



**Christophorus House**  
Retirement Village

**Spring/Summer 2017**  
Newsletter

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Cover photo: Christophorus House Village driveway, Norwest view



Jason the gardener and his son

## Editor's Letter

Dear Residents, Members and Friends,

With Christmas upon us in just a short while, it's a hive activity here at Christophorus House. We look forward to this special time of year and welcome some of the regular Christmas events such as the ever popular Carols by Candlelight.

As a special treat, we welcome the Glenaeon Alumni Choir and Eurythmy performance. We also have some interesting and varied upcoming talks by Wolfgang in the facility lounge room. Have a look at the back page of this newsletter and also on our website for other interesting upcoming events.

This newsletter features a special Christmas Address by CEO Milan Telford – something to accompany you in this Advent time. We also have some inspiring and beautiful poetry to contemplate as well as something for health and wellbeing.

ILU residents enjoy monthly Monday outings to local cafés and nurseries and this will continue in the New Year with some great outings planned. Celebrating special 0 birthdays is a pleasant feature of my work. Residents are invited to ask friends for a High Tea party where tea is served in charming crockery with a cake, sweets and savouries. With a growing number of residents reaching their 90's, there'll be much celebrating this coming year! A group of residents have taken up a weekly game of Bocce, an Italian ball game similar to bowls, and I'll be reporting on that in the next newsletter.

So until next year, I wish you all a peaceful and enriching Christmas time and New Year as you celebrate with family and friends and may the shining light of Christmas accompany you throughout the coming year.

**Monika Bebb**  
**Self Care Liaison Officer**

## Maintenance Matters

*Report by Hayden Ibbett,  
Maintenance Supervisor*

Newsletter time again and with Christmas just around the corner it seems that this year has really flown by! Again, no major incidents to report: we must be doing something right. Apart from the usual day-to-day tasks that arise, weekly, monthly and annual audits, CHRV is running smoothly on the maintenance side of things. Extensive renovations have begun in ILU 14 with completion at the

end of October. Gutters have been cleared on all buildings throughout CHRV trapping only leaves not water with the lack of rain which has been non-existent. Helga Forster House's audit schedule is ongoing with keeping the building up to date with all the regulatory requirements. The new door closing system has made a massive improvement to all entering or exiting of rooms. The system is hooked up to the FIP (Fire Indicator Panel) which will automatically close, creating fire compartments should the unlikely

event of a fire occur. If a fire event did occur, the sprinkler system would come into action before any threat could become remotely dangerous. Overall, the building is extremely safe and complies with all building codes and has many different measures to insure fire threats would be managed effectively. Not to mention that all staff undergo regular First Attack fire fighting and Evacuation training, to name a few. So until next time, wishing you all a safe and happy Christmas.

### Christophorus House Retirement Village

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**Office Hours:** 9am to 5pm, Monday to Friday

**HF House Hours:** Staff on duty at all times, 7  
days per week (After Hours after 6pm:  
0403 575 079)

**Patron:** Dr h.c. Karl Kaltenbach, OAM;

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

**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  
Monika on (02)9476 3161 ext 2 or email  
mbebb@christophorushouse.com.au**

# From the Desk of the Chief Executive



The keeping of this time of year as a 'Christmas festival' is a time-honoured tradition, by those who profess the Christ, celebrated now for over 2,000 years. The early Gnostics understood the deeper meaning of Christmas – an event not so much heralding a new wisdom, as an event to do with the salvation, by the Gods, of their creation, the Human Being. Christ Jesus Himself spoke that, (paraphrasing), were all the books that were needed to be written to understand spiritual evolution of humanity then the world itself would not be large enough to hold them all.

Rudolf Steiner once remarked on a comment made by Hegel – the great German Philosopher: *"Hegel made a statement that we may perhaps take as foundation for what we are going to study. He said: 'The most profound thought is connected with the figure of Christ, with the outer historical figure. And it is the greatness of the Christian religion that every grade of consciousness can grasp the historical external figure, while at the same time it is a challenge to the most earnest labours of the mind and the deepest*

*penetration. The Christian religion is comprehensible at every stage of culture and yet at the same time it challenges the deepest wisdom'."*

If we are to immerse ourselves into the meaning of the Christ event, 'at the turning point of time' we will not, in this lifetime, come to a satisfactory understanding of the Cosmic consequences of what occurred there. It is somewhat tragic today, but understandable, for we live in a time when the 'Materialistic World View' predominates, that not much thought is given to the Mysteries surrounding the 'Word of Worlds'; Mysteries that must and can only be approached with the greatest reverence. Understanding for this began to be lost around the 5th Century AD. Where is there today, where one can find a space to enter again deeply into all that is contained in Christianity? That is a question to which one should seek an answer. And it is not to be found in institutionalised religions, in the writings and books of philosophers, in the shouting evangelists on the street corners, or the New Age movements. Because such reverence as is required, will not be found in those places, and the spiritual world will and does remain silent there. We must look elsewhere.

In all pre-Christian Mysteries, the words that were placed on the top of entry points to the Temples, always spoke to the inmost being of a person; the words were 'Know Thou Thyself'. The essence of a Human Being is to be found in that spark of the divine that can

inhabit our being-ness, that which is immortal in us and which is of spiritual origin. The 'higher ego' the image, which works to become the 'true ego' the ideal, is of the same spiritual essence in microcosmic terms as that of the Christ Being as a Macrocosmic Being. If it were not, then the words of Saul that became Paul would not be able to be realised – 'Not I, but Christ in me'; a portent of future experience that will in life times to come, be everyone's that seeks the living Christ. Christ in a free deed, came to inhabit (but once) the body of a Human Being – Jesus, at the Baptism in Jordan. He did this to unite himself for all future time with Humanity and to give the impetus for us to be able to raise ourselves back up to where we came from, to our spiritual home; without which, humanity would not be able to recover from the fall and humanity's spiritual evolutionary path, would be lost. In doing so, we should be reminded that for the 'Word of Worlds' the Christ, to descend in a once only incarnation into a Human physical body, this did entail unimaginable suffering, surpassing all possible human imagination of what suffering can be. Christ will be with us until the ends of time – when Human Beings grow to become the 'Sons of God'.

[Note: The esoteric truths alluded to in this and previous Christmas Messages are truths that Rudolf Steiner himself began to make public from 1911, as for example in the publication of his book, *'The Spiritual Guidance of Man'*.]

**Milan Telford**



# News from Helga Forster House

*Kathy Gasper,  
Diversional Therapist*

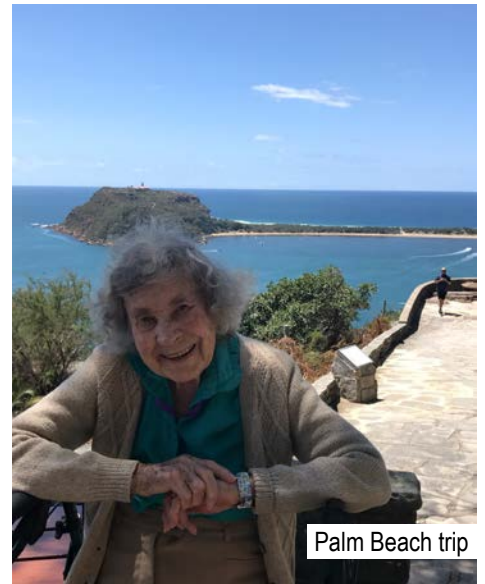


West Head trip

For the last year Vicki and I have been running an evidence based program that has been used for many years by the National Health Service in Britain. It is Cognitive Stimulation Therapy (CST). This program is a non-medical intervention and has been proven to be as effective as medication for those people who have been diagnosed with mild to moderate dementia to help stabilise their mood and memory. We at Helga Forster House were one of the first facilities in NSW to run this program which has been promoted by Diversional and Recreational Therapy Australia through whom we did the training. CST uses multi sensory stimulation with a

mix of activities involving touch, hearing, taste and smell. We also use reminiscing therapy and reality therapy. We encourage all participants to voice their own opinions on a current news article that we read every time we meet, challenge them to remember as many different words on a particular subject such as spring or things you find at the beach. We also do a main activity such as: name that song, a giant crossword or even cooking. We recently did a Granny Smith apple theme. All the residents who attend enjoy this special group and look forward to participating each week.

We have also celebrated the birthdays of Thea Deggens, Niki Peppou, Iris Crick, Donald Matthews, Gordon Allerdice and



Palm Beach trip

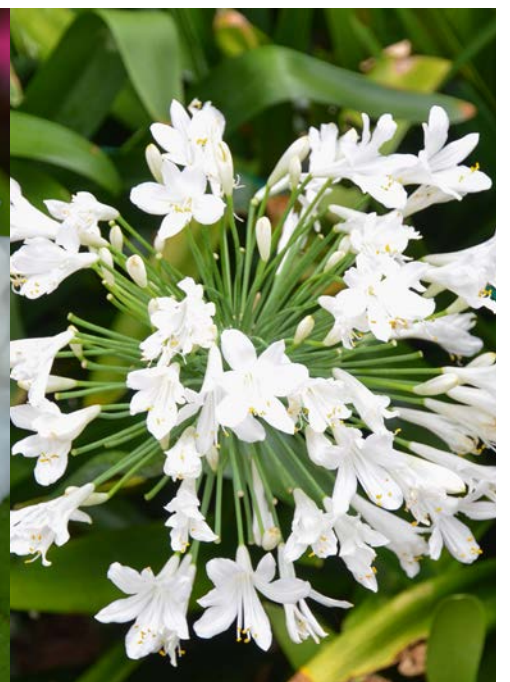
Betty Booler over that last couple of months and welcomed back Ron and Ros who entertained the residents at the beginning of September and also Singing Hands who came in August.



Melbourne Cup



Melbourne Cup



# Health & Wellbeing

## Calcium for Bones:

### How much do I need and where from?

With Andreas Klein



The Australian guidelines specify a calcium intake of 1000mg/day for most adults. So where do you get it? From healthy foods, of course! Why? Because getting calcium into bones is a complicated game requiring many different players. Obviously, calcium first needs to be in our foods in reasonable quantities. But then it needs to be extracted from these foods by proper digestion, then absorbed, assimilated into bone (and cells), and finally kept out of arteries and soft tissues.

Only 'healthy foods' provide a balanced source of not only calcium but of all the ancillary nutrients that facilitate calcium's proper utilisation. These include (but are not limited to) vitamins A, B2, B6, B9 & B12, C, D, E and K and minerals potassium, magnesium, boron, copper, zinc, strontium and iron. In short, incorporating calcium is really about eating a highly varied low calorie nutrient dense diet. So which foods? Well, we are all familiar with the high calcium foods of industry promotional campaigns: milk and cheese! But this is a very one dimensional marketing driven view. It is true that these are good sources of calcium but while cheese is almost unsurpassable as a calcium source, it is extremely high in calories. When it comes to milk, the fact is that there are many

foods that are excellent (indeed better) sources of calcium, both in terms of total calcium content and absorbability. These include foods such as sardines, winged beans, carob, tahini, wild caught pink and red salmon, almonds, parsley, dried figs, spinach, natural yogurt, rhubarb, mussels, snapper, brazil nuts, oysters, mustard cabbage and kale, all better calcium sources than milk!

Many dark green leafy vegetables have relatively high calcium content (although some such as spinach and rhubarb are high in calcium oxalates which are a little harder to absorb). Cruciferous vegetables such as kale, bok choy, broccoli, cabbage etc are green yet essentially oxalate free and have much calcium and plenty of the vitamins and minerals to help utilise it. Experiments show that our ability to get calcium from these foods is as good if not better than from milk. Western folk just don't eat enough (or sometimes any) of these vegetables daily.

Having said all this, research shows that Thai men and women have a calcium intake between 220-361mg per day. They consume few milk products and calcium comes mainly from vegetables, meat and fish (eaten bones and all). This calcium intake is significantly lower than the 1000 mg/d recommended by our health authorities. Yet, Thai men and women over 50 (and Malaysians with similarly low intakes) have age-adjusted rates of hip fractures almost two times lower than more westernised Asians in Hong Kong, Singapore and US Caucasians.

So, you can now see that whether you get a fracture or not is much less about the calcium you get and more about your overall diet and lifestyle habits!

*Article reprinted with kind permission from Hills District Independent magazine*  
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*Photo Source: pyroenergen.com/articles/sardines.htm*

## The Relevance of Old Age

Rudolf Steiner was once approached to give his view regarding a lame, unconscious woman requiring intensive care; someone suggested that it may be better to allow her to die.

Steiner answered, "No, every day, every hour which she lives on this earth will be a boon for her, and is of meaning to the whole of humanity." He also commented, "That the earth has not died away already is due to the fact that there are human beings who stay so long in their bodies and thereby transform their body."



# GETTING OLD/ER...

Do you realise that the only time in our lives when we like to get old is when we're kids? If you're less than ten years old, you're so excited about ageing that you think in fractions. "How old are you?" "I'm four and a half, going on five."

You get into your teens; now they can't hold you back. You jump into the next number. "How old are you?" "I'm gunna be sixteen!"

Then the great day of your life; you become twenty-one. Even the words sound like a ceremony ... You BECOME twenty-one..... Yes!!!

Then you turn thirty. What happened here? Makes you sound like bad milk. HE TURNED - we had to throw him out! What's wrong? What changed? You BECOME twenty-one; you TURN thirty...

When you're pushing forty, stay over there. You REACH fifty...

You BECOME twenty-one; you're PUSHING forty; you REACH fifty; then you MAKE IT to sixty.

By then you've built up so much speed, you HIT seventy. After that, it's a day-by-day thing. You hit Wednesday.

You get into your eighties; You HIT lunch, you HIT 4:30.

My Grandmother won't even buy green bananas - "Well, it's an investment, you know, and maybe a bad one."

And it doesn't end there ... Into the nineties, you start going backwards: "I was JUST 92."

Then a strange thing happens; if you make it over one hundred, you become a little kid again. "I'm one hundred and a half."

Author unknown

JanY Garland - sourced from SENIORS: Ageing through the years.doc

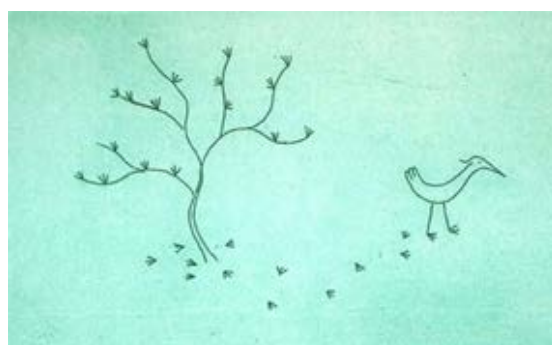
## Poetry Corner

### Advent

Through the needle's eye  
the rich man came  
squeezing through stars of razor  
light  
that pared his body  
down to thread.  
Gravity crushed his heart's chime  
and his breath that breathed  
out worlds  
now flattened as by fire  
between walls.  
The impossible slit stripped him,  
admitting him  
to stitch the human breach.  
*Suzanne Underwood Rhodes*

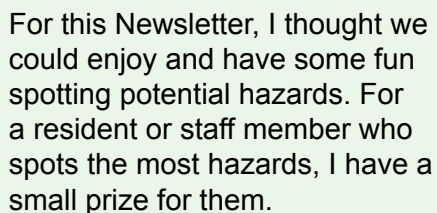
### Christmas

I see a twinkle in your eye.  
So this shall be my Christmas star  
And I will travel to your heart:  
The manger where the real things are.  
  
And I will find a mother there  
Who holds you gently to her breast;  
A father to protect your peace;  
And by these things you shall be  
blessed.  
  
And you will always be reborn;  
And I will always see the star  
And make the journey to your heart:  
The manger where the real things are.  
*Michael Leunig*



Dear God,  
We celebrate spring's returning and the rejuvenation of the natural world. Let us be moved by this vast and gentle insistence that goodness shall return, that warmth and life shall succeed, and help us to understand our place within this miracle. Let us see that as a bird now builds its nest, bravely, with bits and pieces, so we must build human faith. It is our simple duty; it is the highest art; it is our natural and vital role within the miracle of spring: the cultivation of faith. Amen.  
*Michael Leunig*

**Milan Telford, CEO**



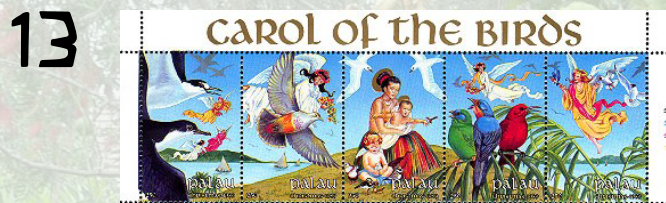
Not only will you win a small prize, but you will also receive instant fame as sharp-eyed WH&S sleuth which will be published in the Newsletter early next year.



# Calendar of Events

## December 2017

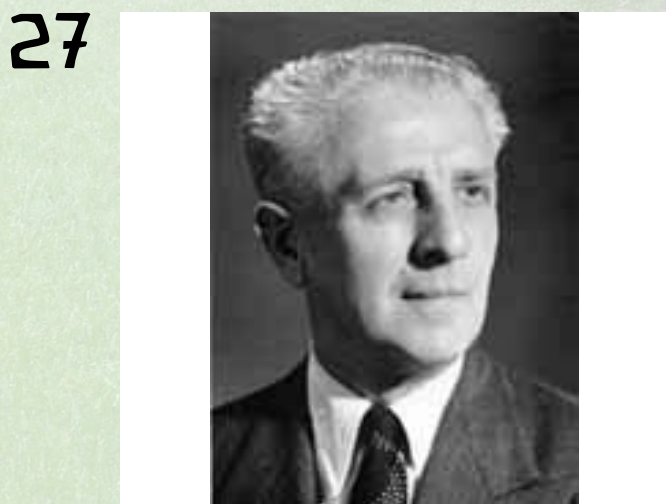
**6** Combined residents Christmas lunch (and entertainment)



2.30pm Talk on Carol of the Birds with pictures  
6.30pm Carols by Candlelight



Madonna slides – with music



William G. James (1892-1977), Australian composer

## January 2018

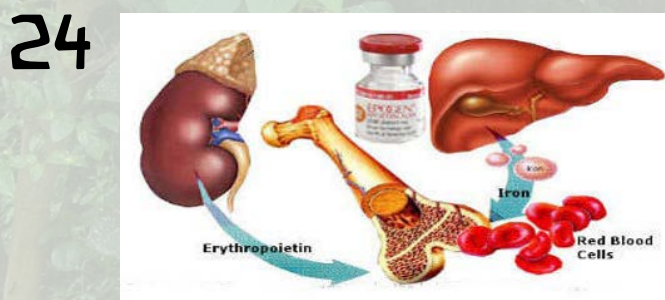
**3** To be advised



From The three kings to Wise Men  
– what brought the change?



Alfredo Casella (1883-1947), Italian composer



Kidneys as endocrine organ: erythropoietin

**31** Kidneys as endocrine organ: rennin and Vitamin D

**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](http://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.