



**NEWSLETTER No.2**

**spring/summer 09**



**CHRISTOPHORUS HOUSE**  
retirement village



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## Dear Members and Friends

It's a hive of activity here in my office with administrating events, meetings and outings – sometimes I can't see my desk for the many papers and files that adorn it! On occasions I feel inspired to wander around the gardens for inspiration and rejuvenation and it's obvious that Spring has arrived early! We've had unseasonably warm weather lately, and many flowers are blossoming and delighting the senses as you will see by the many photos in this newsletter. Unfortunately, it's been very dry, so help in watering is appreciated. Fortunately though, there's been no such drought in the many and varied events held here in the Cottage this year! Our Social Group has been very productive when it meets every three months when events are discussed and planned for. We invited Peter Christian to speak on his historical family connection to the *First Fleet*. Raimund Pohl's talks are always very interesting with topics such as *How the Earth Was Formed and Crystals*. An outstanding performance by The Sydney Lyre Ensemble drew in many people from far and wide and our Social Room was packed to the rafters! A special event was organised by Milan Telford, our CEO, in June to honour those Life Members who made a significant contribution to the life of Christophorus House which was held in the Hostel. Of course, regulars

such as The Wesley Singers and Jacqui Ciddor & Friends give a wonderful musical performance each year which residents enjoy very much. Warwick Rogers accompanied many residents down memory lane with *Growing Up With Hornsby*. Warwick has been awarded a medal by Hornsby Council for his work. And Greg Dimmock had us tapping our feet and singing along to some Aussie favourites such as Walzing Matilda and Roz Baker spoke on her remarkable life which led her to become a writer of the *Sooner or Later* series of books. She is also known for her Aussie poetry and copies of her books are now available from our library. And the Monthly Morning Tea outings, organised by Barbara, are always a great favourite with residents. If you wanted to come to but missed an event, you can still see or hear it on DVD or CD which is available from our library. You can call me on 9476 3161 ext 2 or email me with your request on [mbebb@christophorus-house.com.au](mailto:mbebb@christophorus-house.com.au). Thank you, John Rowan, for recording our many events! Your technical support is much appreciated.

And for those residents who have been in hospital for lengthy stays, we welcome you home! I hope you enjoy our second Newsletter for 2009.

**Monika Bebb**  
Self Care Liaison Co-Ordinator



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**Hostel Hours:** Staff on duty at all times, 7 days per week (After Hours after 6pm 0432 063 455)  
**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.

**Newsletter Editor:** Monika Bebb  
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If you have some information, an event or an item for publication in our newsletter, please contact Monika on (02) 9476 3161 ext 2 or [mbebb@christophorus-house.com.au](mailto:mbebb@christophorus-house.com.au)

# From the desk of the CEO



Having my office in the Cottage, I am pleased to see the constant stream of activities and events that the Self Care Social Club, ably aided by Monika, put on for the Self Care residents. The diary has been full for a good part of the year, with interesting speakers, singers and entertainers. The Board were generous again this year and allocated a further \$5,000 to the Self Care Residents Social Club fund. This money is used to pay for all the Cottage activities, along with various bus outings to different places and the celebrating of festivals.

their efforts to assist us in our future viability.

The new Hostel Lift became operational on the 3rd August, on time and within budget. A big thank you goes to Baxter Jacobsen Architects, G&L Kaltenbach Builders, and Kone; the entire project went smoothly and any unforeseen problems were handled professionally and without additional costs incurred. The lift has eased the lives of our residents.

**Milan Telford**

Since the last Newsletter we have appointed a new Hostel Manager, Andrea Nguyen. I extend a very warm welcome to Andrea. We are very pleased to have her on our Management team. I thank Sarah Gates and Julia Longford for their management of the hostel for 6 months whilst we spent time thinking through whether we would change the management structure of the Hostel and after determining not to, during the period of recruitment. During that time we were visited by the Accreditation Agency and were given a glowing report.

The Hostel played host to our Life Members Tribute, which was held on Saturday 20th June. Many of those who attended the event said it was a warm and friendly occasion, with Life Members recalling their memories and experiences, all having been part of the early days and establishment of Christophorus House (CHRV). Life Members were honoured for their part in the development of what is now a unique retirement village. Here it is appropriate to make a special mention of the late Evelyn Latter, who was a Founding Member and served on the Board for a number of years. Together with her late husband Dale, Evelyn was involved in many events and activities to help raise funds for CHRV. It was fitting to have been able to honour Evelyn for her contribution on the day; sadly, shortly thereafter, after a short illness, Evelyn crossed the threshold, to be reunited with her Dale.

The Self Care units have been at almost full occupancy, with all but one unit occupied (there has been a lot of interest shown in the one bedroom unit, but no contract signed to date). We have a waiting list of 25 again, with 4 people enquiring fortnightly and weekly, as to when they can move in. The situation is different in the Hostel. We have just had our first contract signed in over 9 months and have one respite, with 4 rooms remaining vacant. We presume that part of the problem of filling the vacancies is that social workers in hospitals and in the community are encouraging people to stay as long as possible in their homes. CHRV does not have an issue with this government policy, despite the ramifications for us. This may result in people only leaving their homes when they are at the high care nursing home level and we are still assessing what this will mean for the future of hostels and low care facility services.

In July, we were notified by the Department of Health & Ageing that we had been successful in the 'Approval Funding Rounds' in December 08 and that we were being allocated an additional 20 funded beds. For a number of complicated reasons which I do not have the space to go into here, the Board, on my recommendation, and after two Board meetings of deliberations, decided not to accept the funded beds. Be that as it may, we were grateful to the DHA for allocating these beds to us, in

## New Board Member, John Kingsland



We welcome John to the Christophorus House Board. He comes with a wealth of experience and knowledge. He holds an Honours Diploma Food Technology and a Diploma in Business Management. He was born in New Zealand and came to Australia at a very young age, completing his higher schooling in Sydney. John has three children and his youngest, a son, attends Inala School. John has had a long association with Inala and has served on its Board with Robert Allerdice (our present Chairperson here at Christophorus House). He was also Chairperson at *Interchange*, a local respite organisation servicing the Northern Beaches area. John hopes to bring his commercial experience to Christophorus House which he has gained in the manufacturing industry over 30 years.



# News from the Hostel

It's been a busy time for us and much has been happening since the last Newsletter! First of all, we are very pleased to welcome our new Hostel Manager, Andrea Nyugen, to Christophorus House.

She comes with a wealth of knowledge and experience in aged care of many years, not to mention her kind and courteous manner to all who meet her.



Hostel Manager, Andrea Nyugen

**Welcome to new residents:** We take this opportunity to welcome our newest resident, Dorothy Weaver, to the Hostel. Dorothy has been settling in nicely since August.

**Activities:** On two afternoons a week, Diversional Therapist Linda Dunn has been guiding residents through many wonderful activities. Linda is also an accomplished musician. She conducted the choir at the Sydney Olympics, amongst other things! Joanna Jaaniste has been coming now to Christophorus House for a number of weeks. She is conducting a series of drama therapy sessions for residents. Residents have been out on a number of lunch outings over the past months to places such as The Mooney Mooney Club, Diggers Club at The Entrance (where they enjoyed the view as much as the lunch!) and a trip to Somersby to do pottery glazing and lunch at the Memorial Golf Club at Central Mangrove.

**In Memoriam:** Our long time resident, Evelyn Latter, had passed away on the morning of Thursday, 2nd July 2009. At the Tribute to Life Members in June, Evelyn spoke of her long connection with Christophorus House and had her photo in the Bush Telegraph. She was able to remain active up until about two weeks before she passed away, even continuing to attend the exercise group. Evelyn was a very kind and caring lady and is greatly missed. We were also sad to say farewell to Odile Darveniza who moved to a nursing home at Rathmines to be closer to her long-time friends, Karen and Rob, and not long after passed away.



**New Lift:** Residents and staff celebrated the official opening our new lift with a lovely morning tea here in the Hostel on Monday, 3rd August. The new lift is a great success and makes life a lot easier for us all, especially those residents who are upstairs! The chair lifts, which have serviced us for decades, are now gone and so there's more room on the stairwell for a two-way traffic.

Edwina Stewart



# How is your immune system???

Every year we are confronted with a more virulent flu than the last one. BUT, whatever strain of flu is going around, not everyone gets sick. Why is that? The answer: *a healthy immune system!* Our amazing immune system consists of special cells whose sole purpose is to defend us against

invasion by bacteria, viruses, allergens and parasites. We are in constant contact with many kinds of potential invaders at home, at work, on the train, everywhere! This winter, our immune system is working overtime to protect us from viruses that cause the common cold and the flu.



## So, what can we do to maintain a healthy immune system?

- Eat a balanced diet high in fibre and complex carbohydrates, low in fat, with moderate amounts of protein. Eat fresh, wholesome and unprocessed foods. Remember: infections thrive on **sweet** and **sugary** foods!
- Manage stress whether physical, psychological or emotional. Stress can have a negative effect on the immune system.
- Enjoy plenty of rest to give your body time to repair itself and fight off attacks from viruses.
- Exercise regularly. It reduces inflammation and can support healthy immunity.
- Increase water intake.
- Supplement your diet with the required nutrients and herbs to boost immune function.

It is important to note that **antibiotics do not kill viruses**. Fortunately, there are many natural supplements that can help support and boost your body's immune system. Herbs such as *echinacea*, *garlic* and *elderberry* have been traditionally used to fight infection and improve immunity. Nutrients such as *zinc* and *Vitamin C* can improve immune function,

shorten the duration of symptoms of the common cold and flu, as well as reduce their severity.

There are many other things you can do to stay healthy this winter.

- Wash your hands before preparing food, touching your face and after coming home from shopping.
- Always clean tabletops before preparing food.
- Avoid crowds or contact with anyone with flu-like symptoms.
- Rug up if you are feeling cold.
- Cover your mouth when sneezing or coughing. Stay home if you are sick. Don't spread it!
- Dispose of your tissues thoughtfully.
- Ginger, garlic, chilli and horseradish are all traditional warming foods that will help you through a cold. Include them in your diet.
- Soups are great but avoid those with cream, cheese or milk. Make broths from vegetables, fish, chicken or beef stock then add vegetables, onions, garlic and beans.
- Drink plenty of fluids, especially water – at least

one litre a day. Hot and clear fluids can activate your lymphatic system and thin out mucus.

- Avoid alcohol. It exacerbates inflammation.
- Avoid smoking.
- Avoid milk, dairy products and sugar – they increase mucus during an infection. Sugar is known to lower your immune system. Use a little raw honey instead.
- If you feel feverish, make a cup of Immune Zinger, rug up and sweat it out. Repeat as often as possible until symptoms have passed. A hot bath can also induce sweating.

Always seek the advice of a qualified naturopath or medical herbalist – often, you can consult with one at your local health food store. The effectiveness of a remedy will always depend on the right dose and the quality of the herbs and nutrients. Self-prescribing can be dangerous because of interaction with other drugs.

Cecilia M Strachan  
Mature Matters, Spring 2009  
Edition No. 23, p8

### Recipes

#### Ginger Tea

(great for sore throats)

1 small knob ginger, peeled and crushed  
Raw honey  
Boiling water  
Place ginger in a cup. Add boiling water and honey. Cover and let it steep for 2 minutes. Enjoy!



#### Grandma's Chicken Porridge (especially nutritious when feeling sick)

2-3 pieces chicken  
1 knob ginger, crushed  
1 cup rice  
2-3 cups water  
Celtic salt to taste.  
Place all the ingredients in a pot and boil until cooked. Add enough water so the rice has a porridge consistency.

#### Immune Zinger (a potent drink!)

Juice of one lemon  
1-2 cloves of garlic, chopped finely  
2 tsp finely chopped or grated fresh ginger  
Pinch of chilli powder or a little chopped fresh chilli  
1-2 tsp raw honey  
Place all ingredients in a mug. Pour over boiling water and cover for about 10 minutes. Rug up, stay warm and sip slowly. It will encourage a mild fever and induce sweating. Fever is the body's first defence against infection and may help to reduce the symptoms of a cold or flu.



# Say No To Falls

Did you know that every fall in people over the age of sixty in NSW costs the State Government \$1400? No wonder that Falls Prevention is one of the most important aspects of physiotherapy for seniors.



exercising and that muscle strength can quickly improve as we walk regularly.

Here are two simple exercises to improve your strength & balance:

You are probably aware of the many things that increase the risk of falls, such as loose rugs on the floor, clutter in the home, ill-fitting shoes/slippers and rushing to answer the phone or door.

Balance problems just increase as we age and if we have had an enforced period of immobility our muscles weaken adding to the problem.

It is important to know, though, that balance **can** be improved by

1) Stand beside your kitchen bench holding lightly with one hand. Now lift one leg and raise your hand from the bench. How long can you stand still? Thirty seconds is great but you may have to work up to it.

2) Stand beside your kitchen bench holding with one hand. Place one foot directly in front of the other so that heel touches toe. This is called tandem stand.

Now, can you let go of the bench & keep your balance for thirty seconds? Once again, you may have to work towards this goal by starting with one foot well in front of the other.

Good luck with your exercises! I hope you enjoy keeping active in the beautiful garden setting of Christophorus House.

**Christine Yorston**  
Physiotherapist



Exercise No 1



Exercise No 2

## Puzzles For the Brain To Gnaw On

Welcome to *Brain Food*! Give your mind a workout on this devious collection of puzzles! There are hundreds available, ranging from word games to logic problems to riddles. Some are tricky. Some require innovation. All require thinking power. Good luck!

Lateral Thinking Puzzles, unlike most puzzles, are inexact. In a sense, they are a hybrid between puzzles and storytelling. In each puzzle, some clues to a scenario are given, but the clues don't tell the full story. Your job is to fill in the details and complete the story. Obviously, there is usually more than one answer to any given puzzle, but, in general, only one solution is truly satisfying.

You can try solving these puzzles on your own -- that's certainly a legitimate way to go about this -- but usually you can have more fun if you involve other people. The way this works is, you look at the answer (maybe you want to try the puzzle on your own first!), then read just the clues to your friends. Your friends must determine the answer by asking questions about it, which you may answer only with *yes, no, or doesn't matter*.

How would you solve these (sort of) real life problems?

1. If you put a coin in an empty bottle and insert a cork into the neck of the bottle, how could you remove the coin without taking the cork out or breaking the bottle?
2. You want to send a valuable object to a friend securely. You have a box which can be fitted with multiple locks, and you have several locks and their corresponding keys. However, your friend does not have any keys to your locks, and if you send a key in an unlocked box, the key could be copied en route. How can you send the object securely?
3. You've been sentenced to death in an obscure foreign country which has a strange law. Before the sentence is carried out, two papers -- one with "LIFE" written on it and one with "DEATH" written on it -- are folded up and placed in a hat. You are permitted to pick out one of the papers (without looking), and if you choose the one with "LIFE" written on it, you are set free. Otherwise, the death sentence is carried out. On this occasion, a mean-spirited acquaintance of yours, bent on your demise, has substituted the paper with "LIFE" written on it with another one with "DEATH" written on it. This person gleefully informs you of what he has done and that you are doomed to die. You are not permitted to speak to anyone about this misdeed, nor will you have a chance to switch the papers or the hat yourself in time. How will you avoid certain death?

Answers will be provided in the next Newsletter!!!

## St John's Tide Concert - July 2009



Jacqui Ciddor, Jeannette Tsoulous -- piano 4 hands, and Elizabeth Nurthen -- oboist, graced our Community Room and played works marking the centenaries of Handel, Hayden -- "With Verdure Clad" from The Creation, Mendelssohn On Wings of Song piano and oboe -- all well-loved repertoire.

The Dvorac Slavonic duets had a very delicate upper line and strong bass. We then went on to Schumann Romances 1-3 with all their longing and yearning. Elizabeth also gave us two pieces on the Cor Anglais Faure's Sicilienne and Presto by Michael Head. The room in which we were sitting displayed many paintings of the Baptism by artist Ninetta Sombart to inspire the mood of St John's time.

All in all, on a cold winter's day, it was a heart warming experience of very fine classical music. We thank our musicians and can recommend to members and friends to join us in these wonderful concerts.

Rose-Marie van Hoogstraten



*Walk a little slower, Daddy, said a  
Little child so small.  
I'm following in your footsteps  
And I don't want to fall.  
Sometimes your steps are very fast,  
Sometimes they are hard to see,*

*So walk a little slower Daddy, for  
You are leading me.  
Someday when I'm all grown up,  
You're what I want to be.*

*Then I will have a little child who'll  
Want to follow me.  
And I would want to lead just right,  
And know that I was true,  
So walk a little slower, Daddy,  
For I must follow you.*

Author unknown

**Dr Hauschka, WALA  
and Sonett products  
are available through  
Christophorus House at  
discounted prices!**



For orders and enquiries, please phone  
Monika on 9476 3161 ext 2.

## The "Word"

By Byron B

*Long ago, it happened then,  
No one knows exactly when,  
Of need, the world became aware,  
To find a word that all could share;  
Very hard the people tried,  
With no success grew sad and tired,  
Eventually, Mother Nature spoke: "Try  
love," she said,  
The world awoke!  
With love came feelings and  
thought for others,  
The realisation ...  
we're sisters and brothers!  
A wond'rous happening had  
really occurred,  
The joy of finding a magical word.*

## The Gift

By Byron B

*"Love," dear Mother Nature said,  
"I'd like throughout the world  
to spread,"  
So all things living she called together,  
Clad in fur, hair, skin or feather;  
"To each of you, a gift I'll give;  
A gift called love, with it you'll live.  
It can't be touched, it's not to see  
'Cause in your heart, this love will be.  
Love is a feeling of warmth and need,  
It keeps on growing, like a seed.  
It makes you happy, makes you care,  
So take it with you everywhere ...*

*There's one more thing  
you shouldn't forget:  
When you're lost,  
PLEASE DON'T FRET;  
I've given you all a different sound,  
The Ones you love,  
can soon be found."*

~Death~

## What a Wonderful Way to Explain It

A sick man turned to his doctor as he was preparing to leave the examination room and said, 'Doctor, I am afraid to die. Tell me what lies on the other side.' Very quietly, the doctor said, 'I don't know.'

'You don't know? You're, a Christian man, and don't know what's on the other side?'

The doctor was holding the handle of the door; on the other side came a sound of scratching and whining, and as he opened the door, a dog sprang into the room and leaped on him with an eager show of gladness.

Turning to the patient, the doctor said, 'Did you notice my dog? He's never been in this room before. He didn't know what was inside. He knew nothing except that his master was here, and when the door opened, he sprang in without fear. I know little of what is on the other side of death, but I do know one thing...I know my Master is there and that is enough.'



*Man must be able to grow OLD. The danger in our present civilization is that man will lose the ability to MATURE and will remain IMMATURE in an old body.*

Rudolf Steiner



# Calendar of Events in the Cottage for 2009

2009	Day	Event
OCTOBER	1	<b>The History of Financial Markets</b> and how to learn from the past to help us understand what's happening now and gain an insight on how the future could unfold – Lex Stewart. \$5.00 includes afternoon tea. Bookings essential.
	5	<b>Celebrating Michaelmas 'with courage and strength'</b> - join Rowlanda for a musical morning in the Hostel.
	10	<b>Celebrating The Act of Consecration of Man</b> with Rev Lisa Devine of The Christian Community.
	15	<b>How to Stay Safe and Be Independent</b> –talk and discussion with Pam Thomas.
	22	First Spring application of the Biodynamic preparation – with Diane Watkin. Come join us for a stir whilst enjoying a cuppa!
NOVEMBER	19	Second Spring application of the Biodynamic preparation – with Diane Watkin.
DECEMBER	1	<b>Karlynne Fashions and Heather's Heavenly Jewels</b> –Lynn and Karen will be displaying a wide selection of summer fashions and underwear. Combine a new outfit for Christmas with a beautiful piece of quality silver jewelry - earrings, neck pendants and bracelets designed with precious stones. <b>Tuesday at 11am.</b> All welcome.

Most of the above events are on Thursdays at 2pm but please contact Monika on 9476 3161 ext 2 to check before coming.

## REGULAR EVENTS IN THE COTTAGE

**Bridge** is on every Tuesday afternoon from 2 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 Thursdays.

**Footbath/Leg Massage Therapy** is held every second Friday in the Hostel.

