

Winter 2015

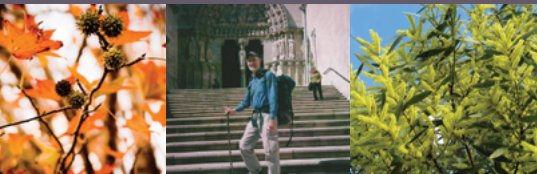
Newsletter nr 2



Christophorus House
Retirement Village

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Editor's Letter

Dear Members and Friends,
The year is galloping at a fast pace and it's hard to keep up with everything! Autumn arrived without much notice particular since the unprecedented volume of rain which has benefitted and beautified the gardens and made everything look refreshed! As I make my way round to see residents on

my regular walks, I can't help but appreciate the beauty along the way.

Some residents have enjoyed painting classes with Diane Watkin these past months. Diane has been coming fortnightly to accommodate residents' many other activities. With the onset of winter and the cold, classes will start again in spring. And to all our residents who have

been unwell these past months – falls, flu's and hospital stays – all kinds of changes, both good and not-so-good, seem to be a part of life here in the Village. To resident Cynthia who has been in hospital now for several weeks, we send our warmest good wishes for a speedy recovery. I'm sure she's looking forward to coming home soon.

As you'll read in Kathy's wonderful report on Hostel activities, we've welcomed people who have given talks, music performances (classical and contemporary) and a variety of other contributions, to the Hostel lounge. Staff are always very welcoming to the many family and friends who visit.

And lastly, most importantly of interest is the CEO's report on the latest news on the building development which I recommend reading as he invites the community to our Open Day on the 20th June. We look forward to meeting you then!

Monika Bebb
Self Care Liaison Officer



Painting classes with Diane Watkin

Maintenance Matters

*Report by Hayden Ibbett,
Maintenance Supervisor*

Since the last newsletter, the Hostel fire sprinkler fit out has now been completed. While it was a busy time during installation, all is now quiet again and life is back to normal! We had a deluge of rain and winds with Hornsby receiving the highest rain fall in the last quarter of April. With only a couple

of water leaks, which have been patched up, the Village has fared pretty well considering. Of course, the real test will come when there's another big storm. On the whole, a small tree fell over as well as a few branches plus two neighbours' trees precariously began leaning over which had to be removed (see photo). Through our preventative maintenance program, I'm pleased to report only minimal damage was sustained overall.



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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,
Madeleine Pathe & John D Shaw. **CEO:** Milan
Telford; **Hostel Manager:** Denise Zhao; **Hostel
Supervisor:** Vik Sonea;

Self Care Liaison Officer: Monika Bebb;
Maintenance Supervisor: 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



We are very close to commencing construction on the new independent living units, to be built on our new site which adjoins the existing site and has an entry from Mildred Avenue. On Saturday 30th May, the Board will deliberate on who the successful builder tender is to be, and they shall also determine the price of the new two and three bedroom units. The D.A. drawings are on our website and by the time of this newsletter print, I hope to also have the artists rendered perspectives, with room layouts, also on our website (www.christophorushouse.com.au). The new two bedroom units will be almost double the size of the existing two bedroom units (approx. 90m² to 93m²), with the three bedroom units ranging between 108m² to 111m². The whole design of the buildings takes into account all the latest engineering systems from security to television, internet connectivity, environmental control and much more. Top quality inclusions will make these apartments outstanding. In a recent

mailout and one advertisement (in the Bush Telegraph), we were over-subscribed for the 'Information Afternoon' and this is a good sign of the interest in the area for our development. The second building will house the community facilities including a multi-purpose hall seating 250 people, a kitchen which will be nearly four times the size of the existing kitchen in the Hostel. Doctors and therapy room and the administration offices will also be located in the second building. A further matter that the Board will decide upon once the 'Expression of Interest' forms are in will be whether to stage the construction in two stages, or to build the two buildings at the same time. There are arguments for and against both options. If the development goes ahead with both buildings being constructed at the same time, then if construction commences in July (as it is planned), giving allowance of two months for rain, the construction can be ready for occupancy in October/November 2016.

The fire sprinkler retrofit was completed on schedule at the beginning of April; we thank Tyrone Fire who undertook the retrofit for their professional work and minimal disruption and Impact Group, our project managers, for supervising the entire process for us.

Whilst we have, over the last 10 months, lost over 12 residents from our Hostel (i.e. half the residents), we have been fortunate to fill 5 of the rooms with permanent residents and lately have been able to fill all our vacant rooms with respite residents. We look forward to filling these in due course, also with permanent residents.

The annual aged care industry 'open day' event will be held at CHRV on Saturday 20th June from 10am to 4pm. Everyone is welcome, and there will be the opportunity to talk with residents, gather information on either independent living or aged care (low/high care services), and see through the Hostel and walk the Village grounds. There will also be a barbecue available and a guessing competition. The open days are for those who are interested in learning something about retirement village living and to get a first-hand impression, so please come along if you are thinking about such an option. As living in a village is a big decision to make at the end of one's life, CHRV encourages people to look around to find what best suits them as individuals. CHRV is proud of its low key, low stress, retirement ethos, our main aim is to serve the needs of the residents and ensure a quality of life in retirement.

Milan Telford



Treating Osteoarthritis Naturally

By Dennis Thompson Jr. | Medically reviewed by Pat F. Bass III, MD, MPH

Osteoarthritis, the most common form of arthritis, occurs due to the gradual daily wear and tear of our joints. The cartilage that provides a buffer between bones breaks down and wears away, allowing the bones to rub and grind against each other. Doctors have plenty of medications that can help you deal with osteoarthritis pain, and for people in extreme pain there are surgical treatments. But there also are a number of natural remedies you can use, often at home, to treat your pain.

Exercise Gets You Moving

Gentle weight training and aerobic exercise is a great osteoarthritis treatment that can strengthen the muscles around the affected joint, providing it with greater support. "This is really important," says Roy Altman, MD, a professor of rheumatology in the department of medicine at UCLA. *"Six times your weight goes through your knee every time you stamp down. If you have decent muscles around the knee, they absorb some of that shock."* Aquatic exercise is one of the natural remedies that have been shown to help.

Get Your Weight Under Control

If you're overweight, you're putting tremendous amounts of pressure, stress, and strain on knees and hips, worsening osteoarthritis pain. *"Weight control in those who are overweight is one thing you can do to control symptoms and perhaps even slow progression,"* Dr. Altman says. Losing weight also makes a difference in the success of physical therapy and in surgical outcomes. Eat a balanced diet, count calories, and do as much exercise as you can.



Consider Supplements

A number of supplements have been identified as osteoarthritis treatments. The combination of glucosamine and chondroitin is believed to help reform and repair worn or torn cartilage. Omega-3 fatty acids found in fish oil or flaxseed oil are anti-inflammatory agents. Studies have found that SAmE (s-adenosyl-L-methionine) can help reduce osteoarthritis pain. Early evidence has shown that the natural vegetable extract called avocado soybean unsaponifiables (ASUs) could be an effective osteoarthritis treatment that might even slow progression of the disease.

Eat Up Anti-Inflammatory Foods

Research has identified a number of foods that can reduce inflammation and swelling, which causes much of the pain associated with osteoarthritis. These foods include horseradish, mustard, garlic, onions, watercress, parsley, celery, pickles, lemon, and rose-hip tea. The omega-3 fatty acids in nuts, seeds, and fish also can reduce inflammation. Just eating a well-balanced, healthy diet is one of the natural remedies that can reduce inflammation.

Turn to Acupuncture for Relief

The ancient Chinese practice of acupuncture involves inserting thin needles into specific points on the body to relieve pain. Several controlled clinic trials found that acupuncture can treat osteoarthritis pain and improve joint function — in some cases, better than medications such as NSAIDs. *"It's been difficult to evaluate acupuncture, but there is a consensus now that acupuncture may be of value,"* Altman says.



Sample Massage Therapy

Muscles inflamed by osteoarthritis can often be soothed using massage therapy. The massage therapist lightly strokes or kneads the sore muscles, which can stimulate blood flow and make a stressed area become more warm and relaxed. Be sure to only use a massage therapist who has experience treating osteoarthritis patients, as arthritic joints are very sensitive and must be handled with care. Ask your doctor for a referral.

It may seem a bit frivolous, but going to the right spa has been shown to be an effective osteoarthritis treatment. Hydrotherapy, which involves soaking in very warm water or water containing minerals, can help relieve joint pain. Sulfur-rich mud baths also are a known natural remedy for arthritis symptoms. People may find their pain decreasing and their range of motion and mobility improving as a result of spa therapy.



Correct With Orthotics

Mechanical devices called orthotics can be used to help support and protect arthritic joints and relieve osteoarthritis pain. A brace placed on an inflamed joint can provide pain relief by supporting the joint and relieving some of the stress caused by body weight or daily use. Braces also can help realign joints that are being distorted by arthritis. Shoes are another form of orthotics — soles that absorb some of the shock of walking can be very beneficial.

Practice Mind-Body Medicine

Certain practices that focus on the interaction between mind and body can help people with osteoarthritis by relaxing and stretching muscles while allowing the mind to focus itself away from the pain. Yoga can improve your flexibility and strengthen muscles important to the support of arthritic joints. Tai chi also can relieve osteoarthritis symptoms. One clinical trial found that people with osteoarthritis of the knee or hip felt better after practicing tai chi twice a week for three months and were significantly better off than people who did not try tai chi.

Sourced at **Everyday Health**:

<http://www.everydayhealth.com/osteoarthritis-pictures/natural-osteoarthritis-treatments.aspx>

Images: **freepik.com**

Poetry Corner

EPIPHANY

The loneliness of wanderers,
those who read stars and travel far,
with the wisdom of Father Zarathustra,
guided by insight and overview,
they scanned the heavens for a
grand event.
And set out looking for a cosmic fire
and found it in a little child.

David Wansbrough
*Written in celebration of the Russian
festival of Epiphany (19th January)*

When the Heart

When the heart
Is cut or cracked or broken,
Do not clutch it;
Let the wound lie open.
Let the wind
From the good old sea blow in
To bathe the wound with salt,
And let it sting.
Let a stray dog lick it,
Let a bird lean in the hole and sing
A simple song like a tiny bell,
And let it ring.

Michael Leunig



image: freepik.com

News from the Hostel

*Kathy Gasper,
Diversional Therapist*

In Diversional Therapy one of the challenges is to decide what special days to celebrate. Just about every week there is a 'special day' that calls attention to some aspect of our diverse country. Harmony Day, Red Nose Day, Daffodil Day, National Sorry Day, Jeans for Genes Day, the list is extensive. All are worthwhile to give a nod to however it is difficult to accommodate all of them! So Vicki and I do our best to acknowledge what we feel reflects our residents' cultural backgrounds and plan accordingly. This year again we gave a nod to St Patrick's Day with an afternoon tea that included Irish coffee and an Irish quiz where many residents enjoy matching their wits with those of the quiz master. The added treat for this St Patrick's Day was the visit by an Irish Dancing school in the afternoon. This lovely presentation was made possible as Joyce Harrup's great granddaughter was one of the dancers. It was



pointed out to me, however, that we should also be celebrating St George's Day (which is on the 23rd April) given that quite a few of the residents originally have come from England. I'll look forward to doing some research on St George for next year! We wished Bill Arndell a happy 99th birthday in March.

April was full of enjoyable activities as we celebrate Easter, with an Easter egg hunt. Residents enjoyed a concert by Jacqui Ciddor and Friends on the Tuesday after Easter and also learnt a great deal

about the Camino de Santiago with Jolyon Bromley. Dilu's wife and new baby paid us a visit and



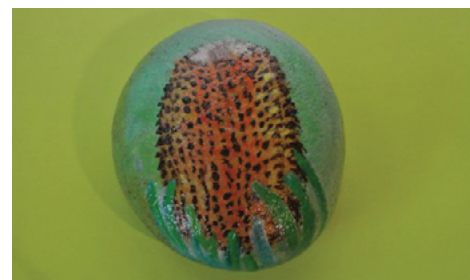
was warmly welcomed by Joan who practiced midwifery for many years. We also took advantage of the school holidays and went down to Collaroy Beach for one of our Thursday afternoon bus trips, knowing that we would not have to contend with the 3:30 school traffic on our way home.



It was a wonderful afternoon with the weather being very kind to us. As always we have a special day for Anzac Day; this year we commemorated it on the Friday before. Along with the service, we always have a game of Two Up

using our special local currency and some refreshments. Joyce Harrup and Lousie Desenberg celebrated their birthdays in April.

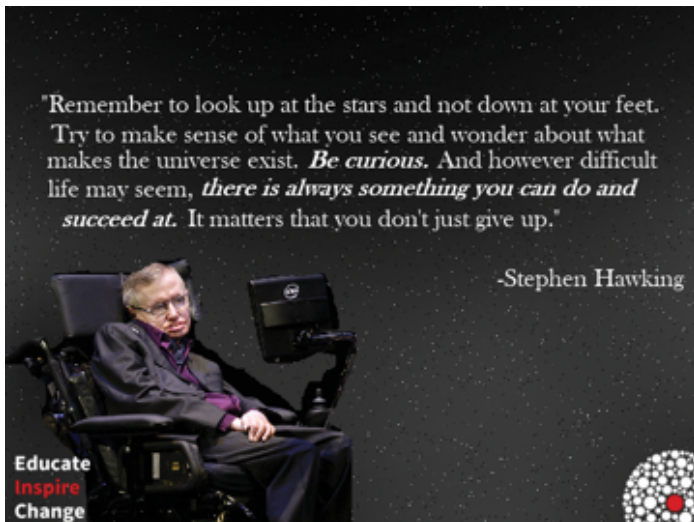
One day that will always be celebrated is Mother's Day. This year, Joan Brandt who is a talented artist, painted river stones with



beautiful Australian wild flowers to give to each lady on Mother's Day. We wanted to give something that was special and pay a fitting homage to all of our wonderful women who have nurtured many over the course of their lives. A wonderful afternoon tea was also held out in the garden which was enjoyed by all who attended. 8 lucky residents also got to visit Asquith Boys High for a special morning tea. This is a highlight for many residents as they enjoyed baked goods (cooked by the boys) which were certified amazingly delicious by those in attendance. Happy birthday wishes in May for Judy Wehrens and a respite resident Norman Ruggins.



Quality over quantity...



A young person travelled to a foreign land to attend the school of a teacher of Nature. On arrival at the school, the young person was interviewed by the teacher. *What do you wish from me?* asked the teacher. *I wish to be your student and become the finest naturalist in all the land,* the young person replied. *How long must I study?* A minimum of 20 years, the teacher answered. *Twenty years is a long time,* said the young person. *What if I studied twice as hard as all your other students?* Forty years was the teacher's reply. *Why is it that when I say I will work harder, you tell me that it will take longer?* the young person answered. *The answer is clear. When one is fixed upon the achievement, one tightens the mind and is thus more distant from finding The Way,* responded the teacher.

Work Health & Safety Corner (WH&S)

Milan Telford, CEO

Other groups at the workplace (**e.g. residents and visitors**), have exactly the same duty as workers to take care of themselves and others and to follow any reasonable direction with regards to WH&S (Sections 28 & 29).

So what is '**reasonable care**'? This is not defined in the work health and safety legislation. However the legislation requires this from all persons at a workplace as follows:

Section 29 Duties of other persons at the workplace

A person at a workplace (whether or not the person has another duty under this Part) must:

- take reasonable care for his or her own health and safety, and
- take reasonable care that his or her acts or omissions do not adversely affect the health and safety of other persons, and



- comply, so far as the person is reasonably able, with any reasonable instruction that is given by the person conducting the business or undertaking to allow the person conducting the business or undertaking to comply with this Act.

The lowest form of failure to comply is a category 3 (category 1 & 2, are where more serious consequences arise and have higher penalties), which is as follows:

33 Failure to comply with health and safety duty-Category 3

A person commits a Category 3 offence if:

- the person has a health and safety duty, **and**
- the person fails to comply with that duty.

Maximum penalty:

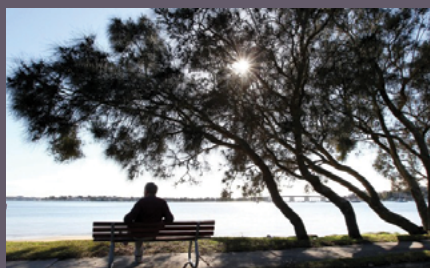
- in the case of an offence committed by an individual (other than as a person conducting a business or undertaking or as an officer of a person conducting a business or undertaking)--\$50,000

So for example, where there is a sign up which requires compliance (**being reasonable care**), (such as not to use a driveway), and someone nevertheless does use that driveway and in the event, causes a car accident, then under the WH&S Act, that person could be fined, either a Category 3 fine of up to \$50,000 or if someone is injured or dies, a much higher penalty under Category 1.

Calendar of Events

June

2



Meeting Potential Residents (bookings
Milan Telford 9482 9804)

6

Christian Community visit –
Reverend Martin Samson.
Enquiries 9476 3161 ext 2

14



Rotary lunch at Asquith Bowling Club for
Seniors

20



Christophorus House OPEN DAY 10am
to 4pm

24



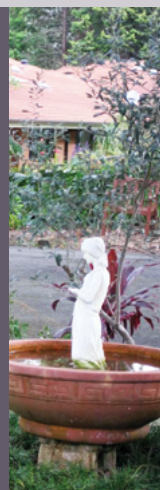
Midwinter soup lunch for Self Care
residents.

July

6



Annual Statutory meeting for ILU
residents



Please check our website for talks and
presentations at christophorushouse.com.au

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

Hostel Lounge Room talks with Wolfgang Devine
weekly on Wednesdays at 2.30pm. Check our
website for topics.

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

Monday Movies are held in the Cottage on the first
Monday of the month.

Music with Rowlanda in the Hostel lounge on
Mondays and Fridays at 1pm.

Board Meetings are held on the third Monday of
every month.

Footbath/Leg Massage Therapy is held weekly now
in the upstairs Hostel lounge. Visitors welcome!