



Outlook Christian Living

Spring 2024 Newsletter

Living Life to the Full



At Outlook Christian Living, our Aim & Mission is to *display God's love by caring for the physical, emotional, spiritual, and social needs of our elderly, whilst providing a loving and caring Christian atmosphere where residents' rights and dignity are respected, and where residents are supported in living life to the full.*

Therefore, as spring bursts into bloom, we are celebrating what it means to **live life to the full!** We hope that you enjoy reading our updates and stories, and that this newsletter inspires you to think about the things that bring you joy and encourage you to live your own life to the full.

From our CEO

As this newsletter embraces the theme of 'Living Life to the Full', I'm reminded of how our community exemplifies this spirit daily. It's a joy to witness how our staff, volunteers, and residents together create an environment where every moment is cherished, and every individual is celebrated.

Our Second Annual Staff and Volunteer Recognition Awards was a tremendous success. I couldn't be prouder of all our dedicated staff and volunteers who continuously go above and beyond. Congratulations to all the award recipients and nominees. Your commitment to our organisation and the residents for whom we care is inspiring and deserves recognition.

We're also excited to share that the final stages of the carpet refresh at Outlook Gardens are now complete. The new carpet has brought a fresh and vibrant energy to our spaces, and we hope everyone enjoys the new look.

We're eagerly awaiting the installation of our new lift in September, a much-anticipated improvement that will significantly benefit our community. Additionally, in the coming weeks, our maintenance team will repaint and refresh all balcony fascias and handrails, ensuring that our surroundings are as inviting and well-maintained as possible.

Our Aged Care home has been near capacity over the past four months, a testament to the trust placed in us by families and our growing reputation as an exceptional aged care provider amongst hospital discharge planners, doctors and social workers. We are so blessed and grateful to care for those living in our home, and we strive every day to ensure that each person feels valued and supported, making every day their best day.

We have also warmly welcomed many new residents to our retirement village communities, and I'm pleased to report that our villages are thriving, with an impressive 99% occupancy. With only a limited number of units available, it's clear that our community continues to be a place where people choose to live life fully. Our retirement village residents continue to enjoy social outings and events, enthusiastically organised by their own committees.

Finally, I want to remind everyone that our **Buy a Bus Appeal** is still underway. While we've made some progress, we still have a long way to go. A heartfelt thank you to all who have donated and those organising fundraisers. Every donation, big or small, brings us closer to our goal of purchasing an Aged Care and Villages Bus.

As we continue to live life to the fullest, I'm filled with appreciation for everyone who contributes to making Outlook Christian Living a place where life is celebrated daily. Whether it's through the dedication of our staff, volunteer involvement in our community activities, or your generous support of initiatives like our Buy a Bus Appeal, you are all integral to our shared success. Together, by the grace of God, we will keep building a community where every individual can thrive and every moment is valued. Thank you for your ongoing commitment and passion. Let's keep moving forward, embracing each day with a full heart and a spirit of gratitude.

In Christ's love, *Jacques de la Porte*



Around the villages...



Olive Gardens

Spring is such such a beautiful season, with the promise of warmer weather to come.

At Olive Gardens, we have been keeping busy since our last Newsletter, with our residents enjoying a cancer fundraiser event, special morning and afternoon teas, and a fabulous fashion parade. A recent highlight has been the celebration of a 65th wedding anniversary, such a very special occasion!

We have more to look forward to, with a luncheon later in September, a special dinner being organised and our regular morning teas as well as enjoying the increasingly sunny weather in our beautiful village.

Alan and Marleen Gatfield have also just moved into our community—welcome Alan and Marleen!

Ebenezer

You know that Spring is coming when you see the Wattle trees burst open, radiating bright yellow baubles in the winter sun, and the deciduous trees are ready to bud.

Since our last newsletter our community has experienced both highs and lows. In May, a well-known and loved resident (John Blik) was called home to be with his Lord. Others suffered from Covid or the dreaded winter flu. Lately numerous residents have also succumbed to a fall, requiring surgery and a long and painful rehabilitation.

Our social activities have continued and are well attended. In June we gathered for our Winter Dinner Dance, an event that has become a highlight each year. Recently we hosted a speaker from Guide Dogs Victoria. Our joint social committee are organising another bus trip for October and details for this trip will soon be made available.

In the coming months we also look forward to welcoming some new residents to our community.



Outlook Gardens

Spring is around the corner with the bulbs popping up in the gardens around the village. The birds are also very busy making their nests for new life.

Over winter we enjoyed a film night followed by a lovely supper. We also had a very popular soup night with a variety of delicious soups from which to choose. Most recently, we celebrated Fathers Day together with a BBQ lunch and a special gift for each of the men in our village.



We also continue to enjoy one another's company over coffee on Thursday mornings and monthly Happy Hour events.

Of course, it's always nice to also catch up with each other informally in and around the village. With the spring flowers bursting open, the village is a beautiful place to be!



Encouragement from our Pastoral Care Coordinator



Our theme this edition is “**Living life to the full**” and as you can read and see, our residents are certainly enjoying **life** to the full with lots of tasty eats and drinks and we certainly help create some merry times together!

However, is **life** only about “eating, drinking and being merry?” Living by this motto may give us **happiness, pleasure and satisfy us** in the moment but we know it does not last. All our problems and worries return the next day. There **must be more** to this **life**!



As we age, and our friends and family pass away, we also think about our mortality and the “days of our **life**”. What will happen after that last grain of sand falls through the hourglass of our **life**? Where will we spend eternity?

As a Christian organisation, we celebrate the Good News that “*God so loved the world that He gave His only Son Jesus and whoever believes in Him shall not perish but have everlasting **life***” (John 3:16). Our citizenship is not on earth but in heaven. We see death not as “passing away” but being “promoted to glory” where we will live **life** to the full for eternity!

So how is this possible? Well, Jesus is the only One who can make this possible. He said, “I have come that they may have **life**, and have it to the **full**” (John 10:10). Jesus is the only One who can satisfy our deepest need and give us abundant **life**.

Jesus comforted Martha at the death of her brother and His good friend Lazarus by saying “*I am the resurrection and **the life**. He who believes in Me will **live**, even though he dies...*” (John 11:25-26).

You may be thinking, “**How can I have and enjoy this life and live it to the full**?”

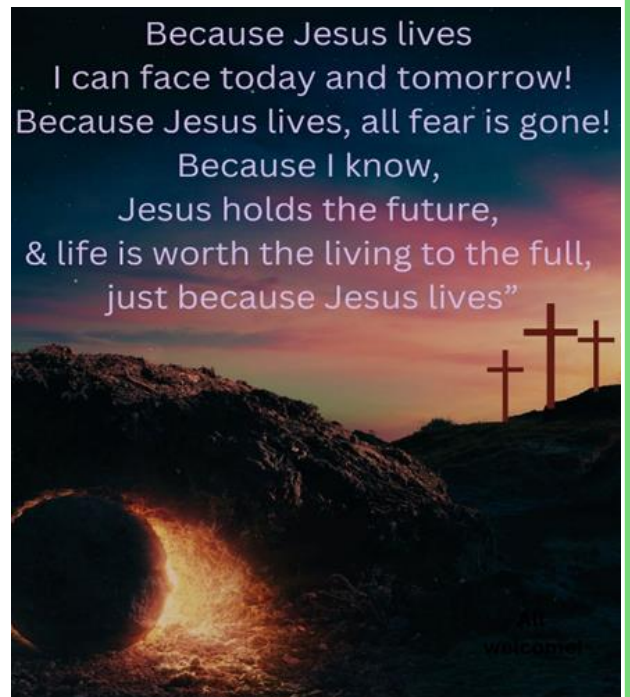
Jesus told Doubting Thomas, “*I am the way, the truth and the **life** and no one comes to the Father except through Me*”.

Come to the God the Father by believing and putting our F.A.I.T.H. (Forsaking All, I Trust Him) in His Son Jesus. When we do, we can live **life** to the full in this **life** on earth and look forward with grand hope to living **life** abundantly in heaven with our Lord and all who have believed in Him. Will you? I certainly hope so!

If you want to talk more about this, please call Belinda Waterhouse or myself on 9795 7566 or ask the staff to arrange a visit. God bless you and give you abundant **life** now and forevermore.

Rev Michael de Kretser

Outlook Christian Living Pastoral Care



Meet Liz, Residential Services Director at Outlook Gardens Aged Care

Liz Adepoju joined our team in June as our Residential Services Director at Outlook Gardens Aged Care Home, and she has been enthusiastically welcomed by residents, families and staff. We asked her to bring an update from our home, as well as share a little about herself:

Over the past two months, our home has been abuzz. Residents have enjoyed a range of engaging activities, from art therapy sessions to outdoor garden walks, fostering a vibrant and supportive community. The team's dedication has not gone unnoticed, with families and residents alike providing glowing feedback on the compassionate and personalised care being delivered daily.

We have initiated a few plans to further improve upon our quality of care and services. These initiatives reflect our unwavering commitment to ensure our residents are always supported in living life to the full in a warm and nurturing environment.

On a personal note, thank you for the warm welcome to the Outlook Christian Living Community. Since joining the team, I have observed the incredible teamwork, dedication and compassion from every department.

A bit about me, I was born in Nigeria and migrated to Australia with my parents and siblings in 1990 to call Australia home.

I have over 20 years of experience working in Aged Care, starting as a Personal Care Assistant, Registered Nurse and Aged Care Manager, and have dedicated my career to delivering high-quality care and services.

I am deeply passionate about serving our elderly citizens, ensuring they receive the respect, dignity, and compassion they deserve. I consider it a profound privilege to work in aged care, where we can make a meaningful difference in the lives of others.

Outside of my work life, I enjoy spending quality time with my family and cherish every moment with them, especially my four nieces, Summer-Rose, Azmaya, Lulu and Ariana who bring immense joy to my life. I find balance and fulfillment through activities like Pilates, exploring the outdoors, and traveling. The beach is my sanctuary, a place where I can reflect and unwind. I'm an active member at Enjoy Church in Clayton and stay grounded in my Christian faith through the relationships I have developed in this community.

I look forward to continuing to get to know residents, staff, families and representatives over the next few months.



Liz with family, including her brother & nieces and celebrating her father's 70th birthday. Far right: Travel adventures

Noticeboard

MAINTENANCE

Maintenance concerns/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.

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

Outlook Gardens Aged Care is looking for volunteers! Our activities program has many opportunities for volunteers to be involved in activities, including: art/craft, special interests, bingo, gardening, music, facilitating boardgames, helping set up or pack up, or just joining a resident for a chat. We are especially looking for people who might be available on weekends when our regular programs are taking a break.

If you would like more information, contact Gabby on 9795 7566 or leisurelifestyle@outlookcl.com.au