NEWSLETTER No 4

Summer 2013

Christophorus House
retirement village

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Editor's Letter

Dear Members and Friends

I'm finding it very hard to believe how close we are to Christmas! Everyone is very busy preparing for this exciting event. We are looking forward to all our residents coming together for the annual Christmas lunch to share a meal which is usually a delicious feast both for the eyes and mouth! The Christophorus House *Carols by Candlelight* is well attended each year and everyone looks forward to it. This year, we welcome the *Satsang Choir* who will accompany a traditional carols program which residents have personally selected so come and enjoy this festive occasion.

We farewell both Walter and Kathy who have retired from working at Christophorus House after many years. Walter came to the Village to work in the garden of one of the early self care residents back in the early 1970's. He will undoubtedly be missed for his

great sense of humour, his caring and generous capacity to help our many residents over the years. Thank you, Walter – we will miss you but wish you and Kathy every happiness for your retiring years. Other comments of Walter and Kathy can be read elsewhere in this newsletter.

Monika Bebb
Self Care Liaison Co-ordinator

Maintenance Matters

Well, what an interesting variety of weather we have been experiencing lately. From the orange haze in the sky of bush fire smoke, chilly days, hot spells to – what! – yes! a "tornado" just down the road here in Hornsby! We've also had lightening storms causing blackouts so the extremes we've been thrown at by nature have tested our quiet little Village tremendously. But due to preventative maintenance that's carried out regularly, we have fared pretty well through all these extremes. We had some minor flooding with storm water pits being blocked and gutters pulling away from fascia boards due to the shear amount of rain coming down. Our plumber, Shane and myself, have now sorted these issues out. With Christmas fast approaching, I have been busy wrapping up some major projects before year's end so that we have a clean slate before the start of 2014. Wishing you all a great Christmas – until next time.

Hayden Ibbett
Maintenance Supervisor

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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

We recently concluded our Annual General Meeting, whereupon we were given an update presentation on the new building development, from our architect Joel and project manager Ian. It is hoped that our DA will be lodged before Christmas and that the problematic issue of the height of the building (1.5 metres too high) is resolved in accordance with compliance under the local planning instruments. It is fair to say that even before we begin making known to the wider community our project to build more 'independent living units' (ILUs), there is some interest already coming from this quarter. Currently there are 9 interested parties; the first stage will be 16 units and the aim is to be able to show the bank that there are 16 interested parties committed to enter residency in the new development. It is planned to have a public forum of interested parties early in the new year and that initial contracts be entered into with a nominal deposit (of say $5,000); however these can only be entered into when there is a Council approved development (as required by the Retirement Villages Act [RVA]). Such contracts, under the RVA, would not be enforceable, (the RVA allows parties to contract out where 28 days notice is given), but would meet our financiers requirement that we had solid commitments for our first stage of development.

Two of our long standing employees will be leaving CHRV at the end of this year: Walter Janssen, who first came in contact with CHRV in the early 1980's (before the Hostel was built), as a groundsman / maintenance man, subsequently becoming a permanent part-time employee in 1990, and Catherine Russell, who has been here nearly 20 years, since 1994, and worked as a personal care assistant and as a kitchen hand. They both met at CHRV and will be heading North to retire. We thank both Walter and Catherine for nearly a life time of dedicated service to the residents of CHRV and wish them all the very best in their well earned retirement.

Further on in this Newsletter there is an article relating to one aspect of the Christmas festival, based on a few excerpts of a lecture given by Rudolf Steiner. Whilst this time of the year can have many different meanings for each and everyone, from the arrival of Santa Claus for children to being a holiday, as well as being a stressful time for many; Christmas also is a time that signifies the 'springing of hope eternal'. We can reflect within ourselves, on what Christmas means and in the sense of the article, it has through the ages meant that a divine being entered earthly evolution, as the hope for humanity into the future, that we are not to be forsaken. The Mystery of Christmas has a joyous quality about it, we feel into the mood of this time. I wrote last year that unfortunately our senses become somewhat 'blunted' to Christmas, due to the overwhelming assault on our senses by the commercial realm. It is a pity that many can no longer appreciate the real meaning of Christmas in its deeper sense and that this lack of understanding goes so far as to attempt to even deny Christmas all together and call this time of the year just a holiday. In the USA, prior to Christmas, there is the Thanksgiving celebration. Here in Australia, whilst we don't have a separate day for Thanksgiving, we can in our person combine Thanksgiving with Christmas.

Christ Jesus was the example of giving, and the washing of the feet springs to mind. We are all where we are, thanks to others in our communities, and we give thanks for that. My message for Christmas is that I should like to thank you all, the Board, the staff, the residents, the friends and relatives, the helpers and all those many others, who contribute to the well being of Christophorus House; thank-you for your dedication and commitment to the life of Christophorus House; without all of you, there would be one less community that reflects within our society at large, the impulse of that great supersensible Spirit, which we celebrate at Christmas; the impulse of peace, joy, hope, to all people of 'goodwill'.

Milan Telford

Brain teasers

submitted by Milan Telford

Q: What starts with the letter "t", is filled with "t" and ends in "t"?

Q: How many months have 28 days?

Q: A horse is on a 24 foot chain and wants an apple that is 26 feet away. How can the horse get to the apple?

Q: What is so delicate that saying its name breaks it?

Q: If I have it, I don't share it. If I share it, I don't have it. What is it?

Answers will be provided in the next newsletter!

VESSEL

Become a vessel for the spirit
strong enough to hold the love
thats waiting there
the noble love
you hold inside yourself
because a spark
of that great love's
within you
yet
you need to
fan it into consciousness
let it become a fire
to warm you through
and through you meet the world.

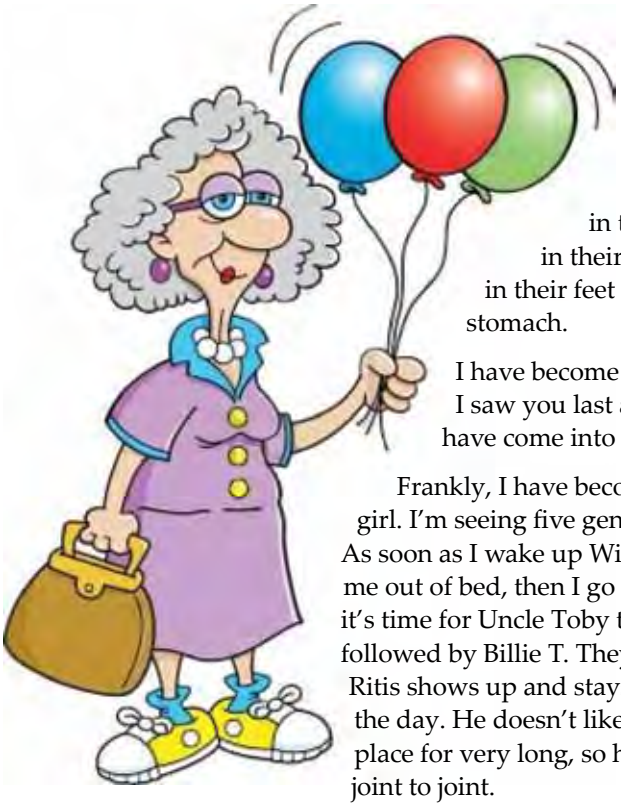
Clare Coburn

Love is born

NWith a dark and troubled face
When hope is dead
And in the most unlikely place
Love is born:
Love is always born.

Michael Leunig

What are seniors worth?



Old folks are worth a fortune - with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomach.

I have become a little older since I saw you last and a few changes have come into my life.

Frankly, I have become a frivolous old girl. I'm seeing five gentlemen every day. As soon as I wake up Will Power helps me out of bed, then I go to see John. Next it's time for Uncle Toby to come along, followed by Billie T. They leave and Arthur Ritis shows up and stays for the rest of the day. He doesn't like to stay in the one place for very long, so he takes me from joint to joint.

After such a busy day I'm really tired and glad to go to bed with Johnny Walker. What a life! Oh yes, I'm also flirting with Al Zimer.

P.S. The Preacher came to call the other day. He said that at my age I should be thinking of the hereafter. I told him I do, all the time, no matter where I am, if it's in the parlour, up stairs, in the kitchen or down in the basement. I ask myself, now what am I here after?

Sourced at http://thkidd.com/seniors02.htm

Between simulus and response, there is a space. In that space is the power to choose our response. In our response lies our growth and freedom."
Viktor Frankl

Be kind to your kids, they'll be choosing your nursing home.
Unknown

Our birth is but a sleep and a forgetting; the soul that rises with us, our life's star, hath had elsewhere its setting, and cometh from afar; not in entire forgetfulness, and not in utter nakedness, but trailing clouds of glory do we come from God, who is our home. **William Wordsworth**

It's sad to grow old, but nice to ripen.
Brigitte Bardot

Confidence is the feeling you have before you understand the situation. **Unknown**

Age is an issue of mind over matter. If you don't mind, it doesn't matter. **Mark Twain**

Blessed is the person who is too busy to worry in the daytime and too sleepy to worry at night.
Unknown

Time flies like an arrow. Fruit flies like a banana. **Groucho Marx**

News from the Hostel

Report by Kathy Gasper, Diversional Therapist

As I sit at my desk I can hear the cicadas drumming away and so heralding the coming summer season and I always remember a song I learnt way back in my early days at school and it always runs through my mind… "summer has come from the sunny lands, summer is here again". And the lead up to the summer season has been full of outings and interesting events for us to look forward to.

Vicki has excelled in finding interesting venues for the once a month long lunch outings, which included going to *The Armoury* café at Newington and *The Bird in the Hand* café at Pitt Town. This last venue was particularly of interest to Bill Arndell as they went to visit his old home in Cattai as well which had been in his family since the earliest days of white settlement and was then passed on to the National Parks.

In September we were well informed by a return visit from Bob Davis talking about left handed people as well as going to Epping Boys High for their once a year senior citizens concert. We were a small group this year with just 3 from the hostel and 3 from self care, and we may see if we can go to a concert at a closer school next year to make the outing more accessible for residents who find a long bus trip hard. Helen Wardrop celebrated her 97th birthday this month.

One of the biggest concerns for people as they get older is falls so our Hostel Manager Denise organised a team to talk about falls prevention in October which was very informative and gave us a lot to think about. Jolyon Bromley gave a talk about Greek drama and entertainer Murray Ferguson gave a very well received concert full of all the oldies but goodies songs that everyone sang along to. We also had a tasty Italian Day lunch prepared by our wonderful chef Anthony.

November is all about the Melbourne Cup which is one of our biggest days of the year with a special lunch, games, fun, laughter and sweeps, nibbles and drinks all leading up to the actual race. I believe that Harry Bolton was the big winner on the day. November is crowded with birthdays too and we celebrated Elsie Blair's 97th birthday, Martin Hieke, Rosa McTiernan and Harry Bolton's birthdays. And so again we come to our busiest month of December. I know that the residents have been hard at work making some lovely Christmas decorations so do come along to the Carols by Candlelight evening so that you can experience some of the joy that the season has to offer and admire their handiwork.

Excerpts from Christmas Lecture by Rudolf Steiner[1]

by Milan Telford - December 2013

"The Festival of Jesus' birth was celebrated for the first time in Rome in the year A.D. 354. Before then this Festival was not celebrated between the 24th and 25th December; the day of supreme commemoration for those who understood something of the deep wisdom relating to the Mystery of Golgotha, was the 6th of January. The Epiphany was celebrated as a kind of Birth-Festival of the Christ during the first three centuries of our era. It was the Festival which was meant to revive in human souls the remembrance of the descent of the Christ Spirit into the body of Jesus of Nazareth at the Baptism by John in the Jordan. Until the year A.D. 353 the happening which men conceived to have taken place at the Baptism was commemorated on the 6th of January as the Festival of Christ's birth. For during the first centuries of Christendom an inkling still survived of the mystery that is of all mysteries the most difficult for mankind to grasp, namely, the descent of the Christ Being into the body of Jesus of Nazareth. The hearts and minds of those who in the early centuries of our era understood the true import of Christianity turned to the Baptism in the Jordan of Jesus of Nazareth into whom Christ descended, Christ the Sun-Earth-Spirit. It was this — the birth of Christ — that was celebrated as a Mystery in the early Christian centuries."

"This insight, flashed up in the form of vision from the vestiges of ancient clairvoyance still surviving during the age when the Mystery of Golgotha took place; it flashed up in the Gnostics, those remarkable, enlightened men who lived at the turning-point of the old and the new eras."

[Today, Anthroposophy rightly attempts to understand this insight, in a form appropriate to our age; but whilst the form is different the content is the same].

"What the Gnostics were able to teach trickled through into the world and although what had actually come to pass in the event indicated symbolically by the Baptism in the Jordan was not widely understood, there was nevertheless an inkling that the Sun Spirit had been born at that time as the Spirit of the Earth, that a cosmic Power had dwelt in the body of a man of earth. And so in the early centuries of Christendom the festival of the birth of Christ in the body of Jesus of Nazareth, the festival of Christ's Epiphany, was celebrated on the 6th of January".

"But insight, even dim, uncertain insight into this deep Mystery faded away more and more as time went by. The age came when men could no longer comprehend that the Being called Christ had been present in a physical human body for three years only. More and more it will be realised that what was accomplished for the whole of earth-evolution during those three years in the physical body of a man is one of the very deepest and most difficult Mysteries to understand. From the fourth century onwards, with the approach of the materialistic age, the powers of the human soul — then still at the stage of preparation — were not strong enough to grasp the deep Mystery.

"The birth of Christ was placed thirteen days earlier and envisaged as coincident with the birth of Jesus of Nazareth. But in this very fact we are confronted by something that must always be a source of inspiration and thanksgiving. Actually, the 24th/25th of December was fixed as the day of Christ's Nativity because a great truth had been lost" (the truth of Epiphany), "and yet ... although the error would seem to point to the loss of a great truth, such profound meaning lay behind it that — although the men responsible knew nothing of it — we cannot but marvel at the subconscious wisdom with which the festival of Christmas Day was instituted."

"The Christmas thought — if we understand the festival which commemorates man's divine origin and the symbol before us on Christmas Day in the form of the Jesus Child — says to us ever and again that the powers which bring peace to the soul can be found within ourselves. True peace of soul is present only when that peace has sure foundations, that is to say, when it is a force enabling man to know: In thee lives something which, if truly brought to birth, can, nay must, lead thee to divine Heights, to divine Powers."

Christophorus House Retirement Village is a haven of peace for all those that live here in their latter years. May Christmas bring this Community and the wider circle of all our friends, a sure foundation in the keeping of the Holy festival of Christmas.

[1] 'The Birth of the Sun-Spirit as the Spirit of the Earth - The Thirteen Holy Nights' - Hanover (26th December, 1911), by Rudolf Steiner

Seniors Eye Health

A regular eye exam is the best way to protect your eyesight – and an easy precaution to take. Another way to safeguard your vision is through proper eye nutrition.

Nutrition is a Key Component of Eye Health

As part of an eye-healthy diet, choose foods rich in antioxidants, like vitamins A and C, such as leafy, green vegetables and fish. Many foods – especially fish – contain essential omega-3 fatty acids that are important to the health of the macula, the part of the eye responsible for central vision.

An inadequate intake of antioxidants, as well as over consumption of alcohol and saturated fats may create free-radical reactions that can harm the macula. High-fat diets can also cause deposits that constrict blood flow in the arteries. The eyes are especially sensitive to this, given the small size of the blood vessels that feed them.

What If Diet Just Isn't Enough?

Studies indicate that proper nutrition is important to maintaining eye health. As we age, our eyes may not get enough nutrition through diet alone. A diet including Omega 3 and 6 mg of Lutein, along with anti-oxidant vitamins C and E; nutrients important to the health of the macula, the part of the eye responsible for central vision can improve eye health. The body cannot manufacture Lutein or Omega-3 and ordinary multivitamins only contain a fraction of these nutrients so it's important to include these. These statements have not been evaluated by the Food and Drug Administration.

Exercise

Exercise is important because it improves blood circulation, which, in turn, improves oxygen levels to the eyes and the removal of toxins.

Wear Sunglasses

Being outdoors on a sunny day feels wonderful – but it can be tough on your eyes. The solution? Wear sunglasses that block harmful ultraviolet (UV) rays. Also, a hat with a brim will reduce the amount of UV radiation slipping around the side of your sunglasses.

At the Computer

After two hours of staring at a computer screen, you can end up with the same kind of repetitive stress in your eye muscles that a keyboard causes in your wrists. Here are a few tips to help reduce the impact of computer eyestrain:

- Keep your computer screen within 20"-24" of your eyes
- Keep the top of your computer screen slightly below eye level
- Minimize the distance between your computer screen and any documents you need to reference while working
- Use drops to soothe irritated, dry eyes
- Adjust lighting to minimize glare on the screen
- Take a break every 15 minutes to focus on a distant object
- Blink frequently

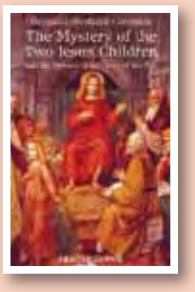
Eye Injuries

If your eye is injured, you should always get immediate, professional medical attention. It's simply the best way to safeguard your vision. Here are some symptoms that may signal a serious eye injury:

- Obvious pain or vision problems
- Cut or torn eyelid
- One eye that does not move as completely as the other
- One eye that protrudes more than the other
- Abnormal pupil size or shape
- Blood in the white of the eye
- Something imbedded in the eye
- Something under the eyelid that cannot easily be removed.

Article sourced from http://www.bausch.com/en/vision-and-age/60s-eyes/seniors-eye-health/

Book Review



The Mystery Of The Two Jesus Children:

Bernard Nesfield-Cookson – Temple Lodge publication

The Christian Gospels give two widely differing genealogies for Jesus, which have baffled theologians throughout the centuries. Not only are these genealogies irreconcilable, but the stories of the two accounts of the birth of Jesus, as given by Matthew and Luke, are also radically different. How can this be accounted for? An ancient tradition tells that there were two children named Jesus, a year apart in age and both born to parents named Mary and Joseph. These two children, brought up in close proximity, eventually united in a mysterious way, resulting in a single Jesus destined to grow up and fulfil the prophecies of the Old Testament.

CALENDAR of EVENTS

Month	Day	Event
DECEMBER	5	**The Silk Brocade** - Special Event in the Hostel Lounge at 11am. $10.00 contribution. Bookings essential on 9476 3161 ext 2.
	11	Long shopping day – leave Hostel at 10.30am, pick up at 12.30pm and 3pm.
		Combined residents Christmas Lunch at 12noon in the Hostel
	14	The Christian Community service with Reverend Lisa Devine in the Cottage. Please be seated at 9.50am for a prompt 10am start.
		Morning tea and a talk to follow.
	18	**Carols by Candlelight** in the Hostel lounge room.
JAN???	3	Bob Davis

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
Scrabble is tak
Bridge takes place in the Hostel's *Evelyn Latter Room* on Mondays.
Monday Movies are held on the third Monday of every month except for December.
Music with Rowlanda is on Mondays and Fridays at 1pm.
First Class is held from February to November on the third Sunday at 10am.
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.

Self Care residents attend the RVRA AGM in Gosford on 19th September

Sam, Lily and Tom – Ibbett children

Lower Hostel lawn after the rains

Farewell Walter and Kathy