NEWSLETTER No 2

Winter 2014

Christophorus House
retirement village

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Editor's Letter

Dear Members and Friends

Well – half the year's just about over! May has brought us unseasonably warm weather and the gardens are full of flowers which is a delight to see! Residents are enjoying strolling around the paths and neighbourhood. We've also continued enjoying some great talks in the Hostel with Wolfgang who presents a diversity of topics such as on *The Bunya pine* and Astor *Piazzolla, the king of Tango*. These are always well attended. Of course the talented and colourful Rowlanda is an evergreen at the piano in the Hostel and residents enjoy singing along to her music. In January, we were fortunate to have world renowned John Billing visit us with his famous Gärtner lyre. Unfortunately, his concert was far too short but really beautiful which sent a few residents to sleep because it was so gentle!

As usual, I'm kept quite busy here in the office. Residents will be aware that my working week is now shared with the Hostel on Tuesday mornings, where I offer admin support to our Hostel Manager Denise which I enjoy very much. *Monday Movies* continues to be popular with residents and visitors and the monthly Monday outings which is organised by Barbara is a firm favourite. A few 90-plus residents have celebrated their birthday this year and are managing quite well in their ILUs, I'm pleased to say! We welcome new resident Marcia to the Village who is happily settling in and enjoying her new home and environment. We wish her many happy years with us here. And lastly, I'd like to let residents know that our new website is now up and running. Newsletters can be downloaded as well as other interesting information at www.christophorushouse.com.au . Until next time, keep warm and well!

Monika Bebb
Self Care Liaison Co-ordinator

Maintenance Matters

What wonderful warm weather we've been having! Also very dry, no rain – certainly the season's patterns are changing. In the Hostel, the doors of residents have had new door name plates fixed which includes their room number. Well done, Monika, for arranging to have them made and then sanding and staining them – they look great! Our bus had a full service as well as repairs carried out to the automatic step. It also received a professional wash / detail inside and out. We haven't had too many unforeseen hiccups to report thanks to the preventative maintenance schedules which are in place. It keeps everything in line! All air conditioners have been serviced in readiness for the coming winter. Residents are reminded to use the Maintenance Log book for any work needing to be done. It ensures that all matters, whether urgent or not, continue to be attended to. Until the next report, keep well and warm – when the weather finally changes!

The Nook
There is a place I know,
Just off a busy road –
so many just drive past who would never ever go,
With flowers, trees and the people that grow,
Where neighbours share stories and yarns of times ago;
A place quiet, a peaceful and humble abode,
Somewhere to relax, to take off a load.

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 are only weeks away from the commencement of the impact of the new Aged Care Reforms, termed 'Living Longer Living Better'. I have written on these from time to time in this Newsletter and also in the local 'Bush Telegraph'. The legislation enacting the reforms passed during the last two sitting days of the Parliament (August 2013), and during the last days of the Gillard Labour government. There are some good aspects coming out of the reform agenda, such as the 'myagedcare' website and the ability for the consumer to go to this new website and compare prices of aged care rooms, with a search facility function localising the information to a specific geographical location. There are other matters in the reforms which have resulted in aged care accommodation and aged care service costs increasing for all consumers from the 1st July, and *there is one particular clause in the aged care reforms, (a non financial clause) which threatens the financial viability of small service providers and threatens, over the long term, to destabilise the necessary growth in aged care facilities,* to meet growing demand.

This statement refers to clause 52F-3(1) in the Aged Care (Living Longer Living Better Legislation), which has been roundly criticised by a majority of aged care providers and others. It requires providers to hand over services and accommodation without an agreement for these being in place as to how the incoming resident intends to pay for the services, goods and accommodation provided; the incoming resident having 28 days from entry into the facility to unilaterally decide this matter. The incoming resident has the choice of paying by way of a bond, a daily payment (interest charge) or a combination of the two. For small providers who do not generally have '100 cents in the dollar' in the bank of the bond monies they hold (bonds are used to invest in land and buildings), this could result in liquidity issues in a few years: paying out bonds when residents leave, but not being assured of new bonds from incoming residents. New monies (bonds) are required in the long run, to pay out old bond monies.

The combination option (paying part bond and part daily payment) results in complicated accounting in that the 'daily payment' changes every month and could also result in a refundable accommodation deposit (RAD - as it is termed); not being so refundable in the long term, as families may believe. Further, the inability of providers to keep a retention from the bonds (currently around $4,700 per annum for five years) means cost increases for consumers. Providers have been told (by government) to increase bonds to compensate for this lost income stream, such increase at CHRV resulting in bonds going from $375,000 to $455,000 from 1st July. Where an incoming resident does not have the means to pay, interest (called a daily accommodation payment - [DAP] at 6.6% currently) is to be charged on what is not paid of the bond.

The inability for providers to know whether one will be paid by way of a bond, or by way of one of the alternatives (DAP or Combination), leads to uncertainty when thinking about investing and financing new buildings to provide more aged care beds, where many more will be needed into the future. CHRV is itself, on hold in this respect - we will not build an extension to our aged care facility until we have certainty of finance.

Despite much input from the industry during the consultation phase of the Reform agenda and specifically on the 28 days requirement, and despite lobbying of politicians in Canberra subsequently, there is no-one in government prepared to take a close look at this problem. The current 'wait and see approach' will have the unfortunate consequence, only to be felt in some years to come, that when demand for beds outstrips availability of beds, a very difficult 'catch-up' will be necessary in the aged care industry, with the attendant ill consequences on people who should have but cannot get aged care placement.

Unfortunately, there has been no public information campaign of the Reforms and potential consumers of aged care will find, from 1st July, how much more expansive it is to be in an aged care facility. In my article in the Bush Telegraph the message was *'don't blame the industry, we are just implementing public policy as required.'*

I apologise that as this subject matter is complex, it is also difficult to explain, and many readers may be confused at this point. The Reforms are unnecessarily more complicated than the existing system.

Milan Telford

Our birth is but a sleep and a forgetting

"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"

William Wordsworth

I 'm asking the angels to help me

I'm asking the angels to help me
calling in divine assistance

they sit in angelic coffee houses
sipping endless cups of herbal tea
(only the edgier angels order coffee)
they strum their unglossed finger nails
against the surface of the tables
waiting for the humans of the world
to ask the questions that will let them fly—
subtle, invisible, full of grace and power—
to do their much-loved work within the world

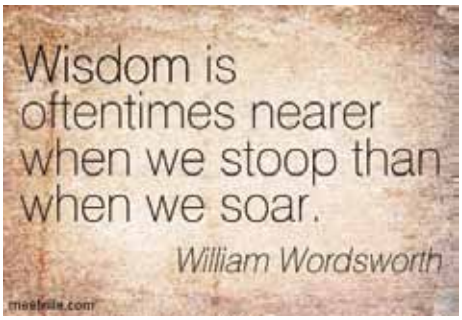
yet they must linger patiently
until we send our wordless pleas

I lower my barrier of doubt
resist an inner sneer of cynicism
and welcome
a little wingèd aid

Clare Coburn - 8 April 2014

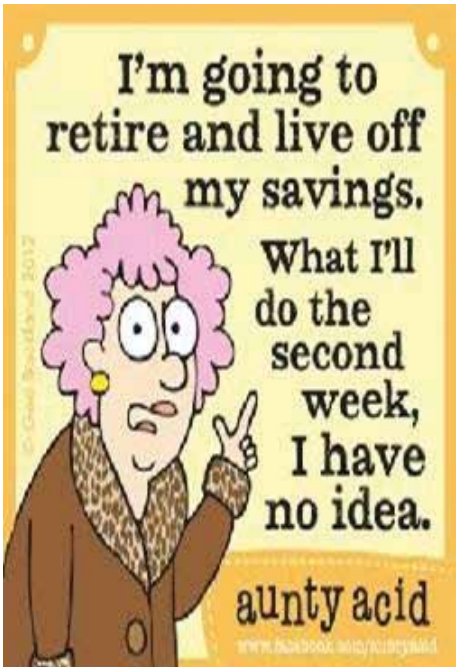
"The best way to predict your future is to create it."

Abraham Lincoln



Laugh till your face hurts!

Q: What happens when you step on a grape? A: They wine.
Q: Which dinosaur knew the most words? Z: The Thesaurus.
Q: What sits at the bottom of the ocean and shivers? A: A nervous wreck.
Q: Where do tadpoles change? A: In the croakroom.
Q: What is the one word a dog can say? A: Bark.
Q: Why are fish so smart? A: They live in schools.



The best anagrams (rearranging letters):

PRESBYTERIAN: best in prayer
ASTRONOMER: moon starer
THE EYES: they see
THE MORSE CODE: here come dots
DORMITORY: dirty room
SLOT MACHINES: cash lost in me
ANIMOSITY: is no amity
SNOOZE ALARMS: alas! No more z's
THE EARTHQUAKES: that queer shake

Submitted by B Harding from *The Voice*, May 2014
(Combined Pensioners & Superannuants Assoc. of NSW)

News from the Hostel

Report by Kathy Gasper, Diversional Therapist

Life at the Hostel continues on at what seems like a cracking pace. At the beginning of March we had the great pleasure of celebrating Bill Arndell's 98th birthday but there are no 'nervous nineties' for Bill and we are all looking forward to celebrating when he gets his 'ton'. There has also been a beautiful addition to the Hostel as Bill's long case clock has taken up residence in the foyer. Everyone just loves the sounds of the chimes and it seems to make the entrance more homely. We gave a quick nod to St Patricks Day with a lunch of Beef and Guinness pie and a scrumcious dessert (so I'm told) made with Bailey's Irish Cream. Joy Patten also celebrated her birthday this month and we once again ventured further away from home with a bus trip to Sydney Olympic Park. Many of the residents remembered when it was first opened and enjoyed seeing the changes over the last 14 years.

Afternoon tea in the garden

Grandfather Bill by the clock!

At Olympic Park

Mother's Day

Celebrating ANZAC Day

April's focus was of course Easter and Anzac Day. Vicki and some of the residents spent the regular craft sessions making some beautiful decorations for Easter and we had a lot of fun putting them up and 'hiding' some rabbits around the lounge and dining area. Rev Denman from St Peters Hornsby again very kindly came to give a Maundy Thursday Service for Easter which was very much appreciated by residents. It was wonderful to welcome self care residents to this service and for everyone to be able to share in communion. It is always a great honour for Vicki and I to conduct an Anzac Day service which was held on the Wednesday before Anzac Day. We also love playing two-up afterwards with residents using our special United rooms of Christophorus House money to place bets. This year the house did not fare well and some hidden 'talents' were discovered amongst the residents but luckily all winnings are returned to us in exchange for some contraband that residents were able to 'acquire'. We wished a very happy birthday to Marjory Lundy and Louise Desenberg in April.

Every May we love to celebrate Mother's Day by acknowledging the contributions that all of the women in the hostel have made in caring and nurturing those whom they know, be it by blood or by love. Each lady was given a little pot plant on Sunday and we carried through the whole theme of celebration with a High Tea in the garden on Monday. Thankfully it was a beautiful afternoon and everyone really enjoyed the event. To cap off the week Steve Murphy came to serenade the residents and by all reports he was thoroughly entertaining. Sadly for us there are no birthdays in May so Anthony's cream cakes have not been on the menu.

Bill with Sgt Ronning and Sgt Gray

On Sunday, 2nd March, Hostel resident Bill Arndell turned 98; being a retired policeman, representatives of the Kuring-Gai Local Area Command made a surprise visit to wish Bill a very happy birthday. Sergents Duncan Gray and Sean Ronning from Hornsby police went and met him in his room and had a chat to him before they officially escorted him to his party in the lounge room. Bill had shared with them that he joined the police force by chance. He said he was walking past Bourke Street, popped his head in on a Friday and was signed up for the academy on Monday! Bill moved into the highway patrol in the 1940's and rode a Harley Davidson before moving into the area of traffic. By the 1960's he was in charge of highway patrol across the state. When he was 95, Bill promised he would make the 100 innings; he is well on the way now to achieving this.

The Importance of Being Warm during Winter

(Julia Kirslis on Wed, Jan 02, 2013)
37 is the average temperature of the human body in Celsius degrees. The human body reacts to its environment in a constant process known as homeostatis (stable equilibrium). A drastic change in outside temperature, short-term or long-term, changes the internal temperature of human beings and causes imbalance in the body. Metabolic processes necessary for life cannot occur quickly, if at all, and the body therefore begins to shut down. In other words, you need to stay as close to 37°C as possible. So, how can you do this? Winter seems to be the season of sickness with many people being rushed to hospital due to temperature changes. Fortunately, there are several, easy steps that can be taken to stay at a toasty 37°C. These steps mostly include wearing warm clothes such as a winter coat, gloves, a hat, socks as well as having warm food and drink. Treatments can include warm foot baths and applying copper ointment on extremities such as hands and feet before going to bed at night. Hot packs and water bottles make for comfy sitting on cold days when placed around the back or under the feet.

Arthritis and […] being warm

(Dave Friskney - November 20, 2013)
It is the view of one very old medical tradition that the four factors that aggravate the arthritis condition are cold, damp, extreme heat and strong wind. In Chinese Medicine it is believed that anyone suffering from arthritis must avoid these four situations if at all possible and stay warm.
The following are some hints and tips that as a sufferer of arthritis and teacher of Tai Chi I have found useful for keeping warm and helping to keep as full a range of movement as possible. There is more to staying warm than just running up an even bigger heating bill, the following ways are all tried and tested and while not being a magic cure they can help to slow down the progress of what can be a crippling disease.

From the bottom up. Common sense tells us that if you are prone to arthritis, to stay warm but the Chinese view is more specific in recommending to especially keeping the lower half of you warm. Most of us have probably had the experience of getting in a hot but shallow bath on a cold day and been surprised at how it has warmed us up generally. At one time when I was unable to close a bathroom window due to arthritis, I looked at the shallow but hot bath and the trees bending in the strong wind outside and wondered if taking the plunge was really a good idea. I can't say that I was uncomfortably hot and I did keep the bath brief but I didn't get cold and the fact was proved again that it's from the hips down that it's essential to keep warm. Somehow it's easy not to notice that your legs are cold and with the cost of heating sky rocketing, wearing long johns has to be a good investment..

From the inside out. Being in a warm environment whenever possible is one way to get warm but there is another way: through Tai Chi. The joint-loosening exercises taught in Tai Chi must be done in moderation at first especially if you suffer from arthritis. The rule of thumb once they have become part of your routine is to keep doing each exercise until the joint that is being worked becomes noticeably warm. These exercises are done in a smooth circular manner and can be done very slowly, avoiding the risk of further joint damage. If you are chair bound,

these exercises can be modified for sitting. The ideal exercise program puts your body through its full range of movement regularly. If your range of movement is impaired to a greater or lesser degree, just do what you can comfortably do. If you do what you can regularly you will see some improvement over time but and don't over-do it: build up to it gradually.

Keep moving. The stiffness that creeps over the body of the arthritis sufferer who spends too long in front of the computer is a reminder that we need to keep moving. It can be hard to make the effort to get up and stretch if you have sat for a long time particularly when you know that when you stand up it's going to hurt. However, if you do get up and do some light exercise you will feel better for it because your body needs to move. Sustained movement is as valuable a way of getting warm as sitting in front of a roaring fire. Low impact forms of exercise that do not put too much strain on the joints of someone suffering from arthritis are the best way to keep moving.

Ginger, an ancient medicinal herb. Prized by the Romans and used in Chinese medicine for two thousand years, the medicinal benefits of ginger have long been known. As well as being used as an anti-inflammatory, ginger has a warming effect on the body. It can be taken as a tea and

is easily prepared by adding grated ginger to boiling water. Ginger tea can be taken up to four times a day and its warming effect is felt straight away. If you're not keen on the taste at first try adding honey and remember that this is something that will help you to keep warm and possibly reduce swelling.

The Middle Way. For some arthritis sufferers extreme heat is worse for them than a cold wet windy day. We can't control the weather but what we can regulate is our attitude to exercise. If you have arthritis you have to be disciplined in your approach to exercise. While other people can get away with overdoing exercise one day and then not bothering to do anything for a few days this is not the case if you have arthritis. Your body will need to be stretched every day and if you miss a few days it will be best to start again moderately and build up again slowly. Being over enthusiastic about exercise when you have arthritis is almost as bad as not bothering at all. Just as it's best to avoid extreme weather when possible and stay warm so with our approach to exercise it's best to avoid extremes and find the middle way.

Resources:
1. http://www.agordon.com/blog/bid/166823/The-Importance-of-Being-Warm-during-the-Winter (article abbreviated)
2. http://dorsetmartialarts.com/arthritis-and-the-importance-of-being-warm (article abbreviated)

WORK HEALTH AND SAFETY CORNER (WH&S)

by M Telford CEO

Matters of concern raised in the context of Work Health & Safety are addressed promptly within CHRV. If an issue is raised in the Hostel, this is usually communicated by a staff member to either Vik the Supervisor or Denise the Manager. Either the issue is resolved immediately or where necessary a risk analysis is under-taken. Hayden, our Maintenance Supervisor, is also involved in risk analysis and these assist us in coming to an informed decision as to how to handle the matter raised. Subsequent to rectifying the issue, the paper work trail is filed in the appropriate file.

For staff work processes (to do with ensuring staff can do their work safely), the paper work is filed in the 'Risk Assessment Safe Work Procedures' file. Where the issue is one to do with a hazard, e.g. recently we had a problem with the retracting step on the bus, then the risk analysis forms are filed in the 'Hazard Register'.

Prompt reporting of observable risks and hazards by staff ensure a safe working environment in the Hostel.

In the Independent Living Units (ILU), information on incidents and /or hazards, is gathered from reports such as we receive from 'Safety Link' on call outs, from Monika's engagement with residents as the Self Care Liaison Officer, from the maintenance team and otherwise from reports made by the Residents Committee or outside authorities (e.g. where a resident has an accident outside the Village complex). There is an annual safety and maintenance audit undertaken of the Village that forms part of CHRV risk assessment processes.

All incidents (Hostel and ILU) are reported to the monthly WH&S meeting which is attended by alternating staff members and representatives of residents. The meeting is reported to the Board by way of the Minutes and is also a fixed agenda item.

Everyone is responsible for safety and CHRV welcomes all suggestions and all input.

"Guess what you forgot to take with you this morning!"

Inspiring and Positive Quotes:

- Nature: cheaper than therapy.
- I've seen better days but I've also seen worse. I don't have everything I want but I have all I need. I woke up with some aches and pains but I woke up. My life may not be perfect but I'm blessed.
- Spending time with children is more important than spending money on children.
- If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present.
- Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid – Albert Einstein.
- Take care of your thoughts when you are alone and take care of your words when you are with people.
- Whoever said that diamonds are a girl's best friend never owned a dog.
- Education is not the learning of facts, but the training of the mind to think – Albert Einstein
- Buddha was asked, "What have you gained from meditation?" He replied, "Nothing! However," Buddha said, "let me tell you what I lost: anger, anxiety, depression, insecurity, fear of old age and death."

CALENDAR of EVENTS

Month	Day	Event
JUNE	7	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.
JUNE	4	**Hostel lounge room talk with Wolfgang Devine:** *Charlotte Dawson – depression and suicide … what keeps us from it? What is the problem with it?* Visitors welcome. $5.00.
	11	**Hostel lounge room talk with Wolfgang Devine –** *Whitsun – Holy Spirit – what is it?* Visitors welcome. $5.00.
	18	**Hostel lounge room talk with Wolfgang Devine:** *Going on a journey, into a new life phase – how to prepare? Australia … life and life after death…* Visitors welcome. $5.00.
	20	**OPEN DAY** at Christophorus House. All welcome.
	25	**Midwinter Soup lunch** for self care residents at 1pm in the Cottage.
		Hostel lounge room talk with Wolfgang Devine: *Max Rieger, German composer.* Visitors welcome. $5.00.
	30	**Self Care Residents' meeting** and **Annual Statutory Meeting** at 2pm in the Cottage.

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 takes place in the Hostel's *Evelyn Latter Room* on Mondays.
Monday Movies are held in the Cottage on the third Monday of every month except for December.
Music with Rowlanda is on Mondays and Fridays at 1pm in the Hostel lounge.
First Class is held in the Cottage from February to November on the third Sunday at 10am.
Board Meetings are held in the Cottage on the third Monday of each month except December.
Footbath/Leg Massage Therapy provided each Friday.

Enquiries: Monika on 9476 3161 ext 2

Self care residents waiting for the bus

Hilltop view over Dee Why beach, April 2014