Gayle (unit 34) and Rina (unit 52)—and wish them well in their new units.



Rest for the Weary

Today, I share a quotation from the Master Teacher Himself, the Rabbi of Nazareth, the son of Joseph and Mary, in fact the very SON OF GOD! His Name is Jesus! This is what he writes to you in Matthew's Gospel, chapter 11 and verse 28:

"Come to Me, all you who are weary and burdened, and I will give you rest."

Being the human beings that we are, all of us get tired from time to time. The older we get, the tiredness gets more frequent and robs us of a lot of the enjoyment of life. Our bodies grow older with each passing day, our energy levels grow lesser, we get frustrated that we tend to slow down and life becomes such a drag. We wonder where our youthfulness has gone. Our "get up and go" has "got up and gone!" Physically, mentally and emotionally we seem to be getting weaker and weary. We are burdened with worries, cares and anxieties. The Covid pandemic has not helped us much, with being locked down and locked up, shut in and shut out from family and friends. Many challenges have been thrown at us, and many of us are finding life hard to cope with. I include myself as being one that has had to deal with some of these issues, and they have made me mentally and emotionally weary and burdened at times. None of us are immune from these pressures and problems. So, these words of Jesus bring so much comfort and hope for those of us who are weary and burdened. Why do I say this?

First of all, He extends an **invitation** to us, and secondly He makes a **promise** to us.

In the first instance Jesus says, "Come to Me" all of you who are weary and heavy-laden. If you are tired and weary, then this invitation is to you, and it is meant for you! He is extending this invitation to you personally. What does it really mean? In simple words, Jesus is asking us to come to Him, and to believe in Him! When we are faced with problems of any kind, and we seem to be overwhelmed with the pressures of life, what do we do? To whom do we turn? Who can come to our aid? We seem to have reached the end of a dead-end road! It makes us anxious, disturbed and perplexed. Please DON'T DESPAIR, for JESUS IS THERE! He says to you: "I know what you are going through. I can sense your fear and frustration. My dear son, or daughter, come to Me. Put your trust in Me. I am your burden-bearer. I can still the storms in your life and give you a sense of peace." Do you remember the words of this hymn?

*"What a Friend we have in Jesus, all our sins and griefs to bear;
What a privilege to carry everything to God in prayer.
O what peace we often forfeit, O what needless pain we bear,
All because we do not carry everything to God in prayer.*

*Are we weak and heavy-laden, cumbered with a load of care,
Precious Saviour, still our Refuge, take it to the Lord in prayer!
Can we find a Friend so faithful, Who will all our sorrows share,
Jesus knows our every weakness; take it to the Lord in prayer."*

Recite these words, or even sing them and claim the truth of these words for yourself. Accept His gracious invitation and COME TO HIM!

Secondly, our wonderful Saviour, Jesus Christ says: "Come to Me and I will give you rest!" What a promise of hope and peace! Jesus not only **makes** promises, but He also **keeps** promises. He is a Man of His word. Are you troubled in any way? Are you worried about anything? He promises to give you that mental and emotional rest that you long for. Are you dealing with any guilt or secret sins, which are robbing you of that spiritual rest and tranquility? Jesus came into this world, and wants to come into your life and give you an inner peace and rest that only He can provide. He does not want you to have restless days and sleepless nights. Knowing Jesus as your Burden-bearer assures you not only of physical, mental and emotional rest in this life, but also of spiritual and eternal rest in the life to come!"

*"I heard the voice of Jesus say, "Come unto Me and rest.
Lay down you weary one, lay down your head upon My breast."
I came to Jesus as I was, weary and worn and sad;
I found in Him a resting place and He has made me glad!"*

May Jesus grant you the gracious gift of His rest, as you come to Him in faith.

Pastorally and lovingly yours, *Pastor Crosbie de Kretser*

REST

CEO announcement

You may have heard that our current CEO Neil Morgan advised us that he will be finishing up in his current role towards the end of this year. One of our key roles as a Board is to ensure we always have the best person leading our organisation. We have started our search by engaging an HR firm and advertising directly through our Christian Reformed Church network. It is hoped that the new appointment would commence later this year and be based at the Dandenong Outlook Gardens facility.

The CEO we are looking for will be gifted with charismatic leadership and able to continue to develop the positive culture in the staff as they are given opportunities and are encouraged to use their skills and talents in bringing excellent care to our residents. This person would have management experience, appropriate qualifications and would bring energy and dedication to the role.

If you know a committed Christian who may be suited for this position at Outlook Christian Living, please send your details and further information to the Board Secretary, John Visser at visbiz@bigpond.net.au.

Bram Vander Jagt, Board Chairperson

Our staff

At Outlook Christian Living we know that our staff are our greatest assets! We like to celebrate special achievements including acknowledging staff who have been with us for a long time. Recently we congratulated Jacquie, Karen, Marie and Kavita on varying lengths of service at Outlook Gardens Aged Care. Collectively, they have so far been on our team for an impressive 55 years (and we hope they stay for many more)! We are proud to having a growing staff team across all four sites—with gardeners based at each village, maintenance staff regularly attending every site as well as Rudy managing the office at Ebenezer. We also have some incredible volunteers who regularly give their time and energy in many ways.



Noticeboard

Would you like to volunteer to spend some time with Aged Care residents?

Outlook Gardens Aged Care is recruiting volunteers! Our activities program has many opportunities for volunteers to be involved in activities, including: art/craft, special interests, bingo, music, facilitating boardgames, helping set up or pack up. We are especially looking for people who might be available on weekends when our regular programs are taking a break. If you are interested or need more information, please contact Gabby on 9795 7566 or leisurelifestyle@outlookgardens.com.au

All volunteers need to provide a police check and be fully Covid vaccinated (including booster).

FROM OUTLOOK GARDENS AGED CARE

MAINTENANCE

Maintenance concerns or requests can be logged during business hours by calling Outlook Christian Living reception on 9795 7566. Urgent issues should be reported immediately on the same number.

Thankfully as I write this, I note the weather forecast is starting to predict some warmer days ahead. Spring is a beautiful time in Melbourne with the blossoms starting and looking forward to summer.

At the facility we have been very busy with a new catering supplier settling into our kitchen, and producing some wonderful food. There are major renovations in our Lavender area as it gets a fantastic facelift which is almost complete. We are looking forward to welcoming several new residents to our community (including some from our villages) who have been waiting patiently for the completion of the works.

In the coming weeks as we reopen our refreshed Lavender area, we are looking forward to arranging tours of this area and the facility for yourself or a loved one seeking respite and/or permanent care. If you are interested, please contact us on 9795 7566. We'd love to show you around and introduce you to our wonderful staff. Warm thoughts and blessings to everyone.

Talya Goldsmith, Director of Aged Care