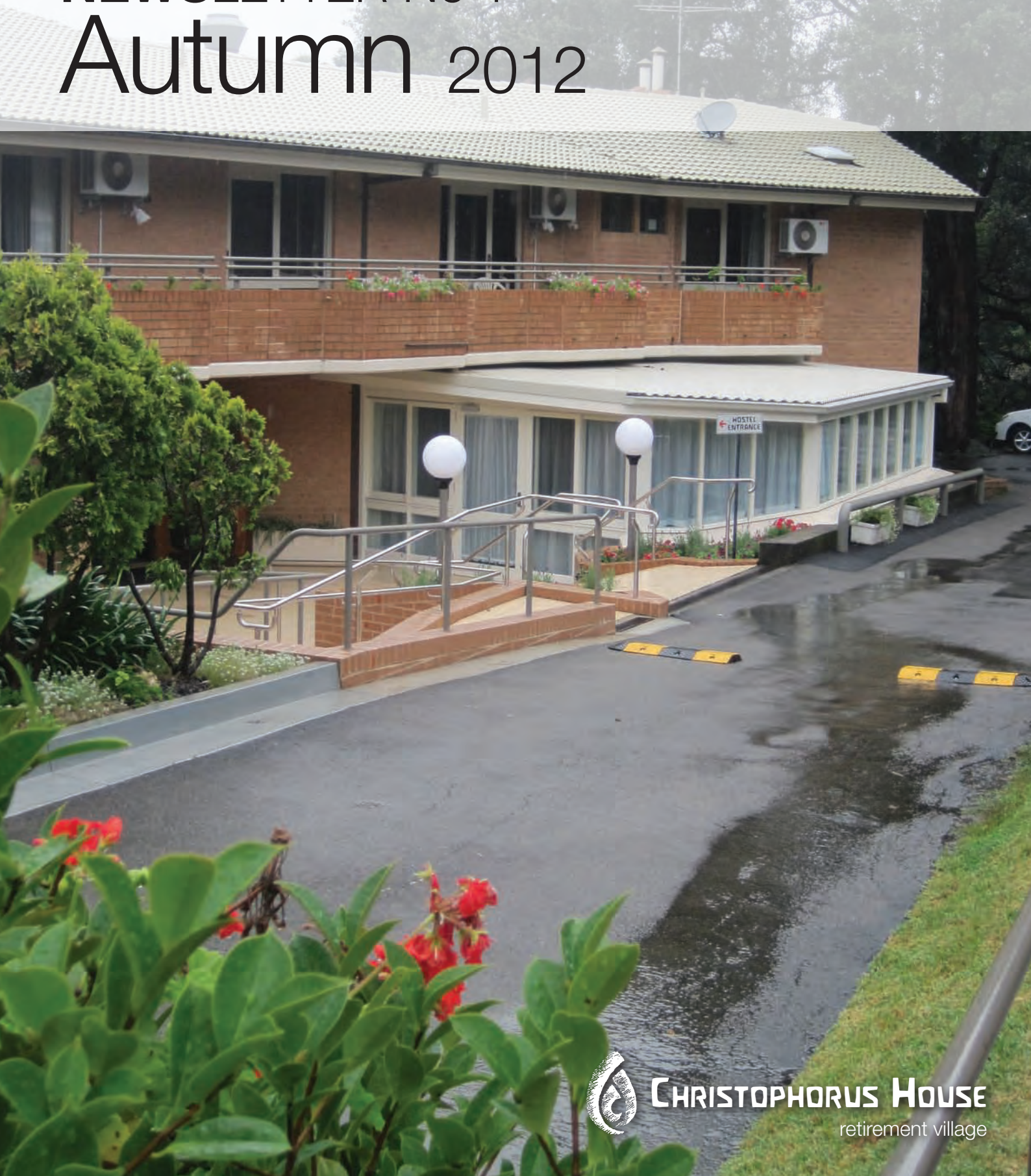


NEWSLETTER No 1

Autumn 2012



CHRISTOPHORUS HOUSE
retirement village

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Editor's Letter

The New Year is upon us and moving along at a rapid pace! We farewell our resident and friend Mrs Betty Louise Rees. Louise, as she was known to residents and friends, lived at the Village for over 4 years, loved her garden and particularly enjoyed the company of the resident cat whom she adopted. She celebrated her 90th birthday in August last year with special friends and family here in the cottage which she enjoyed and gave

her much joy.

In this issue we have some thoughtful poems and with Valentine's Day on 14th February, we share with you *The Secret of Staying in Love*. In this issue, we welcome a message from our Hostel Manager, Andrea Nguyen as well as the contribution *News from the Hostel* from Diversional Therapist, Kathy Gasper. We congratulate our massage therapist Ian Wallace on his recent marriage. We wish them all the happiness for their future!

For those who love reading, a reminder that our library has a variety of books that may be of interest. Come see what we have! A comfy sofa chair will make your reading experience most enjoyable! Also available is a selection of DVD's of events held in the Cottage.

Monika Bebb

Self Care Liaison Co-ordinator



Maintenance Matters



Well, what a summer! Well, what summer?? The rain has delayed jobs, created jobs and it just keeps coming! Through it all, we have had the Hostel

extension finished and furnished and now it's a fantastic functional room which has been very useful with events and activities. The new section of handrail between Units 17-21 is installed and will be painted soon. There are

also new pathway lights in this section. New dimmable down lights have been installed in the Cottage as well as in the Annex with exit signs now in place. Gutter cleaning will be underway as soon as the weather improves. Our new Village bus will have handrails installed in the coming weeks, making it easier for residents to get in and out. As always, the gardens are looking great thanks to Jason. Let's hope autumn will be sunny so residents can enjoy being outdoors a bit!

Hayden Ibbett

Maintenance Supervisor



Christophorus House Retirement Village

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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, Madeleine Pathe; **CEO:** Milan Telford; **Hostel**

Manager: Andrea Nguyen; **Hostel Supervisor:** Vik Sonea; **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.

Newsletter Editor: Monika Bebb

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Cover Photo taken at the Village. 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

From the Desk of the CEO



Following a year of consultation and planning and the development of an Architect Brief, the Board resolved to exercise the option to purchase 15 Mildred Avenue at a special Board meeting held on the 6th February 2012. The exchange of contracts occurred 8th February 2012 and settlement will complete this part of the process, which is to occur on 20th March 2012.

This is the most important decision ever made by the Board of CHRV. The bold direction that is now being pursued will inevitably, if all goes according to plan, result in an organic expansion of the Village over the coming decade and beyond and within the foreseeable next 10 years, it is anticipated, will involve \$17 million in staged development.

The development will be undertaken in a responsible and staged manner and should be at a minimal disruption to existing residents, given the location of the proposed building works, the site

being located at the far back boundary to our existing property.

During the period October to February, the Board also went through a selection process, to choose a firm of Architects – Ray Fitz-Gibbon & Associates (RFG), to become our partners for the future development work that we have embarked upon.

The first stage of the work by RFG will be to produce an 'Architects Master Plan' which will ultimately be lodged with the Council. This stage of work will incorporate the visions developed in the Architect Brief and will also include further consultation with Stakeholders. It will result in plans and documents which clearly outline a pathway for our development in terms of what is possible and practical in the best possible way. The purpose of this development is to strengthen the financial base of the Village as well as to respond to the ageing needs of our local community.



From the last Newsletter, you would know that the extension to the Hostel living and dining room was completed in December. There will be an official opening of the 'Evelyn Latter Room' in

the May / June period, and a program and invitation to this will be mailed out to all members and friends. The new area has already proved itself a valuable addition to the Hostel building, as we were able to bring our Carols by Candlelight indoors late last year and there was enough room for the over 70 people in attendance.

We plan to have a concert here at the Village soon and all ticket sale proceeds will go towards the purchase of the piano. I would like to thank all those who have so generously donated to the fund to date, which stands at approx. \$2,800.

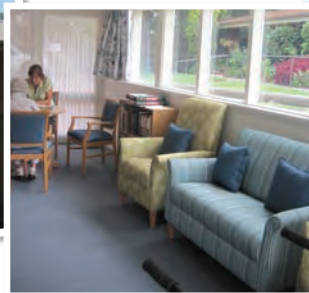
Donations are always welcome and as we embark on expanding the Village to ensure the future financial security of residents, donations towards our building program are most assuredly of help in decreasing the reliance on borrowed funds and interest cost there-to, on those borrowings. Please remember all donations to Christophorus House are tax deductible.

Finally, I should like to welcome to the Board our new Board member, Mrs Madeleine Pathe, who comes to us as a relative of a resident and has management experience in the area of project management and who is also now formally a member of the Building Committee.

Milan Telford



Before the Hostel extensions



Message from the Hostel Manager

I hope that all of you had a very happy beginning of the New Year.

The extension of the living/ dining room area has been completed and the new furniture and curtains have arrived. The new "Evelyn Latter" room is characterised by an open modern ambience, emphasised by an abundance of natural light. The selected colour theme of natural green/turquoise tones along with the white paint timberwork promotes these features and creates a refreshing and relaxing environment for our residents. I feel that the new room will rapidly become a favourite area in our Hostel.

We had to farewell Naomi Douglas, our RAO, who moved to Western Australia with her family and our cleaner Dilu, who went back to Bangladesh to get married. He will hopefully return to the Hostel in the near future as he is dearly missed by all the residents and staff alike.



Dilu's farewell



Kathy Gasper was appointed as our new Diversional Therapist, and Halima Akter commenced her role as our new cleaner. I extend a very warm welcome to Kathy and Halima.

A number of residents celebrated a special birthday at the end of 2011.

Frank Winter turned 70 in November, Martin Hieke (November) and Josephine Pearl (December) both turned 90 and Maurice Kendall celebrated his 95th birthday in December.

For the third time we concluded the year with our special event "Carols by Candlelight" which was again a great success despite having to move it indoors due to the unpredictability of the weather. All the food, prepared by Anthony and Marelle, was lovely and enjoyed by all the visitors on the night.

Andrea Nguyen

Imagine This

*Lovely is the crossing of summer into winter.
By the roads of enchantment,
Stand tall yellow trees.
Bright leaves are falling on the sunlit green.
Lovely the passing of summer, the coming
of winter,
When sunlight mingles with firelight
As age with youth
As death with life.
Eleanor Trives*



Wattle

(looking into wattles from above, in the "red centre")

*In stony red earth
or sandy soil
root finds its source
and you wattle grow
in adaptability
you find your way across the barrier
of drought fire geology latitude
fire-scarred sweetness
puffed out
from scraggy bark
and leathery feathery scratchy leaves
your hue is gold
pale lemon
or simply white
the colour of light
you take the sun into your sap
and the nugget of the ancient soil
you alchemise
the blood of the convict
the aborigine
the free settler
the explorer ...
in silence
persistently explode
shattering puff balls of light
invisible
in the shimmer of the sun at midday
warmth to warmth
to recapitulate
the millennia of habitation – isolation
with childlike surprise
drawing me
to bend to reach
to tug to look
to wonder.*

Alma Denton

(Poem taken from the December 2011 newsletter of The Christian Community with the kind permission of the author.)

News from the Hostel

Report by Kathy Gasper, Diversional Therapist

December

Don't things start to get busy leading up to Christmas? This trend was no different for the whole Village and hostel residents were treated to many Christmas concerts, Christmas dinners and the excitement of putting up decorations.



Just sneaking in at the end of November was the Rainbow troop from Mt Colah Girl Guides. These young girls ranged in age from 7 – 11 and back in my day were called Brownies. They sang Christmas Carols and campfire songs then showed the residents their special hats with very interesting nick-knacks attached.

We then had a friend of Minnie Wells who runs a music school bring her students in to give an end of year concert on Saturday the 10th which by all reports wowed those who attended. There is certainly a lot a talent amongst the young people in the local area.



The residents' lunch was enjoyed by all as was the fabulous entertainment offered by Kristy Lee whose impersonations of Elvis and Tina Turner were very impressive. We also fitted in our own Carols by Candlelight with the new Evelyn Latter Room being finished just in time

to accommodate this special event. Well done to Rowlanda who worked tirelessly to pull this event together! And Hayden and Jason seemed to never stand still. They moved chairs, tables, put up lights and decorations and of course sang!



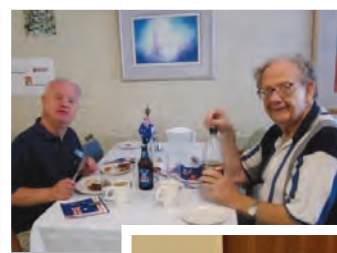
We were also treated to another Christmas concert given by students from the Rudolf Steiner School at Belrose on Sunday the 18th. Amongst all this excitement we celebrated the birthdays of Maurice Kendall, Josephine Pearl and Patricia Bolton.

Sadly we said farewell to Naomi Douglas our RAO at the end of December. She and her family moved to Western Australia so that her husband can take up a new appointment as Pastor of a church in Bunbury.

January

Our theme for this month was celebrating all things Australian. It must be said that many of the Hostel residents spent much of January watching cricket and tennis (very Australian), but we also managed to fit in the screening of Seven Little Australians. This was the 1970's ABC series and brought back many memories for those who watched. A bus trip was also organised to visit Ethel Turner's house in Lindfield where she wrote the Seven Little Australians. Although this is now a private house we stood in the driveway and marvelled that this historic building has been so well preserved.

Of course we celebrated Australia Day with a BBQ lunch ably cooked by our chef Anthony and the residents made decorations to add to the festivities.



Minnie Wells, Beth Oxley and Irene Saville also celebrated their birthdays this month.

Sadly we said farewell to another staff member at the end of January. Our cleaner Dilu, who is very popular with everyone, left for an extended visit back to his family in Bangladesh. The hostel residents farewelled him at a special afternoon tea and gave him a card made by Minnie Wells and signed by everyone. We all wish him well and hope that he will come back to Christophorus House upon his return to Australia.



The secret of staying in love



What is 'the secret of staying in love'? Surely it is to keep living out one's commitment. Communication is not only the life blood of love and goodwill – and the guarantee of its growth – but is the very essence of love in practice. Love is sharing and sharing is communication. Of course, there is a first 'yes,' a first commitment made, but this first 'yes' has an endless number of smaller 'yeses' inside it. Effective two-way communication is the foundation for understanding and there is in each one of us a deep and driving desire to be understood. Without that understanding, any sort of deep communication becomes a nervous and

uncomforting thing which does not encourage or enliven us. It is a law, as certain as the law of gravity, that whoever is understood will grow, and whoever is not, will feel estranged and alone. Each person has the right to fulfilment and meaning wherever they are along life's journey. Individual needs of the person, ie physical, mental, emotional and spiritual needs, always remain the same.

From Socrates to Shakespeare comes the dictum *"Know thyself!"* Before we can love others, we must first know and 'love' ourselves.

To know 'who' you are enables you to grow and evolve toward becoming a truly balanced, peaceful and compassionate being, to benefit yourself and others. *'You have to know your Spirit for without knowing your Spirit you cannot know the truth.'*

Thoughtless awareness is practiced as meditation or contemplative prayer. It is an effortless

but conscious *'living in the present moment'* that connects us with our inner being and helps us experience the silence that exists deep within and results in a profound inner peace. This inner peace is actually the essence of all the great religions and is the experience described by saints and mystics across every culture – the first step to 'heaven on earth'. We gain an understanding and respect for all these religions as part of the one tree of life. *This is my commandment: love one another...* John 15:9.

May we always continue to work towards the happiness and wellbeing, ongoing mutual respect and collaboration and to honour the uniqueness of whoever lives, works or visits Christophorus House.

Article taken from a previous Christophorus House Newsletter

9 May 2006 by Hostel Manager, Judith Allen

Loneliness Harms Health: Love and Companionship Result in a Healthier and Longer Life

February is the month of love, but dark chocolate isn't the only sweet gift that is good for the heart – building strong relationships plays a vital role in living a longer and healthier life, too. Physicians have been preaching that eating right and getting regular exercise will improve longevity. But, what about the idea that maintaining positive relationships also can help keep people healthy? In numerous studies, researchers are finding that people who have strong friendships age better, recover from illness quicker, have stronger immunity and live longer.

For many years, research focused on the practical view of socialization. As they grew older, people with more developed social connections could get a ride to the doctor, find someone to lend a hand with physical care or go out to dinner with companions. And this is indeed an important part of the picture. However, it is now known that this isn't the whole story of why social engagement is so important.

According to researchers at Brigham Young University and the University of North Carolina at Chapel Hill, who pooled data from 148 studies

involving more than 300,000 men and women across the developed world, those with poor social ties had an average of 50 percent higher odds of death in the study's follow-up period (an average of 7.5 years) than those with "robust" social ties. *"...caregivers not only offer homemaking, physical assistance and wellness care services, but they ensure the beloved family member enjoys social interaction on a regular basis," said Jeanette Palmer, Right at Home Algonquin/Mt. Prospect. "Our caregivers have a genuine interest in helping seniors live a better quality of life, and as a result, relationships are built over time."*

Among the ageing, the lack of ongoing relationships and love is a common concern, and the connection between relationships and life expectancy is not a new theory. One health problem reported by Medical News Today links the risk of developing Alzheimer's disease in old age to social isolation. Loneliness was linked to lower levels of cognitive function as well as more rapid decline of function. People who identified themselves as lonely experienced double the risk of developing Alzheimer's than those who described themselves

as least lonely. According to AgeInPlace.com, an online resource that helps seniors maintain their quality of life, 28 percent of Americans older than age 65 live alone. It is important for seniors and caregivers to be aware of the potential for social isolation and how to create opportunities to develop personal bonds with others. Additionally, gerontologists state that maintaining human relationships promotes healthy ageing in many ways, including:

- Strengthening the immune system
- Lowering blood pressure
- Encouraging physical fitness
- Improving sleep
- Motivating good nutrition
- Reducing the perception of pain

Love from friends and family could be the key to ensuring a longer, happier life. Remember your loved one by giving a cherished gift – your time. Article sourced from Trib Local Mt Prospect at <http://triblocal.com/mount-prospect/community/stories/2012/01/loneliness-harms-health-love-and-companionship-result-in-a-healthier-and-longer-life/>, 23 Feb 2012

In Memoriam

B. LOUISE REES

21 August 1921 – 24 January 2012



It is a traumatic experience for many of us, leaving our family home and moving to a retirement village. Albert Schweitzer said *'In everyone's life, at some time, our inner fire goes out. It is then burst into flame, by an encounter, with another human being. We should all be thankful for those people who rekindle the inner spirit.'*

Louise had no family in Sydney that I was aware of but she kept a detailed diary and wrote in it each day of her life. She recorded each kind deed, no matter how small, by her friends and residents of Christophorus House. For all these kindness I thank you, you helped Louise 'rekindle her inner spirit'. Louise wrote and collected many quotes. One of her thoughts 'No one changes you; they only open the doors you have to walk through'. I am sure this was in the mind of this amazing woman when she decided in her 30's that to help others she

should become a nurse, she threw all her energy into becoming a RN and became matron in several hospitals. She was, in fact, the last medical staff member and the last person to leave the quarantine station at Manly when it closed. Her passion was always children. She studied midwifery and later became involved with intensive care for babies and then caring for children who had been treated badly or were disturbed. Louise worked at Thornbury Lodge (in Pennant Hills) as Matron, caring for 1½ to 18year old State Wards, many of whom were emotionally disturbed.

In 1960 Louise purchased a piece of land in St Ives and attended to every last detail of building her dream home which she lived in until moving to Christophorus House. In 1995, after much study of various religions, Louise decided to join the community of Corpus Christi in St Ives. As with everything she did Louise volunteered to help both with the children at the school and the church and became a valued member of the choir. She was considered a great asset to the community.

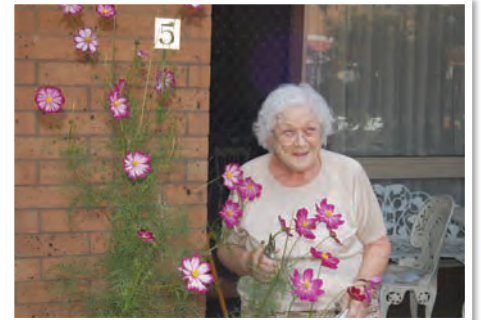
Louise was an accomplished spinner and weaver, made and dressed porcelain dolls, sewing all the dolls clothes by hand. Louise's house was like Aladdin's Cave: a wonderful store of all things exciting, but everything had its place and she knew where

everything was. As her health deteriorated, all her medication made her a little confused sometimes; she found it very hard finding that things weren't exactly where they should have been.

The arrival of her beloved cat changed life for Louise. Josie the cat (with the coat of many colours, who many of you know) always had to come first and I will always be grateful to Joyce who has adopted Josie. Josie seems very healthy and happy in her new home. Thank you, Joyce.

Looking back over Louise's life and the things she achieved I realise *'What we have done for ourselves alone, dies with us; what we have done for others, and the world remains and is immortal'*. On Louise's behalf, thank you all.

Sandy Mountfort
February 2012



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
fade and die.
We are blessed and give thanks.
Amen
Leunig*

CALENDAR of EVENTS

Month	Day	Event
MARCH	7	Extended hours shopping day for Self Care Residents. Leave at 10.30am, pick up at 12noon, 12.30pm and 3pm.
	9	Footbath & leg massage therapy with Ian Wallace in the small Hostel lounge from 8.30am. Booking required.
	10	Service of the Christian Community with Rev Lisa Devine at 10am . Please be seated by 9.50am. Morning tea and a talk will follow the service.
	19	Monday Movies in the Cottage at 10.30am and 2pm. All welcome.
	21	Aboriginal Culture – presentation by Raimund Pohl in the Hostel lounge room at 1pm. \$5.00 includes afternoon tea. Please phone Monika to book a seat – 9476 3161 ext 2.
	23	Footbath & leg massage therapy with Ian Wallace in the small Hostel lounge from 8.30am. Booking required.
	24	Biodynamic preparation 500 to be stirred and distributed at 10am on the lower lawn. Come and help make the earth a happier place! Morning tea available.
	26	Residents' Committee meeting AGM at 10.30am in the Cottage. A light lunch will be available afterwards.
APRIL	6-9	Easter
	9	Greg Dimmock and his Bag Full of Instruments will be visiting the Hostel lounge at 2.30pm. \$5.00 includes afternoon tea. Please phone Monika to book a seat – 9476 3161 ext 2.
	11	Extended hours shopping day for Self Care Residents. Leave at 10.30am, pick up at 12noon, 12.30pm and 3pm.
	19	The Wesley Singers at 1.30pm in the Hostel lounge. \$5.00 includes afternoon tea. Please phone Monika to book a seat – 9476 3161 ext 2.
	23	Monday Movies in the Cottage at 10.30am and 2pm. All welcome.
	25	Anzac Day
MAY	26	Self Care Residents' meeting – new time 11am , in the Cottage.
	3	Barbeque Lunch for self care residents at 12noon in the Cottage.
	9	Extended hours shopping day for Self Care Residents. Leave at 10.30am, pick up at 12noon, 12.30pm and 3pm.
	19	Ascension Concert with Jacqui Ciddor & Company at 2.30pm in the Hostel lounge. \$5.00 includes afternoon tea. Please phone Monika to book a seat – 9476 3161 ext 2.
	21	Monday Movies in the Cottage at 10.30am and 2pm. All welcome.
	28	Social Group meeting in the Cottage at 2pm. All welcome.

The above events are held in The Cottage unless otherwise indicated. Please contact Monika on 9476 3161 ext 2 beforehand to confirm times and dates as changes may occur due to unforeseen circumstances.

REGULAR EVENTS IN THE COTTAGE

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

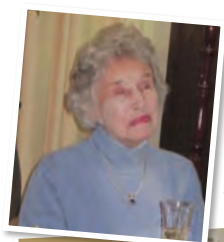
The Christian Community holds Services for *The Act of Consecration of Man*. Phone Monika for details.

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 Monday.

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



Molly celebrates her 90th birthday



Rose-Marie and students



Our Christmas tree was decorated with gingerbread biscuits cut into stars, bells and angels!



The lovely Jan – always giving me a helping hand

