

Summer 2014

Newsletter nr 4



- ★ Carols by Candlelight
10 December
- ★ Muscle is important at
every age
- ★ Look back at history of
December
- ★ What are seniors
worth?



Christophorus House
Retirement Village

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Editor's Letter

Dear Members and Friends,
Not long to Christmas now!
Everyone here is busily preparing for this exciting event. We are looking forward to all our residents coming together for the annual Christmas lunch to share a meal and communion. We again welcome the Satsang Choir to Christophorus House for the annual Carols by Candlelight which is something to look forward to. A

program of traditional Australian carols has been personally selected by residents which we hope everyone will enjoy.

We remember two of our residents who crossed the threshold recently: Mavis Bennett and John Vieser. Our heartfelt condolences go to Mavis' family and John's wife of 50 years, Ruth. Long time Hostel residents Rosa McTiernan and Joy Patten also departed this world recently and our heartfelt condolences go to their families. When we farewelled both Walter and Kathy from their long working lives at Christophorus House to retire to the country, it was a surprise to hear that Walter had died in November, not long after they finished building their new home. Walter will be remembered for his great sense of humour as well as for his caring and generous nature in helping our many residents over the years. Our warmest good thoughts



and condolences go to Kathy in this sad time.

Congratulations to Liz and Jason, our gardener, who have a new



addition to their family! Jordan arrived in October and becomes son Nr 3. Welcome Jordan!
As you know, my work escalates at this time of year especially as there are many deadlines for planned events. Apart from this busyness, I look forward to celebrating Christmas with the residents whose lives have enriched mine this past year and so this is a good opportunity to thank everyone for their friendship, kind heartedness and support. I wish you all as well as our readers a peace-filled and joyous Christmastime and a healthy and happy New Year in 2015.

Monika Bebb
Self Care Liaison Officer

Maintenance Matters

*Report by Hayden Ibbett,
Maintenance Supervisor*

Well what a spectacular show the gardens have provided with the coming of spring! The grounds have been a mass of colour with all corners showing off an array of assorted flowers. A big credit to Jason for his hard work, dedication

and knowledge to bring the plants to their full potential. Our Turpentine trees were in full bloom this year, creating a lot of pollen and mess under the span of their branches but this has now finished, thankfully.

Unit 12 has had a major renovation and is ready for our new resident. Footpath water pressure cleaning is underway with large sections

completed. Also, all external woodwork of ILU's has been soft washed and looks great, thanks to Simon from All External Cleaning & Sealing Services who did a very professional job. Window cleaning has been booked in for January. The Hostel continues to run smoothly with no major maintenance issues to report. Christmas is just around the corner so enjoy and stay safe.

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Hostel 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: Robert Allerdice Chairman, Mary Arndell, Graham Long, Sune Nielsen, Madeleine Pathe, John D Shaw. **CEO:** Milan Telford; **Hostel Manager:** Denise Zhao; **Hostel**

Supervisor: Vik Sonea;

Self Care Liaison Officer: Monika Bebb;

Maintenance: Hayden Ibbett.

Christophorus House is a Not-for-Profit organisation and has operated since 1984.

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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



As we draw to the end of 2014 and reflect back on the year, there has certainly been much activity and movement forward, and today, CHRV stands in a very good situation coming into the new calendar year (I shall elaborate on this below). Recently we had our AGM (1st Nov) where our Chairman Robert Allerdice announced that we had obtained our DA, with unanimous approval of the Hornsby Shire Council. In the last Newsletter the meeting had not occurred as yet; I again thank the Hornsby Shire Council for their support of our project to extend the Village. Since this date our Architects have been working diligently to have the construction drawings completed within the 12 week planned date. Once costs and prices of units are determined (following completion of the construction drawings), I shall invite

all those who have expressed an interest in the new development to a meeting. This meeting will also be advertised. Interested parties on the waiting list will have first priority in the purchase of a loan/licence agreement for the new units. CHRV Board and community are very excited about this project as it will feature units designed under the senior living SEPP and will be state of the art with high quality inclusions.

Recently I was approached by two realtors who informed me that they were willing to pay a price almost triple to the price we paid, for the land subject to the development (purchased 3 years ago). Of course, CHRV will continue with its planned project and has no interest in selling, however what this does mean for CHRV is that nearly all 'financial risk of the project' is mitigated by the knowledge that we have now a valuable asset which in a worst case scenario could be sold to offset any costs and the past two to three years of operating losses (due to opportunity cost [lost interest earnings]) sustained during the planning and development phases of the project. Hence as

stated above, CHRV is now in a very good position coming into the New Year.

The **Annual General Meeting** held the first Saturday in November was an excellent event. It showed, amongst other things, that Board and management are a collective whole and that CHRV is under good management all round. Some participants commented to me that one could feel that the organisation was in very good hands. The Chairman, Robert Allerdice, presented a review of a very full year, which included a better than expected financial result due to CHRV having had a full house and costs being kept as low as possible with lower total expenses to last year by over 2%. Karl Kaltenbach as Patron gave the after AGM address and spoke about respect and honouring of each individual, particularly in aged care where it is just as important, if not more so, to acknowledge the individual's role and contribution to society; to respect this as it was respected before. The honour, Karl stated, cannot be claimed by the person himself; it has to be bestowed on each person by others.

Christmas Message

In a lecture Rudolf Steiner wrote: "the True, the Beautiful and the Good, through all ages of man's conscious evolution, these words have expressed three great ideals; ideals which have instinctively been recognised as representing the sublime nature and lofty goals of all human endeavours."

I should like to focus on the term 'Truth'. We live today in an age where it seems 'black is white' and 'white is black'. We see this in our leaders, here and overseas; political and corporate. We see this in our media, which appears not to proceed on the basis of journalistic integrity very often and is often quick to provide opinion with little substance.

We see it in all forms of modern social media: TV, radio, printed media, internet, and by way of advertising; we are saturated by advertising until our very inner being is ill from it (a good reason to switch off from it all). The list goes on and is long.

Many threads connect man in his physical existence with pre-earthly existence, but these threads are severed through untruthfulness. This is partly why (Steiner states) man is subject to so many illusions as to his connection with cosmic existence. "The bond however is strengthened by a love for truth and integrity and nothing establishes man's true and original sense of existence so firmly as a feeling for truth and

thankfulness. To feel in oneself, duty bound, first to 'prove all things' that one utters, to set due restraint on all one's words, this helps to consolidate the sense of existence that is worthy of the human being."

At Christmas we celebrate the turning point of time, a birth which eventually resulted in the Light of the World uniting Himself with the evolution of humankind and the earth. And we remember His words, I AM the Way, the Truth and the Light. May we see the truth when it is hidden by the shadows; may we listen to our own inner being and not some external authority as to the truth of a matter; without seeing the truth, the connections to spiritual spheres is severed.

Muscle is important at every age

According to the experts, exercise is NOT an 'optional extra' for Good Health.

Where does an exercise routine stand in your list of priorities? Do you have a regular movement regimen? I love my early morning workout, it's a habit I have had for many years, but I have noticed as the cooler weather comes on it's always harder to stick to my normal exercise routines. Although it's nice to snuggle in bed or get cosy on the lounge, I find my mood and energy drops when I don't move enough. Having just read a fascinating article about the importance of exercise in maintaining good health, I felt inspired to share these insights into the importance of regular exercise and why we feel better when we move our body.

In the article titled **WHY MUSCLES MAKE GOOD MEDICINE** 'Sydney Morning Herald' health writer Paula Goodyer speaks with Rob Newton, Foundation Professor of Exercise and Sports Science at Western Australia's Edith Cowan University, and highlights why an exercise habit is like a pill that boosts energy, strength and improves resistance to disease.

One of the most compelling findings of recent years is that



image: freedigitalphotos.net by farconville



Photo: <http://silverevolution.wordpress.com/2011/11/27/exercising-to-music-may-reduce-fall-rates/>

muscles are actually a huge secretory organ, and when we exercise them they release hormone-like chemicals that have a major influence on every system of the body. The naturally occurring chemicals in the body are called *myokines*, and some of the beneficial effects they have when released during exercise include reducing the low level inflammation in the body thought to contribute to heart disease, type 2 diabetes and Alzheimer's, and possibly act as tumour suppressants.

On a cellular level, '*mitochondria*', the little energy 'factories' in our cells, multiply in your body when you exercise. The more mitochondria you have, the more energy you have. According to Rob Newton, when you're inactive, the numbers of mitochondria decline so it gets harder to do things. If you become ill when you already have fewer mitochondria it's harder to recover.

Strength building exercise in particular produces a surge of the hormone testosterone which helps sharpen thinking and memory.

Walking and aerobic exercise are great, but if you don't have an exercise routine that includes strength building by working your muscles then you're not getting some of the most important benefits.

Get moving today! The latest studies are showing that exercise appears to help reduce the risk of some cancers and improve survival in people with cancer. Developing an exercise habit now will stave off chronic diseases in older age. Find a form of movement you enjoy, and set aside a time to do it. There is no time like the present to get moving.

Monika Bebb
Self Care Liaison Officer
(information sourced from www.smh.com.au)

News from the Hostel

Kathy Gasper, Diversional Therapist

To quote John Lennon "life is what happens while we are busy making other plans" and life at the hostel has been happening even whilst Vicki and I have been busy planning different events and well as all of our regular work.

We had the great pleasure in hosting a student from TAFE Castle Hill who came for work experience as part of the course Leisure and Lifestyle Certificate 4. Jeanette soon became an important part of our team and we enjoyed showing, and she appreciated the opportunity, to experience what it like working as a leisure professional. She has since completed the course and we wish her well as she embarks on her new career.

During this time life continued on and brought us three new residents to join our family at the hostel. So we welcome Joan, Anna and Judy and note with pleasure that each has brought their own joy and energy to mingle with the other residents.

I must also note a few extra special events that have happened over the past 3 months. In September there was an afternoon tea to celebrate Father's Day where, as we did for Mother's Day, had an afternoon tea out on the front lawn. All men were given a piece of paper with the invitation to make a paper plane with some interesting results. Donald's was especially impressive for its acrobatic manoeuvres! We celebrated Helen Wardrop's birthday in September. We had an Oktoberfest (in October of course!) where the residents had the opportunity to taste some yummy German cakes and enjoy a coffee from a cappuccino machine. There was also German beer tasting and oompa music to add to the atmosphere, and we all had lots of fun.



Watching the Melbourne Cup

As well, what is always the highlight of the year at the Hostel, once again Vicki outdid herself and ran a **Melbourne Cup** function

which included running sweeps, playing race related games in the form of a **snail race** and having a special afternoon feast. I know that every resident who attended had a ball. We also welcomed Mark Buckle who came to the hostel and speak on the history of Hornsby Hospital which was of great interest to many of residents and visitors. We also observed Remembrance Day. November is a very busy birthday month and we wished Elsie Blair, Fred Hieke and Harold Bolton many happy returns for their special day.



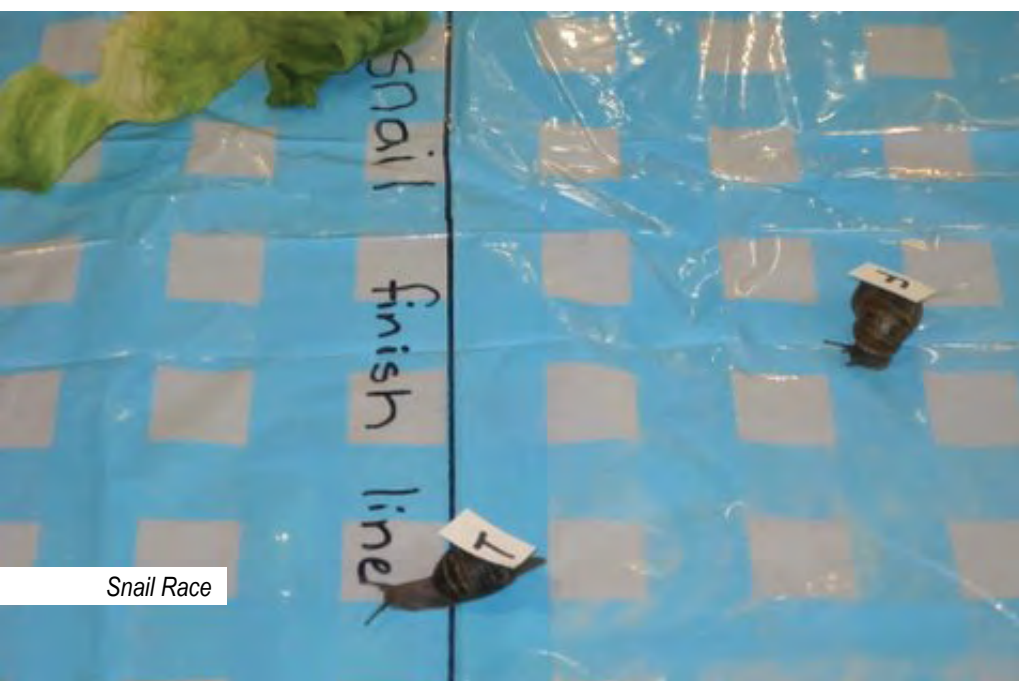
Joy Patten

Unfortunately it is with deep sadness that I must note the passing of two long term residents for whom life has run its course.

Rosa McTiernan and Joy Patten both passed away in the last three months. The comfort I offer myself and others is that they were both **LIVING** their life with pleasure and enjoyment right up till the end.



Rosa McTiernan



Snail Race

On this day...

1st December 1835 - **Hans Christian Andersen** published his first book of fairy tales.

2nd December 1804 - **Napoleon Bonaparte** was crowned emperor of France in Paris.

3rd December 1854 - **Eureka Stockade**: In what is claimed by many to be the birth of Australian democracy, more than 20 goldminers at Ballarat, Victoria are killed by state troopers in an uprising over mining licences.

4th December 1976 - Actress **Elizabeth Taylor** (44) marries for the 7th time to politician John Warner (49).

5th December 1901 - **Walter Elias Disney** was born in Chicago. He became an animator and created the famous Mickey Mouse cartoon character. He died in 1966.

6th December 1956 - **Nelson Mandela** and 156 others were arrested for political activities in South Africa.

6th December 343 - **Saint Nicholas**, Greek Bishop who became the model for Santa Claus, dies at 73.



Hans Christian Andersen



Elizabeth Taylor

7th December 43 BC - **Marcus Tullius Cicero** (b. 106 BC), Roman orator and politician was assassinated.

8th December 1980 - **John Lennon** was 40 when he was shot and killed in New York by Mark David Chapman.

9th December 1929 - **Bob Hawke** was born in Bordertown, South Australia. He became the 23rd Australian Prime Minister (1983-91) and Leader of the Labor Party.

10th December 1936 - **Edward VIII** signs the Instrument of Abdication, thereby giving up the British throne to marry Wallis Simpson.

12th December 1965 - **The Beatles** perform their last concert in Great Britain (Capitol Theatre in Cardiff, Wales).

15th December 1877 - **Thomas Edison** patents the phonograph.

20th December 1812 - "**Grimm's Fairy Tales**" by Jacob and Wilhelm Grimm is published.

20th December 1938 - **Vladimir K Zworykin** (Penn) receives patent on Iconoscope TV system.

23rd December 1888 - Dutch painter **Vincent van Gogh** cuts off his left ear (ouch!!).

24th December 1904 - **German SW Africa** abolishes slavery of young children.

27th December 1901 - singer/actress **Marlene Dietrich** was born Maria Losch in Berlin, Germany. She died in 1992.

31st December 1946 - **President Harry Truman** officially proclaims the end of WW



Phonograph

Work Health & Safety Corner (WH&S)

Milan Telford, CEO



For Christmas, a light hearted look at 'Health'

Reporter: Can you give us some health tips for reaching the age of 101?

Hattie: For better digestion I drink beer. In the case of appetite loss I drink white wine. For low blood pressure I drink red wine. In the case of high blood pressure I drink scotch. And when I have a cold I drink Schnapps.

Reporter: When do you drink water?

Hattie: I've never been that sick.

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>

Humorous Asides

(Kindly provided from John Rowan's newsletter)

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

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)

POEM

For best results...

For best results
A poem cannot
be left in a book.
It likes to be recited
to a neighbour – or a chook,
to a friend who knows you very well,
or one you've newly met.
Release a poem from its bondage
and it works its magic spell
and the outcome, you will tell me,
leads your heart and mind to dwell
in those places which we hardly dare
allow ourselves to see.
You will find this, I assure you,
when you set a poem free.



Calendar of Events

December

10



Carols by Candlelight in the Hostel lounge room. All welcome

11



Christmas Supper for Self Care residents.

18



Combined Residents Christmas Lunch – Hostel dining room.

24



Christmas Eve

25



Christmas Day – office closed and reopens on Monday 29th December.

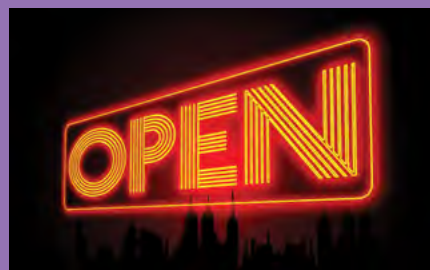
January

1



New Years Day – office closed.

2



Office reopens.

Please contact **Monika** on 9476 3161 ext 2 beforehand to confirm times and dates as changes may occur due to unforeseen circumstances.

Regular Events - enquiries **Monika**

Scrabble takes place in the Hostel's Evelyn Latter Room on Mondays.

Monday Movies are held in the Cottage. For dates and movie title, please call the office.

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 three months.

Footbath/Leg Massage Therapy is fortnightly on Fridays.

