NEWSLETTER No 3

Spring 2013

Christophorus House
retirement village

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Cover: Emerging Orchids

Editor's Letter

Dear Members and Friends

Spring has been arriving these past weeks, well before spring. Although temperatures have been mild and winter isn't really worth mentioning, the garden is blooming and our eyes receive the gift of nature transformed – and what a gift it is! A poem in this newsletter called "The Pod" reveals this wonderful unfolding process.

The feature article on sleep is informative and will give you something to sleep on and a poem by René encapsulates this daily deep and mysterious rhythmic activity. I felt refreshed after reading it and hope you will too. Featured also is a book review on this fascinating topic which is available for loan from our Library. We have some *Humorous Asides* provided from John and Hostel resident Rosa contributed a quote from Corinthians, *"Love suffereth long…"*. As always, our CEO keeps us up to date on administrative matters such as the building project and Work Health & Safety. Diversional Therapist Kathy reports on the many and varied activities in the Hostel. Happy reading! Until the Summer edition, keep well.

Monika Bebb
Self Care Liaison Co-ordinator

Maintenance Matters

There have been no major maintenance issues to report lately. The smooth running has enabled me to undertake some time-consuming tasks such as cleaning out gutters of all self care units which has now been completed. Water pressure cleaning of footpaths of the worst slippery sections has been an important job with the remainder of paths to be cleaned in the coming weeks. As previously reported, I have been doing the bus driving for both Hostel outings and self care shopping days which I enjoy. I have also attended a three day course in Level 2 Fire Safety Managing which has increased my knowledge and skills in fire related systems and issues. On a personal note, my beautiful baby girl, Lily, continues to grow healthy and strong. Ami and I could not be prouder, and Lily's big brother Dylan, adores her very much. I have brought Lily to the Village twice to introduce her to people and if you haven't met her yet, don't worry, as I'll be bringing her again soon. Until the next time, keep well.

Hayden Ibbett
Maintenance Supervisor

DIARY NOTE: Invitation to Christophorus House AGM on Saturday, 26th October at 10am in the Cottage (non-members welcome).

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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 CEO

The terrific management team of Denise (HM), Andrea (previous HM) and Vik (previous acting HM) (HM = Hostel Manager) and all our dedicated staff, passed the Accreditation inspection in June with flying colours. The auditors found nil issues and commented that in the process of interviewing stake-holders, not one negative comment was received, although it was their experience from other audits, that there is always at least one, usually about some issue on food. Congratulations to the management and all the staff for this truly exceptional result.

An update on the new Independent Living Unit (ILU) development process. We are most impressed with our architect firm - Suters; they continue to stay on time table, are most responsive to our requests and have been very proactive in undertaking due diligence at each stage of design, on regulatory matters which are required to be met in any retirement village development. The pre DA (development application) is being submitted in August and the DA proper will be applied for in October. Following the completion of drawings for the DA, there will be a process involved in actually getting approval from Council for our development and another process to do with the tenders from prospective builders. Early 2014, there will be a meeting held with those interested in obtaining one of the new units (16 units to be built in the first stage, with 10 units, community centre, kitchen, services and offices in the second stage); this will be advertised and also published in this Newsletter, as well as our website. I should like to take this opportunity to also thank our project manager Ian Scutts from Impact Group, who is doing an excellent job on our behalf.

The Gillard government, Living Longer Living Better (LLLB) reforms, do not receive much media attention. In the first political debate between the two major party leaders a question was put to both leaders regarding aged care reforms and what each party's policy direction in this area was, given that over 6.5 million voters are directly or indirectly involved in aged care service provision or receive such services. Five Bills for the LLLB reforms were passed through Parliament (in a hurry), in the last sitting days in June this year, causing many service providers much consternation regarding the changing business model required to be adopted. Neither leader in the Debate appeared to have any idea that these Bills had just been legislated and neither said anything in response to the question apart from 'motherhood statements' about the sector.

It was very disappointing to see the lack of knowledge and understanding of this important area, particularly when legislation had just been passed in the Parliament, where one would have expected at least some scrutiny by all Members of Parliament of the legislative reforms that were being passed.

I recently attended an Aged Care CEO forum in the west (hosted by the Aged Care Association). It is clear that the LLLB reforms will have some winners and some losers dependent on each individual organisation's circumstances. For example, the clear winners will be nursing homes who will now be able to charge a bond not previously available to them (from 1st July 2014 the distinction between nursing homes and hostels will be no longer). The consensus in the room was that changes were required to be made to the legislation just passed and that not until after the election will there become some clarity as to where everything is heading. The deadline however is 1st July 2014, when residential services must commence compliance; with April being the deadline for aged care providers to have their prices uploaded onto a government website; some doubt being expressed by the meeting that the government website would be up and operating before Christmas 2014.

For a small operator such as Christophorus House, the impact of 3 downward changes in our funding instrument over the past year, which will flow on into the future in reduced funding year after year, is quite serious. Further, nowhere in Australian property law, in any statute, is there a requirement for one party in a transaction, to hand over goods or services (or both), to another party, prior to an agreement being entered into on price. However the LLLB reforms (Aged Care Act amended) require aged care facilities to do just that. Admission has to be granted before any contract can be signed, for up to 28 days, whilst the prospective resident determines what method of payment he/she would like to adopt (either a bond or a daily charge, in addition to the residential fee). Further, the legislation prevents service providers from asking for an asset statement. This means that, as an example, a facility such as CHRV is obliged to accept anyone where we have the ability to provide care for that person, without a financial check and assuming for this example that person then defaults in paying for those services under 'Security of Tenure Principles', CHRV would be obliged to find such a defaulter a place to live, before that person could be asked to leave. There are other matters of concern which space prevents from writing about.

Whilst the LLLB draft of reform documents continue to praise the process of consultation, it is another question whether anyone has actually listened to the service providers in the industry throughout the consultation process; a right balance in the reforms should have been struck, the balance between the 'consumers of the services' and the 'service providers'. The reforms will inhabit investment in a sector, which needs to be building facilities now, for the next decades and may ultimately see some of the losers closing their doors.

Milan Telford

The Mystery of My Sleep

Night's deepest secret;
the mystery of sleep.
My body, tired from daily toil
in thinking and in deed,
lies calmly in its horizontal rest.
My upright soul and spirit,
with dreams as remnants
of their daytime consciousness,
take leave and soar to higher realms.
Then sleep, in its mysterious ways,
recovers and makes whole
my worn out earthly instrument.
'til early morning's gentle call,
with cradling light,
invites my higher members,
inspired by heavenly light
to find, renewed,
their earthly destiny.

René de Monchy

'The Pod'

Noble shell
Lying still and hard
Soft and velvet inside
Echoes of the past
The birth
That has taken place
Four smooth curves
Lie empty
Tender protective folds
This cradle
Speaks of
Its tale of surrender
Twisting and splitting
Release
So life can burst forward
Four seeds drop
In ecstasy and freedom
To the dark earth below
Feeling the weight
Of gravity
And a journey unknown
Life. Beautiful and treacherous.

Skye Robertson
Student of Sydney Rudolf Steiner College

Three sons left home, went out on their own and prospered. Getting back together, they discussed the gifts they were able to give their elderly mother.

The first said, *"I built a big house for our mother"*. The second said, *"I sent her a Mercedes with a driver"*. The third smiled and said, *"I've got you both beat. You remember how mum enjoyed reading the Bible and you know she can't see very well. I sent her a remarkable parrot that recites the ENTIRE Bible! It took elders in the church twelve years to teach him and he's one of a kind. Mum just has to name the chapter and verse and the parrot recites it."*

Soon thereafter, mum sent out her letters of thanks:

"Milton" she wrote one son, "The house you built is so huge! I live in only one room but I have to clean the WHOLE house."

"Gerald" she wrote to another, "I am too old to travel so I stay most of the time at home and rarely use the Mercedes … and the drive is so rude!"

"Dearest Donald" she wrote to her third son, "You have the good sense to know what your mother likes. The chicken was delicious!"

"I thank You God for most this amazing day: for the leaping greenly spirits of trees and a blue true dream of sky; and for everything which is natural which is infinite which is yes"

E.E. Cummings

Sometimes, your only available transportation is a leap of faith

Margaret Shepherd

Humorous Asides

Paddy says to Mick, "Christmas is on Friday this year". Mick said, "Let's hope it's not the 13th then."

Just had my water bill of £175 drop on my mat. That's a lot. Oxfam can supply a whole African village for just £2 a month: time to change supplier I think.

Seven wheelchair athletes have been banned from the Paralympics after they tested positive for WD40.

A mummy covered in chocolate and nuts has been discovered in Egypt. Archaeologists believe it may be Pharaoh Roche... From Don

Over 1958 years and we still haven't learnt: *"The budget should be balanced, the Treasury should be refilled, public debt should be reduced, the arrogance of officialdom should be tempered and controlled, and the assistance to foreign lands should be curtailed, lest Rome become bankrupt. People must again learn to work instead of living on public assistance."* - Cicero, 55 BC.

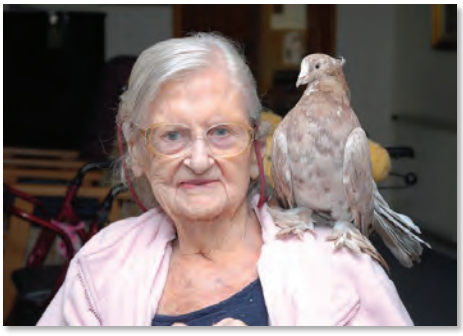
From Rosalie

(Kindly provided from John Rowan's newsletter. Thank you!)

News from the Hostel

Report by Kathy Gasper, Diversional Therapist

Spring is sprung, the grass is riz, I wonder where the boidies is? So begins the poem attributed to Ogden Nash. We are all looking forward to the warmer weather here at the Hostel as some of the winter days have not been conducive for going out in the bus. However the residents have discovered some wonderful café's during the colder months and those who have ventured out have been rewarded with some wonderful coffee, tea and opportunities to socialise.



June saw us finally welcoming Kris Stanley and her birds to the hostel. She was also accompanied by an ENORMOUS rabbit such as none of us had seen before. We did wonder what had happened to the dwarf rabbit she brought with her last time! We are so thankful that Olsen's Funerals sponsor her which provides us with this wonderful experience at no cost to us. The Barista boys, a program run by Asquith Boys High School also hosted some residents for morning tea in June. Wolfgang Devine continues to inform and entertain residents each

Wednesday on plants and composers giving interesting insight to the uses of such things as Plaintain, Ilinsky, Compresses and Tanejev. I'll leave you to guess which one is a plant and which one is a composer!

At beginning of July some residents visited the local Hornsby Historical Society's Museum at George Collingridge Hall at Thornleigh for a superb morning of reliving history and remembering what a corner shop and a school room looked like in the early 20th century. This fine collection of local history artefacts is ably looked after by some very dedicated volunteers and was a delight to visit. We are also becoming familiar with using the iPad and Apple TV in the hostel lounge which gives us great access to many songs and lyrics from You Tube and other web sites. This has enabled us to revamp the sing-along time to be able to take requests and find the artist and song with minimal delay which has enhanced everyone's

enjoyment of this leisure activity.

August saw us gearing up for Father's Day with Vicki and residents hard at work with craft projects. We also gave a nod to Wattle Day with yellow decorations and wattle pictures adorning the dining room. The official Wattle Day is now the 1st September but as this is Father's Day as well, we decided to pay homage to the traditional NSW observance of 1st August. A visit from a company called Feet Fitters tempted residents to buy shoes at the end of August. After 2 months of no birthdays, August is a busy month for celebrations with a special mention for Gordon Allerdice who celebrated his 60th birthday. Bernice Mulvogue, Jean Williamson and Margaret King also celebrated their birthdays.

WORK HEALTH AND SAFETY CORNER (WH&S)

by M Telford CEO

(Source Holman Webb Lawyers - ACS WHS)
A case was recently brought before the Fair Work Commission (FWC) by a worker who was dismissed for failing to complete a company's safety training. The case was *Rose v Tahmoor Coal Pty Ltd* [2013] FWC 4291.
Rose (the Applicant to FWC) was a fitter and commenced employment with Tahmoor mine in 1975. Rose had participated in a number of safety training courses organised by Tahmoor mines between 2010 and 2012. The evidence showed that Rose's conduct in training was at times unacceptable and disruptive, and would interject with negative comments about Tahmoor mines safety performance. Rose failed to complete assessment tasks which resulted in his failure to complete the core competencies of the WH&S Training. Tahmoor mines issued Rose with a first and final warning following disciplinary action in 2010. Corrective Action Procedure under the Enterprise Agreement was also commenced, meaning movement from an evening shift to a day shift for closer supervision. Rose attended further training courses, however failed to complete the required WHS Training courses and continued to display a poor attitude.

The FWC found that Tahmoor mines had a valid reason to dismiss Rose.
"Both Tahmoor mines and Rose had obligations under the Work Health and Safety legislation.... of ensuring the health and safety obligations were met, was the requirement for employees to participate in a proper way in safety and skills related training and to be assessed as competent in that training. The manner in which Rose conducted himself in training sessions and his failure to be assessed as competent were factors that Tahmoor mines was entitled to rely upon when deciding whether he should remain in employment. The applicants conduct and behaviour in the training courses was unsatisfactory."

Lessons learned:

- Employees have obligations to ensure that they actively participate in workplace courses including Work Health and Safety courses when directed to do so by their employer.
- An employee can be disciplined for failure to participate and meet their obligations to complete a required training course.
- An employee is required to actively participate and show a minimum standard of behaviour and attitude in all work situations including training courses.
- Repeated disruptive behaviour and poor attitude can be considered misconduct.

Christophorus House Retirement Centre (now Village)

By Helga Forster

Numerous are the benefits of Anthroposophy. We hear about the physical existence of man and of his spiritual essence that goes beyond birth and death; about the development of our earth and its interconnection with the whole of the cosmos and humanity and many other important aspects of a spiritual science. But the content of Anthroposophy is much more than just an answer to our searching questions – it also has great practical value and while we penetrate the works of Rudolf Steiner we ourselves change. Our soul faculties of thinking, feeling and willing become different.
In order to follow Rudolf Steiner's thoughts, it is necessary for us to actively participate and while we marvel about Evolution and the different epochs, we are impelled to use thoughts that carry us beyond the confines of narrow mindedness to a wider awareness. Our feeling changes too. We hear of sublime goals for humanity and a smugly conventional attitude can be overcome and a deep love and compassion for our fellow human beings can arise. We become more socially aware. And if one really enters into spiritual science wholeheartedly, seeing in it not just theory, one can absorb the warmth that comes from it and thereby strengthen the force of will to such an extent that many obstacles can be overcome.
The founders of Christophorus House are aware of the need to understand the plight of the ever increasing number of elderly people in our midst. Today's society concedes that the coping with old age poses a major problem and tries to deal with it as well as they can. But often the deeper needs of the aged are not being met due to a lack of spiritual insight.
Every single year in one's life brings new manifestations and revelations as a life biography unfolds. A sixty year old person is in touch with something that cannot be experienced by a thirty year old. Whilst growth ceases and vitality begins to decline at a certain point in time a very real and concrete spiritual development can take place. Spiritual unfolding is in direct polarity to what one is experiencing biologically. Around the middle of life the pre-birth forces that carried man from the past into the present find a conclusion and everything that comes after is already the embryonic beginning of the spiritual man who will be born when physical death occurs.
With such knowledge what could we as members of the Anthroposophical Society in Sydney do to help meet the challenge of the need to nurture the spirit of the aged as well as shelter and care for the body? One answer was the founding of Christophorus House which was started in 1974. All 39 Foundation Members were members of the Society. The property is situated in Hornsby NSW, close to shopping and transport. With Stage 1 completed, we have eleven residents, Stage 2, which comprises 6 double and 4 single units will be started soon and the proposed 23 bed Hostel should be completed in 1982. At present we have weekly art classes that are filled to capacity and attended by many retired people. Often we are told of the very special atmosphere that surrounds these gatherings. When the next stage is completed, we will introduce study groups, lectures, speech classes, musical entertainment and hopefully Eurythmy. People wishing to join our growing community are first acquainted with an outline of the philosophy and if they appreciate what we offer we are happy to take them in.

To Sleep

By John Keats (1795-1821)
O soft embalmer of the still midnight,
Shutting, with careful fingers and benign,
Our gloom-pleas'd eyes, embower'd from the light,
Enshaded in forgetfulness divine:
O soothest Sleep! if so it please thee, close
In midst of this thine hymn my willing eyes,
Or wait the "Amen," ere thy poppy throws
Around my bed its lulling charities.
Then save me, or the passed day will shine
Upon my pillow, breeding many woes,—
Save me from curious Conscience, that still lords
Its strength for darkness, burrowing like a mole;
Turn the key deftly in the oiled wards,
And seal the hushed Casket of my Soul.

Your internal 24 hour sleep / wake cycle, otherwise known as your biological clock or circadian rhythm, is regulated by processes in the brain that respond to how long you've been awake and the changes between light and dark. At night, your body responds to the loss of daylight by producing melatonin, a hormone that makes you sleepy. During the day, sunlight triggers the brain to inhibit melatonin production so you feel awake and alert. Your internal clock can be disrupted by irregular sleeping patterns—leaving you feeling groggy, disoriented, and sleepy at inconvenient times. The production of melatonin can also be thrown off when you're deprived of sunlight during the day or exposed to too much artificial light at night—especially the light from electronic devices, including TVs, computers and mobile phones.
Australians are increasingly suffering from insomnia and disturbed sleep, even though the average amount of hours we spend sleeping has extended by ten minutes since 1992 to 8 hours and 30 minutes.
There is a small number who can function on a tiny amount of sleep. Margaret Thatcher accomplished many things as one of the UK's longest-serving - and most divisive - prime ministers. But one of her universally appreciated qualities was her ability to get by in the top job on only four hours sleep each day, which researchers describe as a rare attribute.
It's time for people to wake up and realise they need sleep. Fifty five per cent of Kiwis say they never wake refreshed, and trying to fix the problem - swapping sleep for work or exercise, drinking alcohol to "relax", and using a cell phone or computer screen at bedtime - can lead to premature ageing, serious health problems and early death.

Professor Shantha Rajaratnam, President, Australasian Sleep Association said, "Poor sleep in older people is most likely related to conditions that accompany getting older such as significant medical and psychiatric conditions, specific sleep disorders, increased use of medication and changes in circadian sleep-wake cycles.
Sleep deprivation affects hundreds of genes involved with inflammation, immunity and cells' response to stress, British researchers have found. The findings might help explain why some people who do not get enough sleep have an increased risk for obesity, heart disease and cognitive impairment.

Myths and Facts about Sleep

Myth 1: Getting just one hour less sleep per night won't affect your daytime functioning. You may not be noticeably sleepy during the day, but losing even one hour of sleep can affect your ability to think properly and respond quickly. It also compromises your cardiovascular health, energy balance, and ability to fight infections.

Myth 2: Your body adjusts quickly to different sleep schedules. Most people can reset their biological clock, but only by appropriately timed cues—and even then, by one to two hours per day at best. Consequently, it can take more than a week to adjust after travelling across several time zones or switching to the night shift.

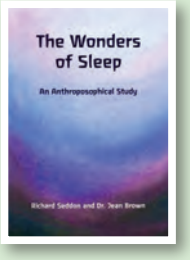
Myth 3: Extra sleep at night can cure you of problems with excessive daytime fatigue. The quantity of sleep you get is important but it's the *quality* of your sleep that you really have to pay attention to. Some people sleep eight or nine hours a night but don't feel well rested when they wake up because the quality of their sleep is poor.

Myth 4: You can make up for lost sleep during the week by sleeping more on the weekends. Although this sleeping pattern will help relieve part of a sleep debt, it will not completely make up for the lack of sleep. Furthermore, sleeping later on the weekends can affect your sleep-wake cycle so that it is much harder to go to sleep at the right time on Sunday nights and get up early on Monday mornings. (Adapted from: *Your Guide to Healthy Sleep, The National Institutes of Health.*)

How many hours of sleep do you need?

According to the National Institutes of Health, the average adult sleeps less than seven hours per night. In today's fast-paced society, six or seven hours of sleep may sound pretty good. In reality, though, it's a recipe for chronic sleep deprivation. There is a big difference between the amount of sleep you can get by on and the amount you need to function optimally. Just because you're able to operate on seven hours of sleep doesn't mean you wouldn't feel a lot better and get more done if you spent an extra hour or two in bed. While sleep requirements vary slightly from person to person, most healthy adults need between seven and a half to nine hours of sleep per night to function at their best. Children and teens need even more. And despite the notion that our sleep needs decrease with age, older people still need at least seven and a half to eight hours of sleep. Since older adults often have trouble sleeping this long at night, daytime naps can help fill in the gap.
The best way to figure out if you're meeting your sleep needs is to evaluate how you feel as you go about your day. If you're sleeping enough hours, you'll feel energetic and alert all day long, from the moment you wake up until your regular bedtime.
Can't Sleep? – You don't have to put up with insomnia. Simple changes to your lifestyle and daily habits can put a stop to sleepless nights.
Readers are also referred to a book called *"The Wonders of Sleep"* by Richard Seddon, which gives a deeper insight on the nature of sleep and the relationship to our higher members and the spiritual world. Please contact Monika at Christophorus House for a library book loan.
This article was sourced at: http://www.poetryfoundation.org/poem/173752; http://www.helpguide.org/life/sleeping.htm; http://www.sleep.org.au/asanews; http://www.nih.gov/ For a Sleep Hygiene fact sheet, please contact Monika at Christophorus House, tel 9476-3161 ext 2.

Book Review



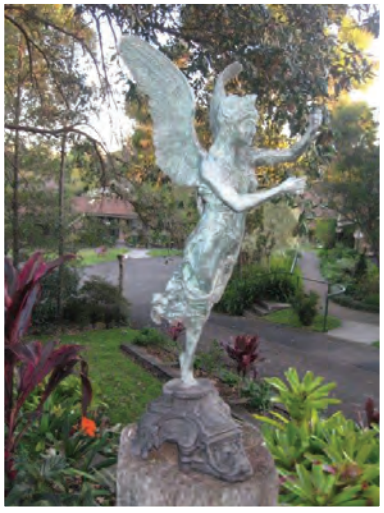
The Wonders of Sleep
An Anthroposophical Study
Compiled by Richard Seddon - Wynstones Press

Sleep is one of the greatest riddles of existence. It is an absolute necessity for the refreshment of each one of us, yet natural science can give virtually no explanation of how this is done. And the reason for this is clear: it is not only a natural, but also primarily a spiritual process. Understanding therefore depends on the research of the spiritual scientist, and pre-eminently on that of Rudolf Steiner. This book is the first integrated account of the many aspects of sleep that Steiner described, and the first to outline the bodily processes involved in anthroposophic terms. This study opens up awareness of our little-known relationships with the cosmos and its beings, in which we all spend a significant portion of our life.
If you are interested in reading this book, please contact Monika at Christophorus House.

CALENDAR of EVENTS

Month	Day	Event
AUGUST	30	Visit by *The Feet Fitters* – Hostel lounge room from **10.30am**.
SEPTEMBER	3	Bob Davis presents *Left Handed People* – Bob shares some amusing insights. Hostel lounge room at 2.30pm. $5.00 contribution. All welcome.
	9	**Monthly Outing** for lunch at the King Tide Café, Brooklyn. Contact Barbara on 9476 1947 if you wish to go.
	11	**Long shopping day** – leave Hostel at 10.30am, pick up at 12.30pm and 3pm.
	16	**Monday Movies** – 10.30am and 2pm. All welcome.
	18	**Morning of Music** at Epping Boys High School. Bookings essential 9476 3161 ext 2.
	19	Residents' Committee attends R.V.R.A's AGM at the Central Coast Leagues Club.
	26	Self Care Residents' meeting at 2pm. RSVP Monika on 9476 3161.
	28	The Christian Community service with Reverend Lisa Devine. Please be seated at 9.50am for a prompt 10am start. Morning tea and a talk to follow.
OCTOBER	6	**Daylight Savings starts** – move clock **forward** one hour at 2am.
	9	**Long shopping day** – leave Hostel at 10.30am, pick up at 12.30pm and 3pm.
	17	**Barbeque lunch** for Self Care residents.
	21	**Monday Movies** – 10.30am and 2pm. All welcome.
	26	**Christophorus House Annual General Meeting.**

Residents' attention is drawn to the Hostel's monthly Leisure Schedule which features combined events for Self Care residents and Hostel residents. It is distributed at the beginning of each month and every resident is invited to attend talks, presentations and events as well as morning exercises. Additional notices of combined events will also be circulated. Please advise if you wish to attend an event. Please note that it is a requirement that visitors and residents who attend events in the Hostel must sign themselves in and out/

Some 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
Bridge is taking a break at present. For enquiries, contact Monika.
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.
Footbath/Leg Massage Therapy is fortnightly on Fridays in the Hostel.