



NEWSLETTER No 2  
**Winter** 2013



**CHRISTOPHORUS HOUSE**  
retirement village



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Front Cover: Christophorus, 1600 - Germanisches Nationalmuseum, Nürnberg

## Editor's Letter

### Dear Members and Friends

In this issue, our cover picture features St Christopher carrying the Christ child. Christophorus House is named after St Christopher and embodies the ideals that live in the hearts and minds of those working here. We strive to meet each individual with compassion, respect and caring in this place. A special thank you to Life Member Pamela Thomas who sent the card with a note to one of our residents saying she thought it is a wonderful depiction of Christophorus – so thank you Pam!

We welcome our newest resident Irene Carlyle: Irene has lived in the Hornsby area for 40 years and found our community to share companionship and friendship with. We wish her a happy and long life here in the Village. And to our long time friend Alison Cameron who has been in respite care for a while, we all wish you the best for your recovery. We are all thinking of you. I'd like to mention that although

Arthur mostly keeps to himself, he has been a great help to me with some jobs around the office which is much appreciated. Thank you, Arthur.

We had five young people from the *Warrah Speech Group* recite a variety of poetry and stories to an appreciative audience; storytellers Sue and Christine from *The Talespinners* took the audience down memory lane with some light hearted humour and stories of "I remember when ..." Residents enjoyed a late summer/early autumn barbeque lunch here in the Cottage – just to name a few events. Our annual midwinter soup night is coming up in June which is a warming event and residents brave the cold to meet with their friends and share a meal together.

We will miss Walter as he's away on long service leave until February 2014 so we will see Hayden around the Village a lot more!

Monika Bebb

Self Care Liaison Co-ordinator

## Maintenance Matters



Hostel Room 14 has undergone renovations with a new vinyl floor, some carpentry work and a fresh coat of paint. More emergency lighting was installed

in the downstairs Hostel hallway and a new Zip hot water system in the kitchen. I held a training session for Self Care residents on fire safety which was well attended. Since Walter will be away until February, I have taken over the driving of the bus as well as additional

Hostel duties. Regular maintenance matters are running smoothly.

I am also happy to announce the arrival of our healthy baby girl, Lily Grace, on 16th April at 8.10pm. After a long labour both Lily and mum Ami are doing well. Lily weighed 6.434kg = 10.3lbs. She continues to thrive and grow and we are so happy to finally have her in our arms. Until my next report, keep warm and well!

Hayden Ibbett  
Maintenance  
Supervisor



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

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:

Chairman Robert Allerdice, Mary Arndell, Graham Long, Sune Nielsen, John Kingsland, 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 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 you wish published, please contact Monika on (02)9476 3161 ext 2 or

email [mbebb@christophorus-house.com.au](mailto:mbebb@christophorus-house.com.au)



# From the Desk of the CEO



I begin with welcoming our new Hostel Manager, Denise, who is proving to be quite an asset. Denise started with us in April and brings with her 10 years of management experience in Aged Care. She was encouraged to apply for the position by our Supervisor, Vik, as he has worked with Denise in the past. Together they make a strong management team in the Hostel. Vik has been acting Hostel Manager (HM), since our last HM, Andrea, had to leave, last June. He has done an exceptional job, maintaining the systems and processes that Andrea put in place during her tenure, with continued development of the team ethos in the Hostel. I would like here, to publicly thank Vik for his professionalism and hard working ethos and for carrying the role of HM, whilst we secured another suitable appointee to the position. Thank you Vik, you have done an outstanding job.

Andrea has been undertaking project work for CHRV since November, in between her travels overseas, ensuring that all accreditation policies and procedures, Work Health & Safety Manuals, Staff Manual, Resident Handbook, Emergency Business Plans, Infection Control Procedures, Kitchen Manuals, Staff Competencies and a range of other matters, have all been reviewed and updated for latest guidelines and regulatory

requirements, prior to our triennial Hostel Accreditation Audit on 18 & 19 June; and annual kitchen audit on 11th June.

CHRV, has engaged a new firm of Architects - Suters, which is a large sized company with over 120 employees, to take us through the next stages (as outlined in the last newsletter), of our Independent Living Unit / Community Centre development. It is appropriate to here to make a comment regarding the reason for change in Architects. CHRV has sought a contractual arrangement, with the previous architect, based on a detailed tender document, which required, among other things, a certain methodology of how CHRV wanted to go forward, in order to minimise risk in the project design phases and construction phase. An impasse developed as between CHRV and the previous architect, and it was determined at Board level, that we needed to move on and open up the tender process. Subsequently Suters was engaged, following the receipt of 4 medium sized firms, tender documents. It should be noted that some of the work that was under-taken during last year, in the development of the Master Plan, will continue to be valid for the next stages. Through the professional work of Impact Group Project Management, we have already found concrete savings from initial cost estimates, of approx. \$400,000, with a further \$600,000 identified from earlier construction cost estimates, able to be saved at the construction stages.



On Thursday, 23rd May, we were pleased to have our local member the Hon. Mr Paul Fletcher, come to speak to our residents. The discussion ranged from Aged Care reform, the latest Federal Budget and the response from the Leader of the Opposition to this; the National Broad Band, Financial Markets, the Global Financial Crisis, Infrastructure spending, deficits and borrowings, and foreign ownership of land. Residents fielded a wide range of questions and discussion points. Mr Fletcher gave full and considered responses and residents were thankful for the opportunity to be able to hear and speak with their local representative.

**Milan Telford**



## My Very Own Personal Gps!

*I have a little GPS  
I've had it all my life  
It's better than the normal ones  
My GPS is my wife.*

*It gives me full instructions  
Especially how to drive  
"It is thirty miles an hour", it says  
"You're doing thirty five".*

*It tells me when to stop and start  
And when to use the brake  
And tells me that it's never ever  
Safe to overtake.*

*It tells me when a light is red  
And when it goes to green  
It seems to know instinctively  
Just when to intervene.*

*It lists the vehicles just in front  
And all those to the rear  
And taking this into account  
It specifies my gear.*

*I'm sure no other driver  
Has so helpful a device  
For when we leave and lock the car  
It still gives its advice.*

*It fills me up with counselling  
Each journey's pretty fraught  
So why don't I exchange it  
And get a quieter sort?*

*Ah well, you see, it cleans the house,  
Makes sure I'm properly fed,  
It washes all my shirts and things  
And - keeps me warm in bed!*

*Despite all these advantages  
And my tendency to scoff,  
I do wish that once in a while  
I could turn the damned thing off.*

**From Don**

## The Secret Iron

*Let me not falter  
In defeat,  
Nor alter  
In the fevered heat  
of circumstance.  
But undismayed  
seizing the will to know,  
with one clean blow,  
sever the rock of chance;  
break the dark shroud apart  
and free the metal at its heart –  
moulding the living, molten ore  
to a sharp, bright blade  
of thought.  
Quiet and unafraid,  
as iron in the flame is wrought  
to cool at length  
with keener strength,*

*so mould me, mighty Master,  
in the white heat of disaster.  
In fires of undoing  
and denial,  
forge with living art  
the secret iron  
of my heart.  
in burning trial  
temper the bright metal  
of my will.  
with faultless skill  
hammer the gleaming contours  
of clear thought –  
delicate, exact –  
upon the anvil  
of unalterable fact.*  
**Arvia Mackaye Ege**



## Little Myna birds

*Every morning the little Myna birds  
Come to frolic and play  
In the branches of the turpentine trees.  
They glide and sweep past me –  
I've never seen them before,  
They've only come to the garden  
In the last three years.  
They usually come in April  
And try to chase the magpies away  
And the cockatoos –  
It's better than Taronga Zoo!*

**Rosa McTiernan**  
**April 2013**





# News from the Hostel

Report by Kathy Gasper, Diversional Therapist

With the cooler months upon us I always have a recurring wish: that I had an open fire to snuggle down in front of. However the goings on at Christophorus house keeps me fairly busy so those thoughts don't occur too often.

## March



An early Easter saw Vicki and crafty residents hard at work making special gifts and decorations to mark this special time of the year. We had a full entertainment schedule as well with the highlight being the students from Warrah who are involved in a dramatic speech group at the school give us a wonderful performance of their pieces which included Shakespeare. We hope that they can give us another offering of their talents at a later time. Reverend Denham from St Peters church came to give us a Maundy Thursday service that was much appreciated by those residents who attended. Birthdays for this month are Bill Arndell and Joy Patten.

## April

Vicki out did her self this month in organising some very interesting outings for Residents' bus trips on Mondays and Tuesdays. At the beginning of April, residents went to visit the Turramurra weavers



and spinners group, who were very welcoming and provided a delicious morning tea. Those who went were very touched by the hospitality and friendliness of the group, who were only too willing to show off their handicraft skills. At the end of the month, 6 residents also went to the Rugby League museum at Moore Park as suggested by our Board Member Mary Arndell. This is a very well put together interactive display with so much social history being given as well as League history. All who went enjoyed it even those, (like myself), who are not that into sport, with the curator Terry giving a wonderful tour. We would give the museum two thumbs up review, and entry is free.



With Monika's input we were also able to obtain the services of *The Tale Spinners*, two women who put a wonderful 'spin' on

every day articles from days gone by and reminded residents how things use to be done. You can keep the washboard by the way, I prefer my washing machine! Jacqui Ciddor and Friends also gave a beautiful concert during April. We also paused to honour those who served in conflicts with our ANZAC Day service being held on the 26th of April. And afterwards we played two up using our unique currency minted on the premises, (United Rooms of

Christophorus dollars). As is always with gambling, some won and some lost and those who won were again able to purchase "contraband" from the goodies table. Louise celebrated her birthday this month

## May

There was great disappointment that Kris Stanley was unable to bring her bird show to us at the beginning of May however she was very delayed due to a bad traffic jam and has rescheduled for the beginning of June. We also honoured the women residents on Mothers Day with some small gifts and handmade cards to express our appreciation of the love and care they have shown to others over the years.

Raimund Pohl also delighted us again with his talk about the Guringai Indigenous people who were custodians of this area of Sydney before white settlement. Raimund always brings such interesting insights and information to enlighten us with. May finished with Hostel hosting a biggest Morning tea event to raise some money for cancer research, a terrible disease that touches all our lives at some stage. Our thanks go to Anthony, our chef, for providing us with some delicious nibbles. We wished Gwen and Diana happy birthday in May.





# WORK HEALTH AND SAFETY CORNER (WH&S)

by M Telford CEO

Sensitive Information and Privacy, from the ACS WHS News Update Issue 168 - January 2013

This is a continuation of the last WH&S article on Sensitive Information and Privacy, in the February Newsletter.

When considering issues relating to disclosure of personal information, it is essential to:

- Identify the person who has made the request for the information, with precision. Where the request is not made by a known immediate family member, the request should be made in writing.
- Consider whether the person making the request has been provided with consent under an existing agreement. Often the person requesting the information will be an immediate family member or the person's nominated representative under an agreement to provide services. Issues regularly arise regarding disclosure to estranged family members who have not been provided with consent and where there is uncertainty caution should be exercised.
- Where no consent has been given to the person making the request, consider whether the person is capable of giving consent to disclose the information. Where a decision has been made that the person is incapable of giving consent, appropriate medical evidence should be obtained to support this decision. The best evidence would be a recent ACAT assessment or medical report. Where there is any doubt about a person's capacity to give consent, legal advice should be obtained.



The case of the UK nurse reinforces the need for employers to ensure that staff members feel safe at work. The perception is no less important than the reality. A full understanding of the policies and procedures at the workplace to deal with similar situations when employees are asked to disclose personal information will help to ensure that staff are comfortable with their obligations and not exposed to undue stress.

## A Musical Event in the Hostel



In the balmy weather of our Australian autumn, during the 40 days of Easter leading up to Ascension and also following the time of the Passover, an exquisite hour of classical music was performed in the Hostel lounge/ Evelyn Latter room by Jacqueline Ciddor at the piano, with Jeannette Tsoulos *4 hands on 1 piano*, and Elizabeth Nurthen on the

oboe. We were transported through the centuries starting with works by Albinoni for oboe and piano, late 17th century and early 18th century, followed by some delicate and descriptive piano duets by Bizet and Dvorak. We then moved on to an oboe and piano work by Argentinian born composer, Piazzola: *Oblivion* - full of dramatic beauty. Other highlights were the solo piano works: Mendelssohn's *Song without Words* and Debussy's *Bohemian Dance*. Jacqueline and Jeannette have been performing at Christophorus House since 2000 and Elizabeth joined them a few years ago. The depth and beauty of their music making is part of the fabric of life at Christophorus House. We thank you for this soiree and for the richness of soul expressed through your playing.



**Rose-Marie van Hoogstraten**  
Resident at Christophorus House

## Church Blunders

The Fasting & Prayer Conference includes meals.

The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping. Bring your husbands too. Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say 'Hell' to someone who doesn't care much about you.

Don't let worry kill you off - let the Church help.

Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and

listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones. Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

Please place your donation in the envelope along with the deceased person you want remembered.

The church will host an evening of fine dining, super entertainment and gracious hospitality.

Potluck supper Sunday at 5:00 PM - prayer and medication to follow.

The ladies of the Church have given up clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a "hymn singing in the park" across from the Church. Bring a blanket and come prepared to sin.

Ladies Bible Study will be held Thursday morning at 10 AM. All ladies are invited to lunch in the Fellowship Hall after the B. S. is done.

The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.



# Natural remedies for arthritis



From acupuncture to diet and exercise, natural treatments help arthritis sufferers find much needed relief.

Arthritis is the most common cause of disability in the United States, limiting the activities of nearly 21 million adults, according to the CDC. Those with arthritis, though, don't have to be slaves to their genetics or gym injuries; there are several natural arthritis remedies to help heal joint pain and inflammation.

## What is arthritis and what causes it?

The two most common forms of arthritis are rheumatoid (RA) and osteoarthritis (OA). The latter is often associated with the wearing down and tearing of the cartilage, or simply not having enough cartilage after a while in a particular joint.

RA is an autoimmune disease, in which the body attacks itself. In addition, “-myalgia” diseases like fibro- and poly-, could be considered varieties of arthritis because they both share similar painful symptoms in joints and muscles.

All forms of arthritis have one major root cause in common: inflammation.

## One major cause of inflammation: Poor diet

From a natural, holistic perspective, the foods we eat play a significant role in inflammatory responses. David Getoff, vice president of the Price-Pottenger Nutrition Foundation and a certified clinical nutritionist, believes that frequent consumption of common food allergens — like wheat or soy, as well as anything loaded with sugar, or anything that quickly converts into sugar (alcohol, most grains) — can promote inflammation, which wreaks havoc on the body's joints.

“We are living organisms that contain a masterful, self-healing ability,” says Getoff. “If we feed our bodies the right foods and additional nutrients, our bodies can begin to heal on their own, perhaps without

having to take potentially harmful drugs.”

Getoff advises eating healthy — meaning free of allergy-promoting foods — for at least two months. According to him, it takes six weeks for wheat to clear out of the system. Perhaps due to its modern, stripped-of-nutrition, hybridized (meaning to produce or cause to produce hybrids; crossbreed) ubiquity (meaning the existence or apparent existence everywhere at the same time; omnipresence), wheat may trigger an autoimmune reaction in many people. Make sure to cut out foods that may seem more innocuous than regular table sugar but that also may promote inflammation like fruit, honey, molasses and agave.

## Supplements for arthritis

A good brand of glucosamine/chondroitin sulfate, at the right dose, may help some arthritis sufferers. The same goes for hyaluronic acid, which is used in beauty treatments much for the same reason it may help some with arthritis, due to its hydrating properties. The fatty acid, Cetyl myristoleate, also seems to be an effective joint lubricant and anti-inflammatory. It was isolated in Swiss albino mice, which for some Darwinian wonder, never develop arthritis.

## Best forms of exercise for arthritis

The bodybuilding mantra, “No pain, no gain,” may have had cache in hardcore gyms back in the 1980s but these days, if you have arthritis, you want to choose exercises that cause your joints no pain whatsoever. Perhaps the best way for arthritis sufferers to gain strength and cardiovascular endurance with very low risk of further joint wear and tear is aquatic exercise.

Whether it's a gentle water aerobics class or Olympic-style sprints, swimming can also help burn excess body fat. Pool jogging in waist-high water is also a simple yet highly effective way to burn calories without placing a heavy burden on the joints. Gentle stretching or yoga is also advised for those with arthritis to help get back some range of motion. If you prefer cycling, rock climbing, but those activities (or any other) exacerbate your condition, reduce the frequency of the activity.

## Ice or heat?

Both ice and heat have their merits when treating arthritis. Like treating an injury, ice seems to be more effective for reducing inflammation and swelling and

numbing pain, especially when symptoms appear in the first 24-48 hours. Heat, on the other hand, tends to work best for relaxing muscles and stiff joints by increasing blood flow and flexibility.

## Reduce exposure to pollutants and help purge your body of poisons

Even if you eat a wholesome diet loaded with antioxidants, if you are exposed to high levels of environmental pollutants such as mercury, lead, aluminum and inorganic plastic compounds, you may still develop arthritis. Various lab tests can analyze the amount of chemicals in your body. Your cookware can also be a common source of poisons entering your body. High blood levels of a man-made chemical (Teflon) used in non-stick coatings are associated with a raised risk of arthritis.

## You need lots of friendly bugs in your gut

The billions and billions of bacteria in our guts are like an army, defending our immune system from constant bombardment. If you've taken several doses of antibiotics over the years and haven't eaten healthy, take a probiotic that contains several billion micro-organisms per capsule to repopulate the gut with good bacteria. Perhaps you'll keep autoimmune diseases such as RA at bay.

## What other natural arthritis remedies can I try?

Holistic options such as acupuncture, chiropractic medicine and rehabilitative therapy may help alleviate joint or muscle pain, even in pets. Herbs such as stinging nettle and Centella asiatica (also known as gotu kola, Indian Pennywort and Mandookaparni) for example are well worth investigating for their remedial qualities. Research into Emu Oil has shown positive outcomes and is also well worth looking into. *Do you have arthritis? Judd Handler is author of "Living Healthy: 10 Steps to Looking Younger, Losing Weight and Feeling Great" and can be reached at CoachJudd@gmail.com. Please also refer to the Arthritis NSW website for lifestyle and general information on this debilitating condition: <http://arthritisnsw.org.au/arthritis/lifestyle/?gclid=CPKPlavBILcCFQFipQodFGUAPg>*

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Article sourced and edited by Monika Bebb at <http://www.mnn.com/health/fitness-well-being/stories/natural-remedies-for-arthritis>

*Man's task must be entirely sought for on this earth, and anyone desiring to shirk his earthly task and to escape into another world may be certain he will never reach his goal.*

Rudolf Steiner

It has been said that there is a three-foldness to the way Steiner unfolded his work in the world. He began in the realm of thinking with his philosophy, evolved this into the feeling life with his impulses in the artistic realm and then really grounded it in deeds through the initiatives and organisations that were then founded, such as Steiner (Waldorf) schools. This grounding in the third layer of his work is one of the things that really makes him stand out as an influential thinker.



# CALENDAR of EVENTS

Month	Day	Event
JUNE	1	10am Service of the Christian Community with Reverend Lisa Devine. Please be seated by 9.50am. The service will be followed by a talk/discussion and late morning tea. All welcome.
	12	Extended Shopping day 10.30am to 3pm for Self Care residents.
	19	Midwinter Soup Night – for all Self Care residents. In the Cottage at 5pm. RSVP Monika 9476 3161 ext 2.
	20	Self Care Residents' meeting at 2pm. Afternoon tea available after the meeting.
	24	Monday Movies – in the Cottage at 10.30am and 2pm showing <i>As it is in Heaven</i> (subtitled). All welcome. Morning/afternoon tea or coffee served. Please come early.
JULY	10	Extended shopping day – 10.30am to 3pm for Self Care residents.
	22	Monday Movies – in the Cottage at 10.30am and 2pm – movie to be advised. All welcome. Morning/afternoon tea or coffee served. Please come early.
AUGUST	9	Salvation Army visits the Hostel lounge. Please check the monthly program for time.
	14	Extended Shopping day – 10.30am to 3pm for Self Care residents.
	19	Monday Movies – in the Cottage at 10.30am and 2pm – movie to be advised. All welcome. Morning/afternoon tea or coffee served. Please come early.
	22	Self Care Residents' meeting at 2pm. Afternoon tea available after the 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 warmly invited to attend. Additional notices of combined events will also be circulated.

The above 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

**Scrabble** on Mondays in the *Evelyn Latter Room*. 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.

**Social Group Meetings** are held as needed.

**Footbath/Leg Massage Therapy** is fortnightly on Fridays in the Hostel.

