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CHRISTOPHORUS HOUSE
retirement village

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Editor's Letter

Dear Members and Friends

Greetings, everyone, for the New Year. Have you noticed how summer is receding and the mornings are becoming cooler and darker again, making it harder to get up? In the Christian calendar, we are moving toward Easter, which reflects a time of inwardness and quiet and the crispy and refreshing mornings calls us to wakefulness and presence.

In this Newsletter, we remember our friend and resident Dora Palmer who passed away in January after a short illness. Another friend, Betty Ainsworth, a former resident of the Hostel, recently passed away –she

was 99 years of age! And resident Jean Williamson has made the transition from Self Care to the Hostel and loves it! Happy settling in, Jean. We include our regular *News from the Hostel* with both Linda's and Naomi's reports on activities and outings. Featured also is an article on Living Wills as well as a book review of *The Incredible Life of Dick van Leer*. There is also some poetry and handy hints for around the home.

I trust you'll find this Newsletter of interest. If you have an article or story you wish to share, please contact me in time for our winter edition. Until next time,

Monika Bebb
In the Self Care Liaison office

Maintenance Matters



2011 will see a few major projects – some of which are underway now. The Hostel will have alterations with a new drainage system to ensure that flood-

ing is no longer a problem. The lounge and dining rooms are being extended and planter boxes and railings on the upper level will be re-braced. A ramp will be built alongside the stairs leading into the main entrance foyer to accommodate wheelchairs and walkers. The exterior woodwork painting of Self Care units will commence on units 1 to 6 in March with the next stages (units 7 to 16 and 17 to 23) to be done later in the year. Five of the

units have had a ramp built to the front door and hand rails will be installed to allow for easier access into units for residents with walkers as it has proven difficult to manage the step up into the unit.

Our main lawn is to undergo levelling and new turf will also be put down. A new fence will be constructed along the back of the Hostel which divides the Housing Commission and our property as it has fallen over in some sections. There will be some interruption to traffic flow and parking whilst works are being carried out over the months but we aim to minimise disruption and will co-operate with residents' needs. Please don't hesitate to contact me if you have any requests or problems.

Hayden Ibbett
Maintenance Supervisor

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Office Hours: 9am to 5pm, Monday to Friday
Hostel Hours: Staff on duty at all times, 7 days per week (After Hours after 6pm 0403 575 079)
Patron: John D Shaw; **Board Members:** Chairman Robert Allerdice, Mary Arndell, Graham Long, Sune Nielsen, John Kingsland; **CEO:** Milan Telford; **Hostel Manager:** Andrea Nguyen; **Hostel Supervisor:** Sarah Gates; **Self Care Liaison Coordinator:** Monika Bebb; **Maintenance:** Hayden Ibbett and Walter Janssens.

Christophorus House is a Not-for-Profit organisation and has operated since 1984.

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If you have some information, an event or an item you wish published, please contact Monika on (02)9476 3161 ext 2 or email mbebb@christophorushouse.com.au

Message from the Chief Executive Officer



Greetings to all for the New Year; CHR V will be busy this year, working on securing the future of CHR V for the next decades. Some significant developments have occurred in the life of CHR V since the last Newsletter. The most important event is the entering into an Option to purchase, property at 15 Mildred Avenue. The Option was signed on the 9th February 2011 and can be exercised anytime in the next 12 months. The Option is however just that. It is not the actual purchase of the property, just a right to purchase the property within a 12 month period. The Board will under-take due diligence over the course of that time.

The property itself is the largest vacant land section in the area, and adjoins our back yard boundary, together with adjoining the property we already own at 5a Mildred. CHR V had worked for a number of years to obtain the right to purchase this block and in this context I should like to thank resident Rosemarie van Hoogstraten, who has for years maintained good relations with neighbours, always

mentioning that should they wish to sell their properties, CHR V may be interested. These connections should not be under-estimated. The idea that another developer may have purchased and developed this site, would mean that CHR V would be limited in expanding in the future, and would be subsequently competing for properties that come up for sale, with another developer, there-by driving prices up.

Last year (at the AGM) it was reported that we were pursuing a pre-Development Application (DA) with Hornsby Shire Council, in relation to proposed development of our properties at 370 Pacific Highway and 5a Mildred Avenue, both of which adjoin each other and our back boundary. This was quite a process for our architect, as a pre DA is now virtually like a DA (the process is designed to ensure that all the issues related to a development are resolved prior to actual DA being submitted), and required reports from Traffic Engineers, Tree Specialists and a Town Planner. The pre-DA was accepted by Council (with just some minor issues to work out in the DA phase), and following DA approval, CHR V will be in a position to build 12 new Independent Living Units (ILUs), 8 three bedroom units and 4 two bedroom units.

However with the possible acquisition of 15 Mildred Avenue at some stage in the next 12 months, it is likely that commencement of any development of 370 Pacific Highway and 5a Mildred Avenue will be delayed until we make a decision whether or not to exercise

the option. And, if the option over 15 Mildred Avenue is exercised, it is more likely that CHR V will, for financial reasons, commence the development of 15 Mildred Avenue before developing the other two blocks. These are all matters that the Board will need to consider over the next 12 months.

Needless to say, either development of the properties that CHR V owns, will ensure a strong financial future for CHR V, which will have its impact decades into the future. It is pleasing to see that our strategic goals are slowly taking fruition; it has been an organic process, not rushed, and we have been steadfast to develop only around the existing CHR V Village.

The capital work projects related to the 'Evelyn Latter' room, as reported last year (AGM), have commenced under the auspices of our builder Gil Kaltenbach, and all projects are set to be complete by August 2011. The initial stage of the work, drainage pipe rectification has been completed. Gil Kaltenbach has just commenced work on a new ramp at the front of the reception area. This will be followed by the extension to the living / dining room area – the 'Evelyn Latter' room.

Operationally, CHR V continues to have full occupancy (since September 2010) and this is reflected in our current operational results, which in the month of January matched our full year budget expectations.

We look forward to an exciting year ahead.

Milan Telford
CEO

Hymn to the Sun

*Teach me to die, oh Master, let me smoulder
Flame of your fire lit and then put out;
Poem your poet thought but did not utter,
Song that your child half-voiced and then forgot.*

*One of your blooms that burst a day and dripping,
Petal by petal, back to the Earth is caught.*

*Teach me to die to wintry lonely splendour;
Let me be reconciled to naked boughs,
Delicate tracery of twig and hoar-frost,
Bid me to cast my harvest into the snows;
Grant me the reckless waste of autumn's yielding
Then send the stillness, Master, teach me to close.
Softly these borrowed hues to veiled diffusion*

*Sprinkle them over your sky in evenlight
Lift back this red to you and scatter it over
Fade it from rose to shell to white;
Teach me, withholding one, to hold your every,
After the twilight, Master, teach me the night.*

Ruth Tenney

News from the Hostel Report by Linda Dunn



Carols by Candlelight

Christmas brought together residents from the Hostel and Self Care units of Christophorus House to hear

and join in a special performance by our residents' choir at Carols by Candlelight. The choir sang traditional Christmas carols to friends and family and other residents who had gathered on the lawn at Christophorus House, enjoying the wonderful atmosphere created through Hayden's hard work, with lights, decorations and comfortable seating. The choir began rehearsals in mid October with the aim of fostering social interaction,

Choir members Richard Harding and Margaret Taupin, who have some musical background, were given an opportunity to sing as soloists with the choir providing backing. Gwen Watson and Beth Oxley also gave a beautiful recital of the story of Christmas. Maintenance is not Hayden's only talent, singing 'Hallelujah' beautifully. The Carols by Candlelight was a tremendously successful event, thanks to the unity of purpose shown by staff and residents. Thanks go to the residents who sang in the choir, the staff who helped move residents on to the lawn and into the dining hall afterwards for supper, to Milan for being Master of Ceremonies, and especially to Hayden who worked so hard beforehand to set up all the decorations, light, sound system and chairs and so hard afterwards to put everything away again.

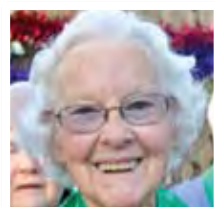
Christmas Lunch

A special Christmas lunch was held in December in the hostel dining room.

A resident from the self-care units and another from the hostel greeted each resident as they came to the dining hall for pre-lunch drinks. The lounge and hostel dining room were decorated beautifully for the event, which created the perfect atmosphere for a perfect lunch, prepared by Marelle and the staff. Milan said Grace and welcomed everyone to lunch. A special thank you goes to Andrea, our Hostel Manager, for her tireless work in making all our Christmas events such a success.

Christmas Lights Bus Trip

The Christmas Lights Bus Trips this year were held over two nights for both Self Care residents and Hostel residents. Residents travelled to Stanhope Gardens and Quakers Hill in the Blacktown City Council area, and Sydney Road in Hornsby, where private homeowners had gone to a lot of trouble to decorate their homes



stimulating instinctive feelings associated with Christmas and creating an opportunity for residents to express themselves. The actual performance at Carols by Candlelight strengthened residents' self-esteem and self-confidence.

with lights. Residents were able to get off the bus and walk up and down the streets to appreciate these award-winning displays. This gave

them a lot of visual stimulation and social interaction with others in a new environment.

Welcome to 2011

We look forward to more fun activities in the coming months of 2011. Special activities are planned for St Patrick's Day and Easter, during March, and for Anzac Day in April.

Report from Naomi

In January and February we have gone on some great bus trips. A highlight was the day we went to Palm Beach. We admired the beautiful views and smelt the lovely fresh sea air. We then went on to Avalon to buy the yummiest fish and chips ever! Jumping back in the bus we headed off to a little cove called Clareville to have our lunch. We were lucky and got a shaded picnic spot overlooking the water. We enjoyed watching the children splash and swim about as well as daydream about the yachts that we would own one day and where we would sail them to. It was a restful, enjoyable day and created great memories.



We recently discovered a well kept secret: Ginger Megs Park, right at the bottom of Pretoria Rd. It has a lovely sheltered picnic spot perfect for a cuppa. But the real secret is the little path that leads off into the bush. Not very far down a track lies a bubbling little brook complete with mini waterfall. It also has very hungry

ducks, although the locals assured us that they are well fed. They enjoyed the bread that we took with us, their squabbles reminding us of survival of the fittest. It was hard to believe that we were only minutes from a bustling suburb, as it was so tranquil and peaceful.....except for the ducks! Of course this park held great interest for us as Hornsby was the home of Ginger Meg's creator Jimmy Bancks. This area was his favourite place to spend time. Ours too.



Recently we have introduced Arm Chair Travel to our program which has been received with great interest and lots of reminiscing. Arm Chair Travel grants us the opportunity to travel to places, times and events that we may find of interest. For our first session we visited the Caribbean, a place many of us were not at all familiar with. Pirates, gold and overthrowing of power made for an exciting read. For our next session we went back in time to the years of the Depression, a time that many remembered very well. It was great to hear of each other's experiences and the way things

were so different. Thank goodness we have automatic washing machines and flushing toilets today! Next, we travelled back to our childhoods, reading about the good old picnics that we went on. Some remembered going on horse and cart to picnics, some went in cars and others rode on the running board. The tug of war was a popular memory as were sweet buns, fizzy drinks and packets of chips. Some of the races were for single women, others for married women and then men. We laughed about how they weren't allowed to mingle, even in races. Our next session will be on the life of Jimmy Bancks, creator of Ginger Megs – a Hornsby hero. I look forward to many more places to "travel". We will go wherever our imaginations lead us!

Naomi Douglas
Recreation Officer

HANDY HINTS: How many of these did YOU know about?



A sealed envelope - Put it in the freezer for a few hours then slide a knife under the flap. The envelope can then be resealed (hmmmmmm...)

Use empty toilet paper rolls to store appliance cords.

It keeps them neat and you can write on the roll what appliance it belongs to.

To remove old wax from a glass candle holder put it in the freezer for a few hours. Then take the candle holder out and turn it upside down. The wax will fall out.



Crayon marks on walls? This works wonderfully! Use a damp rag dipped in baking soda.

The marks come off with little effort (elbow grease that is!).

Permanent marker on appliances/counter tops: (like store receipt BLUE!) use some alcohol on paper towel to remove marks.

In Memoriam **DORA PALMER**

5th September 1918 to 21st January 2011



Dora Palmer crossed the threshold at the grand age of 92. In the six years that she lived in Self Care at Christophorus House, she showed her love of nature and bird life, nurturing a plover family across her fence in the paddock next door which nested every season and came to feed on her lawn daily. She enjoyed observing nature as she sat in the sun on her front veranda and watched the skinks, lizards and little creatures scuttling past or sunbathing.

Dora had lived in the country during her childhood, her mother managing various country hotels as her father had left them. Her mother used to buy a hotel, renovate it while running it, then sell it and do the same with the next hotel. So as young children Dora and her brother had the countryside to roam and were allowed

everywhere in the hotel but not in the bar. For that reason she knew a lot about country towns and rural New South Wales. She and her brother were sent to boarding school in Sydney for their high school years. A childhood illness left Dora with severely affected eyesight but this did not deter her from being highly independent and running a meticulous and gracious home and being the only one in her family whose marriage did not fail. Her brother was a very fine pianist and Dora also played the piano. She enjoyed classical music and attended quite a few of our Social events while her hearing was still good. She was an avid follower of world as well as local events and she would read the Sydney Morning Herald daily from cover to cover. She had an interest in stocks and shares but was cautious in money matters, and would wisely "only play with money that is surplus." Sport was a favourite – she loved it and would often just watch it without the commentaries. She was a no-nonsense lady, straight to the point and her sense of humour was brilliant. Dora was raised in Kings Cross as her mother had a pub there. At that time they lived in Vacluse. Dora's husband, George, used to be in charge of the service department of a taxi company based in Paddington. When he retired they bought a caravan and toured Australia which she enjoyed tremendously. She also travelled a great deal with her brother. When George passed away, Dora moved in with her brother and cared for him for two years. After her brother died, Dora came to live at Christophorus House in a self care unit. At around the same time, Josephine Pearl also came

to the Village. They formed a strong friendship which Dora appreciated. She often went on day trips to the country, which was organised by UPS, and which she enjoyed immensely. After several health challenges, Dora became more home bound. Gradually she was less able to get out and about. Diane Pyke often came to help her and took her to appointments and helped with shopping and caring for her. Elizabeth Harris, a great cook and well known among the residents for her delicious cakes and dishes, would often take Dora some freshly made treat such as lemon meringue pie, Pavlova or cheese cake which she loved as she had a sweet tooth and enjoyed these delicacies tremendously. The last social event Dora enjoyed here at Christophorus House was the combined Self Care and Hostel residents' Christmas lunch which was held in the Hostel dining room. Josephine and all of Dora's friends here at the Village gathered to enjoy the delicious festive three course Christmas meal prepared by our Russian chef who miraculously transformed himself later into Father Christmas, wishing everyone joyous greetings for the Holy Season.

We salute you, Dora, for your strength of character, great independence and stoicism and also for your quiet but strong contribution to the life of Christophorus House.

Rose-Marie van Hoostraten
and all the residents and staff of Christophorus House, who shared their memories of this remarkable lady.

What Is Seasonal Affective Disorder (SAD)?

Seasonal affective disorder (SAD) is a type of depression that tends to occur (and recur) as the days grow shorter in the fall and winter. It is believed that affected people react adversely to the decreasing amounts of sunlight and the colder temperatures as the fall and winter progress. It is important to note that although seasonal affective disorder usually presents in the fall and winter there are those who suffer from this condition during the summer instead of, or in addition to, during the fall or winter.

SAD has not been long recognized as an official diagnosis. The term first appeared in print in 1985. SAD is also sometimes called winter depression, winter blues, or the hibernation reaction. The incidence of SAD increases in people who are

living farther away from the equator. Statistics on seasonal affective disorder in the United States include that this disorder occurs in about 5% of adults, with up to 20% of people having some symptoms of the condition but not sufficient enough to meet diagnostic criteria for this disorder. SAD is less common where there is snow on the ground. It is about four times more common in women than men, and the average age of people when they first develop this illness is 23 years of age. People of all ages can develop it.

What are the symptoms?

The symptoms of SAD typically tend to begin in the fall each year, lasting until spring. They are more intense during the darkest months. Therefore, the more common months of symptoms will vary depending

on how far away from the equator one lives.

What causes SAD?

SAD seems to develop from inadequate bright light during the winter months. Researchers have found that bright light changes the chemicals in the brain. Exactly how this occurs and the details of its effects are being studied. While those specific mechanisms remain undetermined, factors like low vitamin D levels in the blood are found to be associated with a higher occurrence of seasonal affective disorder and some other depressive disorders.

What is the treatment?

In addition to being key in the prevention of Seasonal Affective Disorder, regular exposure to light that is bright, particularly fluorescent lights, significantly improves depression in people with ►

this disorder when it presents during the fall and winter. The light treatment is used daily in the morning and evening for best results. Temporarily changing locations to a climate that is characterized by bright light (such as the Caribbean) can achieve similar results. Light treatment has also been called phototherapy. Individuals who suffer from SAD will also likely benefit from increased social support during vulnerable times of the year. Acupuncture may be a viable alternative intervention to antidepressant medications, particularly in pregnant women, for whom medications should be used with particular caution. Last Editorial Review: 4/29/2010

Sourced at http://www.medicinenet.com/seasonal_affective_disorder_sad/page2.htm.

Image sourced at <http://drdeborahserani.blogspot.com/2009/11/seasonal-affective-disorder.html> - viewed 8/3/11

Autumn

*We give thanks for the harvest of the heart's work;
Seeds of faith planted with faith;
Love nurtured by love;
Courage strengthened by courage.
We give thanks for the fruits of the struggling soul,
The bitter and the sweet;
For that which has grown in adversity
And for that which has flourished in warmth and grace;
For the radiance of the spirit in autumn
And for that which must now face and die.
We are blessed and give thanks.
Amen.*

Leunig

Making a *Living Will*

A living will and a durable power of attorney for healthcare can ensure that healthcare decisions will stay in the hands of trusted people that you choose.

There are two components to a living will. The first is a written statement you make directly to medical personnel that details the type of care you want (or don't want) if you become incapacitated. You can use this statement to say as much or as little as you wish about the kind of healthcare you want to receive.

The second is a document called the power of attorney. This document appoints someone you trust to see that doctors and other healthcare providers give you the type of care you wish to receive. The person who has this power of attorney may be your spouse or partner, relative or close friend. Keep in mind that this person may have to fight

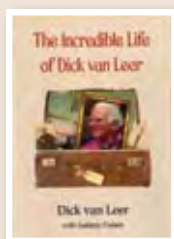
to assert your wishes in the face of a stubborn medical establishment, and against the wishes of family members who may be driven by their own beliefs and interests, rather than yours. If you foresee the possibility of conflict in enforcing your wishes, be sure to choose someone who is strong willed and assertive. The proximity of the person with your power of attorney can be critical. If you have a long illness this person may be called upon to spend weeks or even months nearby, making sure medical personnel abide by your wishes for healthcare.

As with a standard last will and testament, your Living Will should be created by your lawyer or solicitor. If you haven't planned ahead the decision-making power passes to a family member or relative, sometimes a close friend, the attending doctor, or a court appointed guardian.

Alternatively, a Public Trustee can be called upon to make independent estate decisions. The Public Trustee can be appointed executor in your will or family members can pass on their executor responsibilities to the Public Trustee. Each state and territory has a Public Trustee that offers a variety of services such as distribution of assets, finding beneficiaries and administering taxation requirements. For additional information you can visit the Law Society of Australia website which has a range of links to state and local legal services for information regarding Estate Planning, making a will etc. You can also try Australian Law Online which has a variety of information on wills, funerals and estate planning.

Sourced at: <http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Making+a+living+will>

Book Review



The Incredible Life of Dick van Leer – author Dick van Leer with Aubrey Cohen. First published January 2010
“... Beryl and I devoted our combined efforts into a project to buy the (*now named*) Christophorus House Retirement Village property in Hornsby. We raised funds by staging concerts and scheduling lectures by knowledgeable guests by which means we earned enough money to scrape together the deposit at the bank in Hornsby. Beryl was appointed President of the Centre which opened in 1981. Important as it was to have set up the Centre, we crowned this effort by opening the associated Hos-

tel in 1983 – an achievement that exceeded all expectations!”
In reading *The Incredible Life of Dick van Leer* we are challenged to take part in this adventurous journey. Dick's theme in life was and is ‘If it is not there, make it!’ What a positive approach to life – what an opening to life's treasures. What a role model. Being part of this journey is a rejuvenating process. Now in its third print, with many more photos including a tribute to the great sculptor Tom Bass, this print includes an insight on Dick's present life. For a copy, please contact Dick on 4381 0410. Price \$22.00 plus \$3.00 postage.

Calendar of Events in the Cottage for 2011

2010	Day	Event
MARCH	24	2pm – <i>The Auroras</i> by Raimund Pohl featuring a talk, pictures and a short film. \$5.00 includes afternoon tea.
	31	12noon – <i>Barbeque Lunch</i> for Self Care residents. Please phone Monika for details.
APRIL	3	Daylight Saving ends.
	14	2pm – <i>A Bag Full of Instruments</i> with Greg Dimmock. All-time favourite Greg returns with his assorted bag of instruments! \$5.00 includes afternoon tea.
	21	2pm – Self Care Residents Meeting.
	22	Good Friday, Easter Saturday, Easter Sunday and Easter Monday
	-25	
	26	Anzac Day
MAY	12	2pm – <i>Social Group Meeting</i> . All welcome.
JUNE	9	2pm – <i>The Wesley Singers</i> ladies choir. \$5.00 includes afternoon tea.

The above events are held in The Cottage. If you wish to come to any of these, please contact Monika on 9476 3161 ext 2 beforehand to confirm times and dates as often changes occur due to unforeseeable circumstances.

REGULAR EVENTS IN THE COTTAGE

Bridge is on every Tuesday afternoon from 1 to 4pm.

First Class is held from February to November on the third Sunday of every month.

Board Meetings are held on the third Monday of every month.

Self Care Residents' Meetings are held every two months on a Thursday.

Social Group Meetings are held every three months on a Thursday.

Footbath/Leg Massage Therapy is on Fridays in the Hostel.



Farewell to our friend and volunteer, Denise Macnamara

