



Christophorus House
Retirement Village

Winter 2017 Newsletter

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Cover photo: Violets in the Garden



Westhead lookout

Maintenance Matters

*Report by Hayden Ibbett,
Maintenance Supervisor*

Yet another newsletter has come around, the year just seems to be flying by so quickly. The village is running smoothly in the maintenance side of things I'm pleased to report. This is due to the great team of staff, good policies and procedures we have in place here at CHRV. Preventative

Editor's Letter

Dear Residents, Members and Friends

Since we have a new name for the hostel – now Helga Forster House – it's hard to remember this each time. And that includes remembering to write it as well. You will notice a few references to the Hostel in this edition but be reassured – we are still the same! All our favourite activities and events continue. Our upcoming events page sets out Wolfgang's talks in June which continue to be interesting and varied. We also have Rosslyn visiting from WIRES (wildlife rescue) to speak on the organisation's work. I'm also looking forward to hosting our annual midwinter soup lunch for ILU residents this month which falls right in our winter solstice. There's so much to enjoy in the garden again as it's metamorphosed in a variety of colours and especially the camellias which stand out quite dramatically. Our Special

Feature on the art of knitting will be something many of our readers can relate to. And on the poetry front, there's something to tickle your funny bone. This issue features violets on the cover which I hope will give you as much pleasure as I had when I saw them in the garden. I wish you a warming mid winter solstice as the colder weather entices us to rug up and keep warm! Until next time, good wishes.

Monika Bebb
Self Care Liaison Officer

**"Laughter is the sun that
drives winter from the
human face."
Victor Hugo**



maintenance is key, along with a comprehensive maintenance schedule which ensures services and tasks are carried out diligently. With the cooler weather it was time to turn on the Hydronic Heating system in the HFH building which provides a lovely radiant warmth throughout, keeping our residents nice and toasty. HFH carpets, lounge & dining chairs have all been cleaned by Laurie from Pacific Blue Carpet & Upholstery Cleaning. Also, all

windows have been professionally cleaned by Squeegee Pete who always does a great job. I have the pleasure of driving residents on outings and one of my favourite spots which we visited recently is West Head. The stunning views are truly breathtaking! A truly wonderful place to have coffee on a Tuesday morning! Well if someone has to do it, it may as well be me. Until next time, keep well & warm.

Christophorus House Retirement Village

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Mary Arndell, Graham Long, Sune Nielsen,
Madeleine Pathe, John D Shaw.

CEO: Milan Telford; **HF House Manager:**

Denise Zhao; **HF House Supervisor:**

Vik Sonea;

Self Care Liaison Officer: Monika Bebb;

Maintenance Supervisor: Hayden Ibbett.

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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



In this message, I will comment on the new ILU development last for once. I should like to comment first up on the recently defeated Bill for 24/7 Registered Nurses in Aged Care facilities which occurred in the NSW lower house and the ongoing concerted campaign around this. Following an Inquiry [‘Registered Nurses in NSW Nursing Homes – Report of the Inquiry of the General Purpose Standing Committee No.3, NSW Legislative Council, October 2015’], into the issue of having around the clock Registered Nurses in the Aged Care Facility – Helga Forster House, the then Minister for Health – Skinner, rejected the recommendation of the Inquiry, and quite rightly as we saw it.

When one analysed the submissions to the Inquiry, of the ones that were not confidential, there were 155 submissions of which 137 were FOR 24/7 RNs and 18 were against. From the 137 that were FOR 24/7 RNs, many of the submissions (some were only one paragraph in length) showed a lack of understanding of the issue; the vast majority assumed that it was intended by aged care facilities to remove altogether, registered nurses from aged care. This was

never the case and did appear to be misinformation as part of a campaign to get the 24/7 RNs into all aged care facilities. The 18 submissions (including one from us) that were against 24/7 RNs were well documented and made a clear case for why 24/7 RNs should not be introduced and made mandatory.

The issue arose following changes to the Federal Aged Care Act of 2013 (effective 1st July 2014) which withdrew the distinction between Nursing Home and Hostels. Once that distinction was withdrawn, the Nurses Association sought to have enacted a specific clause (Clause 104) in the NSW Public Health Act 2010, which mandates 24/7 RNs in ‘Nursing Homes’ (but not Hostels) across the board, where Hostels were now no longer distinct from Nursing Homes. The Federal legislation withdrew the distinction so as to allow facilities the ability to determine their clientele based on ability to meet duty of care for each resident, something that Hostels and CHRV have been doing since the 1980’s.

For a small Aged Care facility such as CHRV has (24 beds), the cost impost were 24/7 RNs imposed (we do have an RN by the way and all hostels have them) would be an additional \$450,000 in wages and on-costs, which would see closure of the facility as soon as possible. To have 3 RN’s on the payroll through the day and night (24 hours – 7 days a week) would also not mean savings in staff, as RN’s would not do some of the work that carer’s do and by having

to close, up to 18 full time, part time and casual staff would lose their employment, not to mention the RN currently employed. Such closure of small facilities would see the curtailment of the ‘Principle of Choice’ by prospective residents as only large facilities would remain to choose from. There are numerous other reasons why 24/7 and some of the other recommendations of the ‘Inquiry’ should not be adopted – too many to go into in this newsletter. For now, it should just be known that 24/7 RNs is something NEW and not necessary given the strict quality and accountability regime of the Federal government. Also, it does not operate like this in any other State and to push this through in NSW would then result in further pushes in other States to do the same, when Aged Care is not a State but a Federal responsibility, and certainly not one under the control (as yet) of the Nurses Association.

Briefly, on the new ILU project. Resumption in talks has begun with a major bank and this is a good sign. The finance difficulties are partly due to CHRV having one hand tied behind its back (due to legislation in 2014) as to how we can use the money we have, and partly due to the current heat in the building industry and lending markets, which is resulting in credit squeeze and Loan Value Ratios down to 50%; making it difficult for CHRV to meet all the competing parameters for finance.

Milan Telford



News from Helga Forster House

*Kathy Gasper,
Diversional Therapist*



Residents have enjoyed some special celebrations in the past few months with a special afternoon high tea for Mothers Day and as well our usual Anzac Day commemorations which is followed by quite a few games of 2 Up. On this occasion the 'bank' did very well, however as the game is played with our special Christophorus House money no one was actually out of pocket. For those who visited the facility over Easter you may have seen a table at the front door offering chocolate goodies. This was the brainchild of Vicki and was really appreciated by those who visited friends and family during the Easter break as well as



residents. We have experienced some lovely destinations for bus trips over the past few months including a recent outing to West Head, the



discovery of the beautiful Reid Park on the other side of Lane Cove National Park and a return visit to Parramatta Lakes.

The residents have enjoyed a great variety of visiting entertainers and guest speakers including Bob Davis giving us a history of Red Cross in the Hornsby Area, a visit from WIRES and another



enjoyable musical interlude by Greg Dimmock. In April we helped celebrate Grace Patten's birthday, in May Diana Surums, Judy Wherens and Norman Ruggins and in June, Monica Cavanagh and Stephen Hunter's birthday. Comings and goings; We have also welcomed Monica Cavanagh



to Helga Forster House who has become a permanent resident along with Janet Bryant, Dennis Gibbings and Ross Howard. We also said farewell to Shirley Powell who has transferred to another facility and said our final goodbyes to Irene Carlyle who passed peacefully from this world in April.

Why worry?

There are only two things to worry about: either you are well or you are sick. If you are well, then there is nothing to worry about; But if you are sick, there are two things to worry about: either you get well or you will die. If you get well, there is nothing to worry about; But if you die, there are only two things to worry about: either you go to heaven or hell. If you go to heaven, there is nothing to worry about; But if you go to hell, you'll be so damn busy shaking hands with friends, you won't have time to worry!



Knitting with Heart and Soul

By Clare Coburn



We didn't need confirmation from the British Journal of Occupational Therapy¹. We knitters know it. A few rows of knitting can reduce stress, create a sense of calm and help us live more peacefully. Yet, it's good to be reassured that researchers have uncovered our secret and want to share it with the world. There has to be a reason for the resurgence in popularity of yarn crafts in this age of technological overkill. Moving away from a computer, putting down our mobile phones and other devices, turning away from television and video or accompanying our viewing with some yarn work, we know that our favourite craft makes us feel better. That's why we love to unwind with knitting.

I started to ponder this topic when I was listening to some recommendations about good mental health practices emphasising the proven benefits of walking. I'm a keen walker but I suddenly realised I hadn't walked so regularly over the previous couple of weeks. As a consequence my thighs were a little flabbier, but I don't just walk to maintain fitness. Normally I feel compelled to take a walk to keep myself sane. As writer Brenda Ueland puts it, a regular walk keeps away 'meagreness'. But I was curious – why hadn't I needed to walk so much?

Then I realised. I had been knitting a fiendishly difficult textured pattern that had kept me so occupied – my fingers flashing and my mind counting stitches – that I hadn't needed the stress release of strolling a few kilometres around my local streets and reserves. Well, my thighs might have benefited more from those outings, but I had been using my other sanity preserver: a few rows of knitting every day. Well, more than a few rows actually, as my usual inability to read instructions all the way through means that I also have to unpick regularly to prevent too many errors. (Perhaps I just want to extend the therapeutic experience.)

What exactly did a survey of over 3,000 international knitters by Jill Riley, Betsan Corkhill and Clare Morris reveal? Knitters reported that they indulged in their favourite craft for relaxation and stress relief. They loved its therapeutic and meditative qualities. Most knitters, a whopping 80%, revealed they felt happier after knitting. Almost half of these knitters described knitting as a way to help them think more clearly, to organise their thoughts and to mull over, or even forget problems. As a large number of these knitters also belonged to knitting groups and classes, there were also social benefits. People who knitted in a group were more likely to feel calmer, happier, excited, useful and better about themselves than those who didn't. Knitters also reported on the effect of knitting on coping skills. An anecdote from one knitter describes it perfectly: 'a sweater or shawl is made one stitch at a time, and eventually you get a finished product. In life – when things are hard, you take it a few minutes at a time and eventually you make it through.'

The report did not explore the reasons for these positive effects. Psychologist Mihalyi Csikszentmihalyi might have one of the keys. He described the state of 'flow' where you feel totally at one with your activity and consumed by your concentration in it. Many of us know that feeling of being lost to the world as we begin to knit and then simply cannot stop. That's when we are in flow.

Those rapid movements of our fingers are also said to stimulate neural activity, so we may be limbering parts of our brain and lighting up the cells as we create that flow of fabric beneath our needles.

We might also observe that we knit at the heart level. We hold our needles and yarn almost in front of our hearts, making a circle that moves through our heart, down our arms and fingers, and into the knitted garment itself. Like knitting itself, our wholly rhythmic system, the heart and lungs, are attuned to rhythm and repetition, those steady pulsing movements. The heart is also traditionally understood as the centre of our feeling lives, a finding that some contemporary researchers are exploring as well. Cultivating activities that allow us to be centred in our hearts is one way to strengthen the realm of feeling, to soothe and calm us.

As well as all those stocking fillers, Christmas presents and summer and winter garments, we stay healthy in body and soul as we keep knitting.

Endnote

1 Riley, J, Corkhill, B, and Morris C (2013). "The benefits of knitting for personal social wellbeing in adulthood: Findings from an international survey", British Journal of Occupational Health, 76(2) pp50-57.

Problems Sleeping? 10 tips to help you sleep

Article supplied by Prue King

Many of us at some time have experienced difficulty in getting to sleep or waking in the middle of the night and lying there for hours trying to get back to sleep.

Sometimes this develops into chronic insomnia and can create a lot of stress and tension around bedtime and sleeping. Then there are those of us who suffer from snoring and/or sleep apnoea, or whose partners keep us awake all night with their noise.



10 TIPS TO HELP YOU SLEEP

1. **Reset your body clock** – go to bed early around 10-11pm and wake with the sun. Looking at a bright light on awaking will switch off the melatonin produced at night and make you wide awake and alert.
2. **Exercise moderately** – strenuously during the day, but not in the evening – a brisk walk or run or dynamic yoga practice will provide physical “stress” and help your body use up excess adrenaline produced by mental stress.
3. **Turn off all computers, TVs and other stimulating media** at least 1 hour before bed.
4. **Develop a calming routine** in that hour such as a warm bath with lavender oil; yoga breathing exercises and relaxation; meditation; soothing music, reading.
5. **Keep your bedroom completely dark when sleeping** - turn off all lights, draw curtains to shut out street lights etc; cover digital radios and other screens so the room is completely dark. (This helps with melatonin stimulation, the hormone responsible for regulating sleep and the body’s circadian rhythm.)
6. **Avoid caffeine** completely if your insomnia is chronic. Try a 30 day challenge and eliminate all coffee, tea, alcohol and avoid other foods that stimulate the mind such as chilli, curries, garlic, onions (rajasic food in ayurveda), especially in the evening. Drink plenty of water, consume lots of green leafy vegetables & healthy oils for optimum nutrition & hormone production.
7. **Eat earlier in the evening**, giving plenty of time for the food to digest before bed and avoid drinking for a few hours before bed so that you are not woken up by the need to go to the toilet.
8. **If your problem is waking around 4am**, your adrenals may be overworked. Strategies for calming the mind and decreasing stress can help you get back to sleep. Other nutritional & hormonal imbalances can cause difficulties with sleep. Consulting a naturopath or holistic GP can help you correct these with herbs and other supplements. A melatonin assay can determine your body’s ability to produce melatonin, the sleep regulating hormone. Acupuncture & Chinese Herbs are also good for calming the nervous system.
9. **Organise your time** –leave enough time in your day for “down time”- time to rest and relax and allow the mind to switch off so that the mind is not constantly engaged. Try keeping a pen & paper beside the bed & writing down all the things you are trying to remember to do in the morning - then you can forget about the issues and go back to sleep.
10. **Do not become attached to the hours of sleep you are or are not getting** – concentrate on calming the mind and exercising the body and sleep will come. Some people need much less sleep than others. If you wake up early, get up and go for a walk, energise yourself with breathing exercises and then go to bed around the same time every night. Eventually your body will develop a rhythm and you will get enough sleep for your body.

Article sourced at: <http://www.lotushealth.com.au/articles/10-tips-to-help-you-sleep.htm>



Work Health & Safety (WH&S)

Milan Telford, CEO

CHRV does not tolerate Bullying in the Workplace

What is workplace bullying?

Workplace bullying can adversely affect the psychological and physical health of a person. Workplace bullying is a psychological hazard that has the potential to harm a person, and it also creates a psychological risk as there is a possibility that a person may be harmed if exposed to it. If effective control measures are put in place to address and resolve workplace issues early, a workplace can minimise the risk of workplace bullying and prevent it from becoming acceptable behaviour in the workplace. Workplace bullying is repeated and unreasonable behaviour directed towards a worker or a group of workers that creates a risk to health and safety. Repeated behaviour refers to the persistent nature of the behaviour and can involve a range of behaviours over time. Unreasonable behaviour means behaviour that a reasonable person, having considered

the circumstances, would see as unreasonable, including behaviour that is victimising, humiliating, intimidating or threatening. Not all behaviour that makes a person feel upset or undervalued at work is workplace bullying.

What is *not* workplace bullying?

A single incident of unreasonable behaviour is not workplace bullying however, it may be repeated or escalate and so should not be ignored.

REASONABLE MANAGEMENT ACTION TAKEN IN A REASONABLE WAY

It is reasonable for managers and supervisors to allocate work and give feedback on a worker's performance. These actions are not considered to be workplace bullying if they are carried out in a lawful and reasonable way, taking the particular circumstances into

account. A manager exercising their legitimate authority at work may result in some discomfort for a worker. The question of whether management action is conducted in a reasonable way is determined by considering the actual management action rather than a worker's perception of it, and where management action involves a significant departure from established policies or procedures, whether the departure was reasonable in the circumstances.

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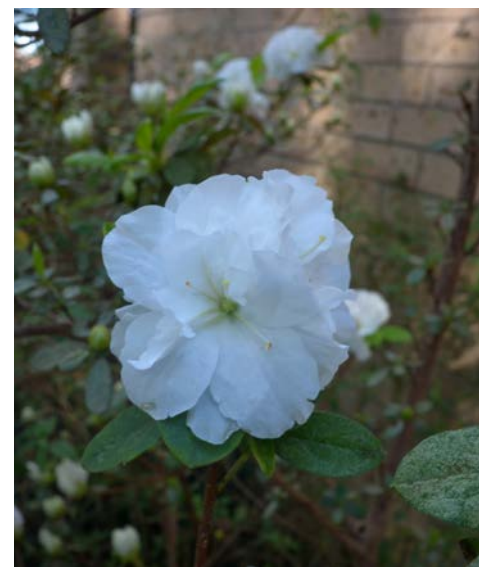
Poetry Corner

Just a Wonder

A row of bottles on my shelf
Caused me to analyze myself.
One yellow pill I have to pop
Goes to my heart so it won't stop.
A little white one that I take
Goes to my hands so they won't shake.
The blue ones that I use a lot
Tell me I'm happy when I'm not.
The purple pill goes to my brain
And tells me that I have no pain.
The capsules tell me not to wheeze
Or cough or choke or even sneeze.
The red ones, smallest of them all

Go to my blood so I won't fall.
The orange ones, very big and bright
Prevent my leg cramps in the night.
Such an array of brilliant pills
Helping to cure all kinds of ills.
But what I'd really like to know . . .
Is what tells each one where to go!

Author unknown



Calendar of Events

June

7 Lounge room talk with Wolfgang: The Grimm's Fairytale "*The Bremen Town Musicians*" and attempts of interpretation



Lounge room talk with Wolfgang: David Wansbrough's 1975 painting 1975 **Boats** displayed in the upper corridor of HF House

20 Lounge room presentation: Rosslyn Jeffrey is visiting from WIRES to speak on wildlife rescue work

21 ILU residents midwinter soup lunch at 1pm



Lounge room talk with Wolfgang: **Mel Bonis**, French lady composer (1858-1937)

28 Lounge room talk with Wolfgang: The Sense of Thought – the enfolding of the spiritual senses...

July

1 Christian Community service in The Cottage at 10am. All welcome

3 Monday Movie in the Cottage at 2pm.

5 STAFF TRAINING – no presentation for residents today

July - cont.

10 ILU residents' Annual Statutory meeting in the Cottage

12



Lounge room talk with Wolfgang: Hormones, messengers in the body – are we driven or driving?

19 Lounge room talk with Wolfgang: The Tango, with special emphasis on the music of Astor Piazzolla

26 Lounge room talk with Wolfgang: The sense of (the other's) ego

August

7 Monday Movie in the Cottage at 2pm

23 STAFF TRAINING – no presentation for residents today

Regular Events enquiries:
Monika (02) 9476 3161

Hostel Lounge Room Talks with Wolfgang Devine weekly on Wednesdays at 2.30pm. For upcoming Helga Forster House events please see our website at www.christophorus-house.com.au or call Monika for details.

Scrabble & other activities take place in the Evelyn Latter Room during the week.

Music with Rowlanda in the lounge on Mondays and Fridays.

Board Meetings are held monthly on the third Monday.

Weekly Footbath/Leg Massage Therapy with Ian in the upstairs lounge.