



Christophorus House
Retirement Village

Autumn 2018

Newsletter

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Cover photo:
Autumn glory at Christophorus House



Editor's Letter

Dear Residents, Members and Friends,
Welcome to the new year. Much has happened since our last Newsletter and now Easter is just around the corner! We hosted some wonderful speakers these past months, such as Dr Tim Heard who spoke on the magical variety of native bees and their environmental interactions; two speakers from the Cumberland Bird Observers' Club; lover of Russia Professor David Wansbrough and Dr Marion Anstis and her fascination with tadpoles and frogs. These have all be outstanding and much appreciated. We endeavour to continue hosting guest speakers this year along with our regular weekly speaker Wolfgang who continues with a variety of topics from music to fairy tales. Keep an eye on our website for upcoming events as visitors are welcome

to participate. For Easter, we are looking forward to a visit by the Persona Choir who have visited us before. I draw your attention to the CEO's report for an update on our building project which is actively moving forward now and no doubt there'll be more to hear about it in the next few months. A sad farewell to our resident of many years, Mrs Joan Griffin, who passed away in early January. We also welcomed new resident Mrs Jane Ruehmkorff to the Village. Jane has settled in well and is a keen gardener. In the last Newsletter, a Work Health & Safety competition was popular with one resident finding 28 potential hazards. It is planned to have another one later this year so keep your eye out for it! I wish you all a wonderful Easter and as the colder weather encroaches, rug up and keep warm! Until next time, good wishes.

Monika Bebb
Self Care Liaison Officer

Maintenance Matters

*Report by Hayden Ibbett,
Maintenance Supervisor*

The last time I wrote was just before Christmas which now seems a long time ago, now that we are well into 2018. Renovations in ILU 14 have been completed (now with a new occupant) and renovations in ILU 13 is just about finished. This meant we have had a steady flow of different contractors onsite

completing their set jobs. While I understand interest from residents as to the various works being carried out, I stress that while renovations are underway the Unit is a work site and no unauthorized entry is permitted at any time, please. The kitchen in Helga Forster House had been audited by a NSW Health representative which was then followed by an unannounced Accreditation visit for which we passed with a great result. Exit and emergency

lighting, extinguishers, fire blankets, hydrants and hose reels service was carried out, ensuring we meet all requirements and all equipment is in good working order. The annual TMV's [Thermostatic Mixing Valve] service was done by our plumber Shane from Shane's Plumbing Services, ensuring that a safe temperature of water flows from taps to prevent scolds and burns. That's about it for now. Until next time, keep well.

Christophorus House Retirement Village

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HF House Hours: Staff on duty at all times, 7
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Patron: Dr h.c. Karl Kaltenbach, OAM;

Board Members: Chairman Robert Allerdice,
Mary Arndell, Sune Nielsen, Madeleine Pathe,
John D Shaw & James Brown.

CEO: Milan Telford; **HF House Manager:**

Denise Zhao; **HF House Supervisor:**
Vik Sonea;

Self Care Liaison Officer: Monika Bebb;

Maintenance Supervisor: Hayden Ibbett.

Christophorus House is a Not-for-Profit
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**If you have some information, an event or
an item you wish published, please contact
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mbebb@christophorushouse.com.au**

From the Desk of the Chief Executive



This is the first edition of the Newsletter for 2018. I have decided to include, in this and future editions, a short introduction to one of our 24 staff members in addition to the comments made in the Annual Report.

For this edition I should like to start with our Anthroposophical Therapies Co-ordinator, Wolfgang Devine. Wolfgang works in our Aged Care Facility – Helga Forster House. He commenced working for us in May 2012, nearly 6 years ago. Wolfgang works one day a week and is also a qualified Registered Nurse and he has also on his own initiative, over a period of some years, undertaken further training (in New Zealand) in Anthroposophical aspects in nursing care. In the NZ training he was, among other things, taught certain techniques related to ‘compresses’ which aid in health recovery of various organs, such as the liver and kidneys. His position here at CHRV incorporates several aspects. In the first place, he is involved in providing input into care plans, from his dialogues with

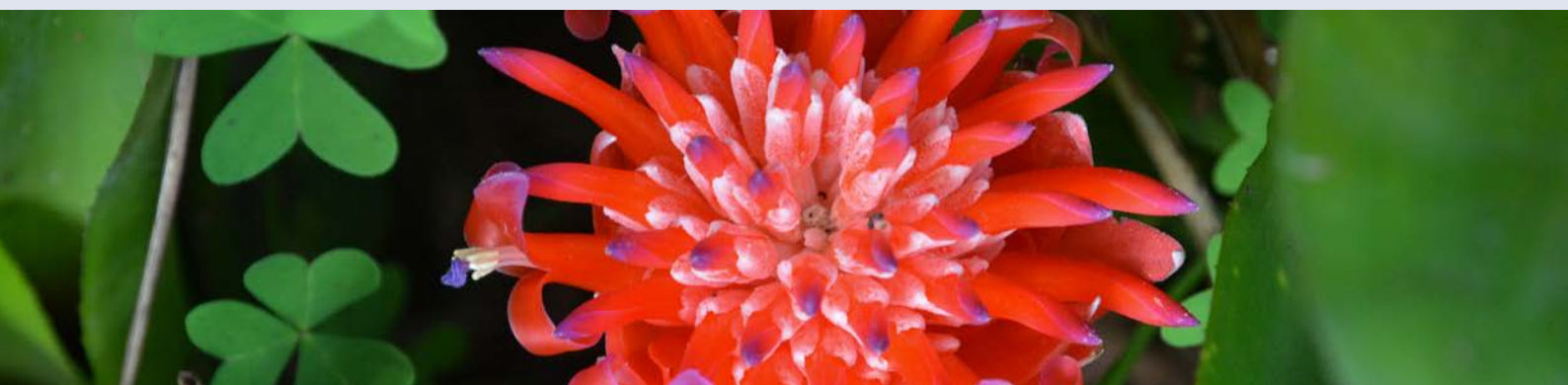
residents, which are dialogues that look at a person’s biography. However, because of the nature of biography work, it often happens that residents choose not to participate in this. Another important aspect of Wolfgang’s work is that when a resident agrees to a certain course of therapy, Wolfgang can then source and make available a therapist to be able to undertake that therapy. This may take the form of massage work, organ compresses, art therapy, eurythmy exercises and more commonly has included foot massage which is provided by Ian Wallace, a rhythmic massage therapist, who works on Fridays. Many residents in the Facility and some from the Independent Living Units enjoy partaking in the weekly foot massages. Wolfgang also prepares talks for Wednesday afternoons and often spends much of his own time researching topics. As an example of recent talks, the headings include; ‘Are we alive or what? Problems of old age, dying and being dead’; ‘Roy Agnew, Australian composer’; ‘Red Riding Hood, Fairy Tale – a deeper meaning’; Diet in old age, just continuing habits? or suffering? or a new planning? ‘What is reality? On matter and spirit – what is subjective, inter-subjective, objective? What function have science, art and religion?’ I thank Wolfgang for his most excellent contribution in providing care and support to our residents.

We have two new Board members; I should like to welcome Dr Roslyn Jones, who was co-opted to the

Board at the last Board Meeting, to a vacant position. Dr Jones has worked as the Superintendent at the RPA and continues working there in hospital administration in the legal and public policy side of the hospital. She is married to one of the founding members of Christophorus House. I should also mention that since the AGM, we also co-opted James Brown in November last year, who has since taken on the role of Treasurer. James has an extensive financial background, with among other things, a flair for entrepreneurship. We are fortunate that these two highly skilled individuals have consented to come on our voluntary Board.

In early January, CHRV was advised that the Commonwealth Bank had finally approved a loan for the new Independent Living Unit development, following 2 years of work in this area, since our previous finance with Westpac fell through in the end. The loan comes with several conditions precedent, one of which was the requirement to obtain 14 Expression of Interests, (EOIs) with a deposit of \$5,000, prior to CHRV being able to draw down funds. Currently we have 7 EOIs and following the Retirement Villages Expo, held at the Hornsby RSL Club, we have obtained several contacts who are interested in what we have to offer and in due course these will hopefully translate into EOIs. My door is always open for enquiries about our new ILU project.

Milan Telford



News from Helga Forster House

*Kathy Gasper,
Diversional Therapist*



Velma's Pets staff with Kitty



Kitty (short for Kit Kat)

At the beginning of March, we had a special visitor that we arranged through Velma's Pets as Therapy. Kitty (short for Kit Kat) is a miniature pony that came to visit us at the beginning of March. She is an amazing pony that is happy to go up a lift, visit residents in their rooms, and does tricks. Everyone who met her could not stop smiling and it brought back very fond memories for some residents. How wonderful it is that people are so willing to share their love of animals with others.

When I get to know the residents in the hostel I am continually amazed (although I really shouldn't be) at the interesting lives they have lived prior to coming into residential care. One of the residents personally knew Bill Graham as her husband helped Mr Graham during the 1958 crusade. Another resident writes beautiful poetry and has given me permission to share this poem that he wrote after the passing of his wife.

Can the sands of time erase the pain
My heart doth feel so much
Of the longing, yearning to be with you
Just to feel your tender touch
To hold you close and breathe a sigh
My lips to impart a message
Of the love and warmth I feel for you
And of the joys we shall replenish.



Ron Bond

Edna Barnes (below) showed me this lovely prayer written by Father Kelley from St Johns Church Gordon, published a week before his passing.

SLOW ME DOWN, LORD. Ease the pounding of my heart - by the quieting of my mind. Steady my hurried pace with a vision of the eternal reach of time. Give me, amid the confusion of the day, the calmness of the everlasting hills. Break the tensions of my nerves and muscles with the soothing music of the singing streams that live in my memory. Help me to know the magical restoring power of sleep. Teach me the art of taking minute vacations – of slowing down to look at a flower, to chat with a friend, to pat a dog, to read a few lines from a good book. Slow me down, Lord and inspire me to send my roots deep into the soil of life's enduring values that I may grow towards the starts of my greater destiny.



Edna Barnes

Work Health & Safety (WH&S)

Milan Telford, CEO

A “Simple and Commonplace” task that results in injury - the PCBU’s responsibility

A recent decision of the Supreme Court of the Australian Capital Territory has provided guidance on the extent of an employer’s duty to employees performing ‘simple and commonplace’ tasks.

In *Cowie v Gungahlin Veterinary Services Pty Ltd*, Ms Cowie fell from the second step of a three-step step ladder while attempting to place blankets on to a shelf at ‘eye level’. Ms Cowie could not explain the exact cause of her fall, but the Court found it likely that the ladder tipped as Ms Cowie inadvertently overreached to place blankets on the shelf. Ms Cowie alleged her employer was liable for the fall because it

had not provided her with any training on the safe use of the step ladder, it had not conducted any risk assessment of her duties or the workplace, and it should have used an alternative method of storage that would have negated the use of a step ladder altogether (i.e. having all products accessible from the ground). At first instance, the Magistrates Court held that no instruction was required for the use of a step ladder due to the simple and commonplace nature of the task and it would have been unreasonable to require the employer to totally eliminate all storage options not accessible from the ground.

On appeal, the Supreme Court was required to determine whether it was reasonable to have a system of work that carried with it some increased risk

of injury or whether an alternate system of storage was reasonably required.

The Court held that:

- the system of work involving the step ladder was reasonable because the task was a relatively simple, domestic one that did not require particular training; and
- a reasonable employer would not have adopted the alternate method of storage (i.e. that would have negated the use of the step ladder).

Ms Cowie’s appeal was therefore unsuccessful. It reaffirmed the Magistrates Court’s view that assessing reasonableness involves a factual determination that takes into account community standards but does not necessarily require the elimination of risk.

JUST PONDERING

Lying around, pondering the problems of the world, I realized that at my age I really don’t give a hoot anymore. If walking is good for your health, the postman would be immortal. A whale swims all day, only eats fish, drinks water, but is still fat. A rabbit runs and hops and only lives 15 years, while a tortoise doesn’t run and does mostly nothing except eat, yet it lives for 150 years. And they tell us to exercise? I don’t think so! Now that I’m older, here’s what I’ve discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats are mostly enjoyed with prunes and all-bran.
3. Funny, I don’t remember being absent-minded.
4. Funny, I don’t remember being absent-minded.
5. If all is not lost, then where the heck is it?
6. It was a whole lot easier to get older than it was to get wiser.
7. Some days, you’re the top dog, some days you’re the tree.
8. I wish the buck really did stop here. I sure could use a few of them.
9. Kids in the back seat cause accidents.
10. Accidents in the back seat cause kids.
11. It’s hard to make a comeback when you haven’t been anywhere.
12. The world only beats a path to your door when you’re in the bathroom.
13. If I was meant to touch my toes, they’d be on my knees.
14. When I’m finally holding all the right cards, everyone wants to play chess.
15. It’s not hard to meet expenses: they’re everywhere.
16. The only difference between a rut and a grave is the depth.
17. These days, I spend a lot of time thinking about the hereafter. I go somewhere to get something, and then wonder what I’m “here after.”
18. Funny, I don’t remember being absent-minded.
19. Have I sent this message to you before or did I get it from you?

Submitted by Jan Garland

Going through the Process of Feeling Alone...

Margalit Laufer, the Netherlands

What is the constant inner struggle not to be alone? What is the search for one or more people to be with – not because of true social togetherness and meeting – but because of the fear, the anxiety, of being alone? And what is this experience of being surrounded by a big circle of friends, involved in a great deal of social activity, and all at once realising: “But I am alone. I have so many friends and still I feel alone.”

The main feeling is: the other person does not understand me. We know that this phenomenon begins when the child is about 10 years old and is standing at the border of a new world. At that time the astral body “leads” the child into a next stage of development. Before that moment, the child was still in a state of innocence, still perpetually in paradise (if he had the good fortune to have a healthy childhood). He was still building up his body, his concentration was directed inward. He lived unconsciously in things, was part of them.

The child starts to wake up and gain some consciousness by about 10 years of age, realizing that there is a world out there that is separate from him. That is when he starts the journey to find out if and how he belongs to the world. This is a long journey. Through inner concentration of the soul, conscious or unconscious, he moves ever nearer to or further from understanding this greatest phenomenon in a person’s life: I and the world.”

Of course, this first realisation, that the days of being in a state of paradise are forever gone, is shocking, but luckily the separation is not felt totally, because one is still close to, and embraced by, the beings of paradise. Initially masking this shocking state comes a long development of “earthly” paradise, our social environment. We engage happily in different forms of friendship and make many social contacts. For awhile, we are embraced by family and a big circle of friends and acquaintances. Our social environment can return to us a good, happy feeling of being alive, and the difference from the other “paradise” fades away and is forgotten.

In our first paradise we were still very much part of things, we were still unconsciously connected with our cosmic environment. That was the cause of the happiness, the wonder, and the curiosity about the other person, who was also you. Coming into the second paradise, we had to start “doing something” ourselves, find friends. Surrounded once again,

we were able to live within the other and feel good and full of interest. Slowly, however, the moment approaches when we meet the one, who is not “I,” who is a stranger. This causes pain. Our separation becomes more conscious. After puberty, with the appearance of true individuality, the road leading to separation becomes totally individualised.

One of the great difficulties is to arrive at a more spiritual realisation: we need the experience of separation for the development and enrichment of the soul, which in turn opens the road to the higher self. The knowledge of this has been largely lost through a tradition influenced by psychology, suggesting that if one is not constantly surrounded by activity or social contacts, one has a problem. Attention is then directed to “not having many friends,” or worse, to it being a sign that one is “not a loveable person,” instead of directing the attention to the real phenomenon, namely: the human being has to go through a long state of separation, of loneliness, of standing alone in the cold, of being forgotten, of being misunderstood – in order to find himself. Only when we reach that state, uncovered, left alone by all beings, can we realise that it is only our own activity that can bring us back to paradise.

The “being alone” syndrome is one of the healthiest, if the truth behind it is understood, if it is recognised as a necessary phase in the development of every human being. It is then accepted as a condition for the healthy development of the individual and of society as a whole. People can then accept support and understanding and be helped through this phase of development. It needs to be recognised as a phase in development which takes place, not in childhood, but much later in life.

Only after this real experience, which one has to undergo, can one “will/feel/know” that one is not alone. One finds oneself again at the gates of paradise. Until that moment, we constantly feel that we are being pushed away by everyone against our will, through lack of understanding, and we go through endless pain trying not to let go, struggling to find a way to be understood by the other. The eventual realisation that it is not possible to force the other to understand me is the end result of a long struggle. This realisation is, in effect, a surrender.

Why is this experience of “the other not understanding me,” this surrender, necessary?

The reason is that we have to undergo the experience of separation to such an extent that we will indeed surrender the desire to be understood. By letting go

of the desire, we achieve insight into the real cause of the feeling of not being understood.

However, a further step is needed. Why do we go through such struggles to “force” others to understand us, instead of realising that they perhaps cannot? My experience tells me that we still live by old habits of thinking, of “being together, understanding each other, and meeting each other.” These forms were more realistic in the past but do not meet the needs of today. Our times require us to stand on our own two feet. We can no longer do this from a passive part of our soul. Separation, and the acceptance of it, is essential to this process. When this has happened, and we have survived the pain of it, we are able to see beyond the threshold, we get a glimpse of the spiritual world, and we realise that we are not alone. Having arrived at this truth, we can move towards the other person of our own free will.

You are not alone – This is a new process. The realisation can come in a split second: any place, any time. You have done everything in your power to stay at home alone, to have some free time, to do “your own thing.” Yet you had not realised until now that there would be nobody around to “be with.” Loneliness surrounds you but only for a second. In a flash, your real “I” brings you the happy message that you are never, ever alone. Nature starts shining in your heart and speaks endlessly of its wonderful, living experience. Your children smile and send you their love, communicating to you their happiness that you are able to meet them. So, too, do your neighbours and friends, who are scattered all around the world. You realise you were only alone because you were separated from your higher “I,” and from the other person, and that prevented you from seeing the other as he really is. You realise that one moment of total desolation can bring you back to the real

paradise from which you were separated. Now you have acquired enough spiritual muscle to dare stand on your own feet and meet the so-called emptiness which you had been running away from all your life.

So, the realisation can be bestowed upon us in a second, but we only just glimpse its reality. We have to continually strengthen our spiritual muscles if we intend to walk along this road of inner trust and security. Trust and inner security, inner balance, are the new, individually-gained milestones which have to replace our old social surroundings, our old environment, which supported us as long as we did not have enough muscle to support the higher “I.” This higher “I” makes clear to us: “you are not alone.” This wonderful, conscious meeting with our higher “I,” which is possible only from a place of great inner silence, reveals clearly that this is our new guide – our only one...

Then the decision is taken to follow this inner guide, and to practice a lot of spiritual-muscle exercises enabling you to move continually nearer to it. Through the guidance of our higher “I,” you will be able to rebuild a healthy social environment in which you can meet the other person, free of the old dependence on assurance and social support which previously blocked the way to a real meeting. Now you choose freely to create with others a new social environment, since you realise that your solitude was only a phase in the development of your real social capacities – which lay latent, until you had the strength to use them as they were intended to be used – out of free-flowing and abundant love. It is the way to work for and to develop the much longed-for paradise on earth.

Article sourced from and published in the News from the Goetheanum 3/2000



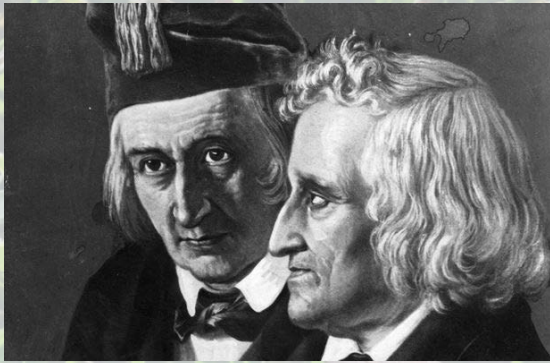
Calendar of Events

April 2018

4

Persona Choir – celebrating Easter

11

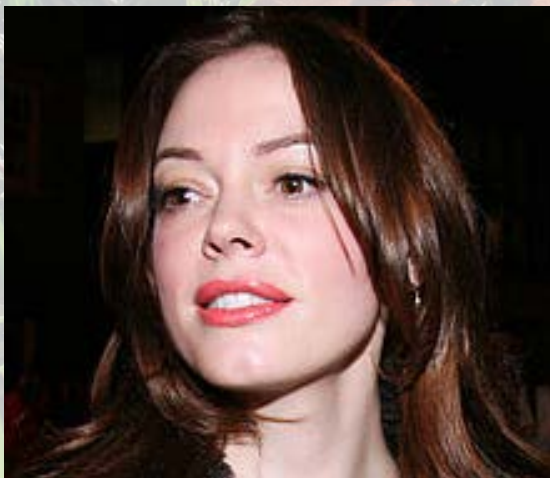


The Three Languages – fairy tale by the Brothers Grimm

18

STAFF TRAINING – no presentation

25



Rose McGowan, biography of an actress –
Part 1: childhood & youth

May 2018

2



Rose McGowan, biography of an actress –
Part 2: Hollywood

May 2018 - cont.

9



Alfred Hill, Australian romantic
Composer (1869-1960)

16

*The Knights Templar - Jerusalem, the
new World Order*

23



Façade, piano 4-hand by William Walton (1902-
1983). Poetry by Edith Sitwell (1887-1964)
Piano 4-hand with John Statter; poetry with
Domenica Conte

30

*The Grail: a place on earth or in the other
world? Parsifal as the modern soul...*

Regular Events enquiries:
Monika (02) 9476 3161

Hostel Lounge Room Talks with Wolfgang
Devine weekly on Wednesdays at 2.30pm. For
upcoming Helga Forster House events please see
our website at www.christophorus-house.com.au or
call Monika for details.

Scrabble & other activities take place in the
Evelyn Latter Room during the week.

Music with Rowlanda in the lounge on Mondays
and Fridays.

Board Meetings are held monthly on the third
Monday.

Weekly Footbath/Leg Massage Therapy with Ian
in the upstairs lounge.