



Christophorus House
Retirement Village



Autumn/Winter 2019
Newsletter

CONTENTS

Editor's Letter	2
Maintenance Matters	2
Acknowledgements	2
From the desk of the CEO	3
News from HF House	4
Quote	4
Feature: Best Herbs and Spices for Brain Health	5
Feature: Why a daily bath helps beat depression	6
Work Health & Safety	7
Punny Jokes	7
Calendar of Events	8

Cover photo:
Autumn at the entrance of the village



Editor's Letter

Greetings, residents, members and friends.

Easter is approaching and with it the change of season: cooler mornings, shrinking daylight and of course daylight savings! One has a sense of being enclosed, of quiet and inwardness. The world is moving inwards in our southern hemisphere. This doesn't reflect the life of our village and its activities! Within the lounge room, we welcomed a number of visitors to lighten hearts and minds of residents: Greg Dimmock brought his swag full of instruments and Professor Jonathan Wooding, Sir Warwick Fairfax Chair of Celtic Studies of Sydney University spoke on Arthurian sites in Western Britain. There was fun to be had with the giant pizza toss game and an afternoon of music with Shaun Wilson, the Travelling Music Man with his interactive live music

entertainment. The ever-varied and interesting talks by Wolfgang continue with weekly Lounge Room talks. We temporarily farewell Rowlanda. Rowlanda has been coming to Christophorus House to play music for our residents for the past 18 years and is turning her talents elsewhere for a while. We hope to welcome her back in the not-too-distant future. A Monthly Movie on the 2nd Monday of every month hosted in the Cottage continues and residents as well as visitors are most welcome to attend. Featured in this issue is an update from the CEO on the property sale process. Our feature article titled 7 Best Herbs & Spices for Brain Health will keep you thinking! We hope you enjoy the content of this edition. Your feedback is always welcome. Until next time, keep well and warm in the coming winter months.

Monika Bebb
Self Care Liaison Officer

Maintenance Matters

*Report by Hayden Ibbett,
Maintenance Supervisor*

I'm pleased to report that after the new Safety Monitor Board was installed in the Hostel in February, the village is running smoothly again. All residents were asked to test their call buttons to ensure the system was working well. With much wind and rain, gutters have been cleaned and are going to be done again soon. Pathways is on the agenda for cleaning as they

are turning green and are next on the list, in readiness for winter. The potholes in the driveway have finally been done and some palings that have come down along the emergency driveway have also been fixed. The roof of Unit 23 has finally been fixed after months of waiting and has now been signed off with the insurance company as finalised. I have been liaising with the owner of the property regarding the remaining trees which need to come down. The owner has applied to the council to have the trees removed but said he has had

no reply as yet. It's been a long process of waiting but we remain hopeful for a resolution before long. Until next time, keep warm and safe.



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**If you have some information, an event or
an item you wish published, please contact
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From the Desk of the Chief Executive



Welcome to 2019. At the AGM last November, the Board communicated to the members that the Mildred Avenue properties would be sold. This is a course of action that has been necessitated by events which resulted in CHRV having to abandon its six-year work on the building of the new Independent Living Units (ILUs) at the Mildred Avenue properties.

Between January and April 2018 (last year), the cost to build the new ILUs increased by just under \$1 Million and despite our best efforts to communicate the fact that we could not afford a further increase to the cost increase in January 2018, which was nearly \$300,000, our efforts to make this clear did not eventuate in the builder holding the cost. To be fair to the chosen builder (who was well below the others in our third tender process), it was the pressure from sub-contractors that kept pushing the price up. This is fully reported on in the Annual Report of 2018. Hence the need to sell Mildred Avenue as CHRV cannot afford to hold a multimillion-dollar asset which does not earn any income. There is a

silver lining however, in that there has been capital appreciation in the value of the land, which has been reported over the last six years and this will bring in enough to cover the project work in progress costs and also losses in the operating results over that period, plus some millions in actual gain.

CHRV has engaged Colliers Real Estate following a thorough tender process which involved six real estate firms tendering for the agency. We are now, as I write this column, into the 3rd week of the selling campaign. We hope to have sold and settled the sale of the properties by June 2019.

CHRV, as with all other Residential Aged Care Facilities, on Friday 8th February 2019 (the due date) submitted its 50-page (maximum allowable) response to questions asked by the Royal Commission into the aged care industry, of every provider in the industry. It is perplexing to see how the main stream media consistently only reports negative news about the industry and oft times misreports the news; for instance, it was reported that only a 1/3rd of providers had submitted their responses by the due date. This appears to be inaccurate because there actually were two submission dates; one before Christmas, for the larger organisations and then the February date for all the smaller (2/3rds) of providers. In talking with other CEOs one would get the impression that no facility/organisation would risk missing such a deadline, although if the media are to be believed, 2/3rds did.

My staff member report for this newsletter is on two of our staff;

Kathy our Diversional Therapist and Vicki the Recreational Officer. Kathy and Vicki work closely together in that most important of social roles, providing input into care plans of residents and then facilitating and executing the numerous activities that come out of those care plans, activities that are individually tailored, as well as those that are group based. Vicki works Monday to Wednesday and Kathy Wednesday to Friday, so that on the Wednesday, much co-ordination and planning ensues. Both ladies started within two months of each other in April and June of 2012 and are coming up to seven years of service with CHRV. A perusal of the monthly activity calendar will demonstrate the large choice of activities that the residents have to choose from. There is a section in this newsletter by the diversional therapy team which further highlights the many activity programs that are available. Diversional therapy plays an important part in the daily lives of our residents, for the betterment of their health and wellbeing and encompasses everything from exercise classes, to bus outings, to visiting speakers and entertainers (single and groups, ranging from children to adults and also includes visits from animals), to celebrating special occasions (ANZAC Day, Melbourne Cup, the religious festivals and much more), physiotherapy, foot and leg massage, playing bingo or having a social drink once a week in the afternoon. Kathy and Vicki are most important to the wellbeing of our residents and do a marvellous job – all the time, always. Thank you to them both.

Milan Telford



News from Helga Forster House

*Kathy Gasper,
Diversional Therapist*

I always feel that January is the time to rest and take stock of the previous year, December is so busy, enjoyable but busy! Vicki and the residents made new wreaths for each door at the Hostel and they looked marvellous. We also enjoyed Christmas lunch together with those from Self Care as well as Carols by Candlelight. Berowra Christian School visited as well as the New Day Carers Choir. Milan and I reluctantly cancelled the Christmas light tour due to the storms, which was a great disappointment to all who love to attend.

Towards the end of January, we again welcomed back Greg Dimmock and his swag full of instruments and in February we hosted The Travelling music Man, who the residents all enjoy.

I must thank again Monika (Self Care Liaison Officer) who is always on the lookout for an interesting speaker. She certainly did a great job in organising Prof J Wooding to come and talk to us about his

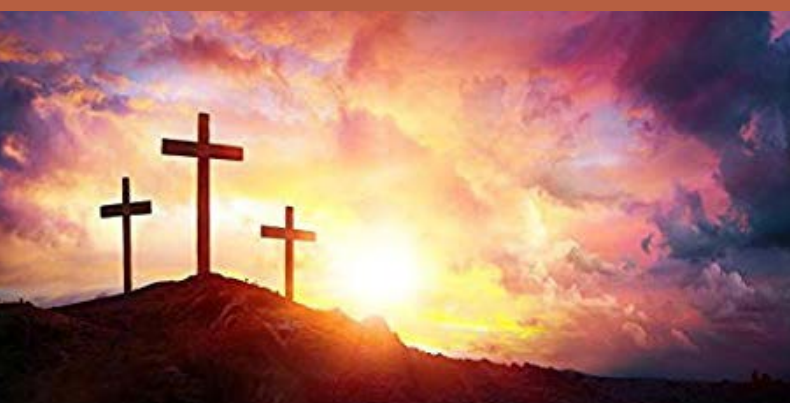
expertise in Celtic studies in March. Prof Wooding's knowledge left us all enthralled. We also happily accepted the help that the Australian Electoral Commission gives us in organising a mobile polling booth for hostel residents during the recent state election. We can look forward to their excellent services again for the upcoming federal election.

As always, new challenges help keep Vicki and I on our toes and with the new aged care standards about to be implemented both of us at the time of writing are about to attend a workshop put on the Diversional and Recreational Australia to help us better understand and put into practice how these new standards will enhance the residents lives.

We have also had a new activity on trial called Brain Boosters, which has been running for the past 6 months. This is based on the training we received on Cognitive Stimulation Therapy, but we have adapted the principles to better suit our residents needs. It is proving to be very popular and will be added as a permanent feature on our monthly calendar.



Quote



"I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else."

C. S. Lewis

7 Best Herbs and Spices for Brain Health

By Cathy Wong | Reviewed by Richard N. Fogoros, MD -
Updated December 10, 2018

Research suggests that a number of herbs and spices may help improve your brain health, and some of them may already be sitting in your fridge or pantry. Several of these herbs and spices have been studied for their effects on Alzheimer's disease, while others have been tested for their overall effects on cognition (ie the mental action or process involved in thinking, understanding, learning, and remembering). Here's a look at some of the herbs and spices found to benefit the brain in scientific studies.

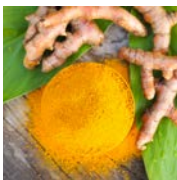
1. Sage

A spice known for its pungent scent, sage may possess memory-enhancing properties, according to a small study published in *Pharmacology, Biochemistry, and Behavior* in 2003. Sage might also aid in the treatment of Alzheimer's disease. In fact, a research review published in *Evidence-Based Complementary and Alternative Medicine* identified sage as one of the several herbs that may be beneficial to Alzheimer's patients. The other herbs included lemon balm and the Chinese herbs yigan san and ba wei di huang wan. Try adding sage to butternut squash, roasted chicken, turkey, tomato sauce, or in a white bean soup. Sage can also be consumed as tea.



2. Turmeric

Turmeric is a spice long used in Ayurveda. It contains a compound called curcumin, which has antioxidant and anti-inflammatory effects. Preliminary research suggests that turmeric may boost brain health and stave off Alzheimer's disease by clearing the brain of beta-amyloid (a protein fragment). The build-up of beta-amyloid is known to form Alzheimer's-related brain plaques. In addition, turmeric may shield brain health by inhibiting the breakdown of nerve cells in the brain. Turmeric is a key ingredient in curry powder, which typically also includes such spices as coriander and cumin. To increase your intake of turmeric, try adding curry powder or turmeric to stir-fries, soups, and vegetable dishes. Include a couple dashes of black pepper to enhance the absorption of turmeric.



3. Ginkgo biloba

Long used as a treatment for dementia, ginkgo biloba is a commonly taken remedy in traditional Chinese medicine (TCM) and well known for its benefits. It's thought that ginkgo biloba might help improve cognitive function in part by stimulating circulation and promoting blood flow to the brain. Although research on ginkgo biloba has yielded mixed results, there's some evidence that this herb may enhance cognitive function in people with Alzheimer's



disease or mild cognitive impairment. Furthermore, a research review published in the *Journal of Alzheimer's Disease* in 2015 suggests that a ginkgo biloba extract called EGb761 may be especially helpful in slowing decline in cognition among patients experiencing neuropsychiatric symptoms in addition to cognitive impairment and dementia.

4. Ashwagandha

Another Ayurvedic herb, ashwagandha has been found to inhibit the formation of beta-amyloid plaques in preliminary research. What's more, some preliminary studies have indicated that ashwagandha may benefit the brain by reducing oxidative stress (a factor that may contribute to the development and progression of Alzheimer's disease).



5. Ginseng

One the most popular plants in herbal medicine, ginseng contains anti-inflammatory chemicals called ginsenosides. In preliminary studies, scientists have observed that ginsenosides may help reduce brain levels of beta-amyloid. It's also sometimes taken to fight Alzheimer's Disease.



6. Gotu Kola

In alternative medicine systems such as Ayurveda and TCM, Gotu kola has long been used to improve mental clarity. Findings from animal-based research suggest that this herb may also help the brain by fighting oxidative stress. In a preliminary study published in *Clinical and Experimental Pharmacology & Physiology* in 2003, for instance, tests on rats demonstrated that gotu kola may inhibit Alzheimer's-associated oxidative stress and improve cognitive function.



7. Lemon Balm

A herb often taken in tea form and frequently used to ease anxiety and insomnia, lemon balm may help improve cognitive function. For a study published in the *Journal of Neurology, Neurosurgery, and Psychiatry* in 2003, 42 patients with mild to moderate Alzheimer's disease took either a placebo or lemon balm extract for four months. At the end of the study, those given lemon balm showed a significantly greater improvement in cognitive function.



Should You Use Herbs & Spices for Brain Health?

While certain herbs and spices may have beneficial effects on your brain, no natural remedy should be used as a substitute for standard care in the treatment of a condition affecting brain health.

Sourced at: <https://www.verywellmind.com/best-herbs-and-spices-for-brain-health-4047818>

Why a daily bath helps beat depression

According to researchers, a regular warm bath can have a greater effect on mood than physical exercise. Here's how to enjoy the plunge, even if you prefer a shower.



Linda Geddes, Wed 24 Oct 2018, 07.21 AEDT

Photograph: PhotoAlto/John Dowland/Getty Images/PhotoAlto

Miserable? Try wallowing. 'I am sure there are things that can't be cured by a good bath, but I can't think of one,' wrote the poet and novelist Sylvia Plath in *The Bell Jar*. Plath, who struggled with depression, would surely have felt vindicated by the findings of a study reported in *New Scientist* this week, which concluded that taking regular afternoon baths was associated with a moderate but persistent lift in mood among people with depression. Indeed, the size of the effect was greater than that of physical exercise – a more established mood booster.

By increasing participants' core body temperatures, the theory goes, warm baths helped to strengthen and synchronise their circadian rhythms, the daily fluctuations in behaviour and biochemistry that affect every one of our organs, including the brain. Core body temperature usually rises during the daytime and falls at night – in fact, this nightly decrease helps us to fall asleep by promoting release of the hormone melatonin, which tells the body when it is night. However, in depressed people, this temperature rhythm is often flatter, disrupted or delayed by several hours. Morning exposure to bright light, which both strengthens circadian rhythms and shifts them to earlier in the day, has also been found to alleviate depression.

In the study, researchers at the University of Freiburg in Germany assigned 45 people with depression to either soak in 40C water for up to 30 minutes and then wrap themselves in blankets and hot water bottles for a further 20 minutes or take 40 to 45 minutes of aerobic exercise twice a week. Eight weeks later, those taking regular warm baths in the afternoon scored six points

lower on a commonly used depression scale, while the exercise group scored three points lower on average.

Although the study was small, and there were some methodological issues with it (many of the participants in the exercise group dropped out), it builds on existing evidence suggesting that body temperature can be used to tweak our circadian rhythms. Other studies have indicated that taking a warm bath before bed can aid sleep, by dilating blood vessels in the skin, which helps the body to dump excess heat. This only works if you keep your bedroom relatively cool though – about 18C is ideal.

Indeed, one reason why warm baths might reduce depression is simply by improving people's sleep.

But circadian rhythms may not be the only explanation for the curative properties of a warm bath. Depression is thought to be related to low levels of the brain-signalling molecule serotonin, and research in rats has shown that serotonin-releasing neurons connected to mood-regulating regions of the brain fire in response to increases in body temperature. Whatever the explanation, if you find taking a warm bath relaxing and it makes you feel good, there is now even more reason to take the plunge.

How to take a good bath

- Pick a time when you are unlikely to be distracted. Peace and quiet should help you to relax.
- Consider adding an essential oil, such as lavender oil, to promote relaxation.
- Your bathwater should be just a little hotter than body temperature, which is about 37C. Somewhere between 40C and 45C is ideal.
- Consider the temperature of the room as well. A Japanese study showed that bathing in 41C water in a 25C room increased body temperature more than taking a bath in a 14C room. However, if taking a bath to promote sleep before bed, the room temperature should be cooler: 18C is ideal.
- Large and sudden increases in temperature put strain on the heart, so if you suffer from heart problems, avoid hot baths – particularly on cold days.

Source: <https://www.theguardian.com/society/shortcuts/2018/oct/23/why-a-daily-bath-helps-beat-depression-and-how-to-have-a-good-one>



Work Health & Safety (WH&S)

Milan Telford, CEO

Ethics

Staff were asked last year in the WH&S Training, to read this Newsletter item on WH&S and be familiar with what has been written here. The next WH&S training for staff will be held on Wednesday 1st May 2019 and we will be going through the topic of 'Ethics' again. What is ethics? Ethics, in a nut shell, is 'the principles and moral philosophy that underlie how we behave / act, in any given situation. Our conscience can also be our ethical base. Within different professions, there are also a range of rules of behaviour, based on certain principles, which are that professions 'ethics'. So, morality may be a principle, but the application of this in any given situation is the ethic, the doing part of it. The medical profession, the accounting profession, the legal profession, to name just a few, each have their own set of

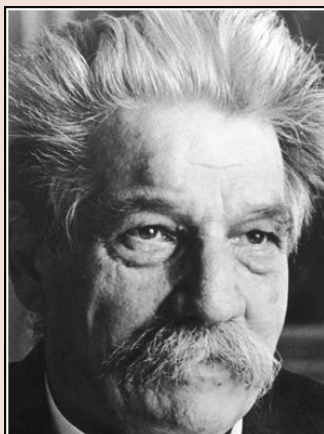
ethics, the principles upon which the ethics are based, however, may be the same.

At Christophorus House, how we behave in certain situations, is prescribed within our Policy and Procedures. In anticipation of our next training day, please see if you can source out from our P&Ps the correct way to behave in the given situation.

- A resident needs some new underwear and offers you

\$100 to buy some singlets and underpants when you next do some shopping. What would you say to the resident?

- The family of a resident offers you a box of chocolates as a Christmas present. Are you permitted to accept the gift?
- While assisting the DT to escort the residents on a lunch outing to the local RSL club, a resident asks you to withdraw some money from the ATM. Is this permitted? If not, why?



Let me give you a definition of ethics: It is good to maintain and further life it is bad to damage and destroy life.

— Albert Schweitzer —

AZ QUOTES

Punny Jokes

- The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
- I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian.
- She was only a whisky-maker, but he loved her still.
- A rubber-band pistol was confiscated from an algebra class, because it was a weapon of math disruption.
- No matter how much you push the envelope, it'll still be stationary.
- A dog gave birth to puppies near the road and was cited for littering.
- Two silk worms had a race. They ended up in a tie.
- A hole has been found in the nudist-camp wall. The police are looking into it.
- Time flies like an arrow. Fruit flies like a banana.
- Atheism is a non-prophet organization.
- Two hats were hanging on a hat rack in the hallway. One hat said to the other: "You stay here, I'll go on a head."
- I wondered why the baseball kept getting bigger. Then it hit me.
- A sign on the lawn at a drug rehab centre said: 'Keep off the Grass'
- The midget fortune-teller who escaped from prison was a small medium at large.
- The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
- In a democracy it's your vote that counts. In feudalism it's your count that votes.

Punny Jokes by Carlo

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From John Rowan, Computers One2One

Calendar of Events

April 2019

3



Talk: The Riddle, Fairy Tale of the Brothers Grimm

10



Talk: Musica Callada by Frederico Mompou and the poetry of St. John of the Cross

17



Talk: What does it mean to be a human being? Experiencing difficulties in a complex society...

24



Talk: Xinghai Xian, Chinese composer (1905-45) with Yellow River Piano concerto

8 CHRV Newsletter - Autumn/Winter 2019

April 2019 - continued

26



ANZAC Day commemorative service and afternoon tea followed by two-up. RSVP required.

May 2019

13



Mothers Day celebration. Hostel lounge room.

Facility Lounge Room Talks with Wolfgang Devine weekly on Wednesdays at 2.30pm. For upcoming Helga Forster House events please see our website at christophorushouse.com.au. Visitors welcome.

Regular Events enquiries:
Monika (02) 9476 3161 ext 4

Monday Movies in the Cottage on the 2nd Monday of the month. Visitors welcome.

Monthly Monday bus outing each month for ILU residents.

Board Meetings are held monthly on the third Monday.

Weekly Footbath/Leg Massage Therapy with Ian for residents.