



Christophorus House
Retirement Village



Winter 2019
Newsletter

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Cover photo: Azaelas in full bloom



Editor's Letter

Greetings, residents, members and friends. Midwinter has come and gone, and the cold weather is an incentive to stay indoors, keep warm and dry and even enjoy hot soup! Our annual midwinter soup lunch enticed residents to come out to the Cottage for lunch to meet friends and neighbours. It was a heart warming and enjoyable occasion, one to look forward to again next year. Since our last newsletter, we hosted a number of special events in the hostel, such as The Travelling Music Man, a visit by Merlin the ragdoll cat, manager Denise spoke about her interesting and eventful trip to China as well as a very special ANZAC Day memorial service with guest visitor Mr Julian Leaser MP. Self Care residents were also invited to attend this event. For those royalists and as

a special treat to celebrate the Queen's Birthday, a high tea was served in her majesty's honour! Of course, the regular weekly talks by Wolfgang continue to be a favourite as are the Monday Movies in the Cottage and monthly outings for self care residents. And now for the countdown for the second half of the year begins: planning meetings, outings and of course Christmas! And watch this space for an update on the NBN coming to our village. Until next time, keep safe and warm.

Monika Bebb
Self Care Liaison Officer



Enjoying lunch at Mona Vale Golf Club

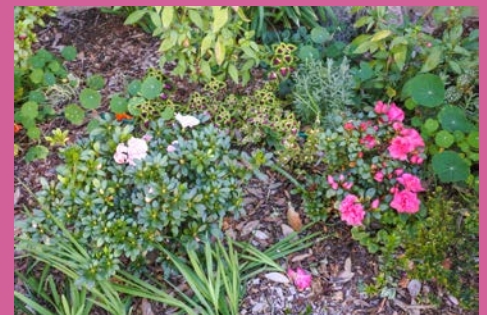
Maintenance Matters

*Report by Hayden Ibbett,
Maintenance Supervisor*

CHRV continues to flow through the seasons and this coincides with the maintenance needs. With the onset of the chill, the annual service of all air conditioners throughout the Village has been completed. Footpath cleaning is underway as surfaces become slippery - this also comes with some "Path Art" being displayed for a short time before the next section of path is completed. All windows have been cleaned; the

ongoing job of gutter clearing continues and now again after autumn's deciduous leaf fall. More potholes have been filled in and some sections of steps have been highlighted to distinguish trip & fall hazards. The Helga Forster House building has been having a few repairs and upgrades of late with some glass repair, building washing, new outdoor seating purchased and painting to commence soon. What with all the other regular monthly audits carried out, as well as unforeseen maintenance tasks that arise day to day, it keeps me very busy which

makes for a *"no day is the same"* workload for the maintenance team (i.e. me). It's a continuous juggle to prioritise tasks. However, *"variety is the spice of life, that gives it all flavour"* to quote William Cowper's poem "The Task". On that note, happy reading and keep warm.



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

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Board Members: Rev Sune Nielsen, Roslyn
Jones MD, James Brown, John D Shaw &
Jane Ruehmorkoff.

CEO: Milan Telford

Hostel Manager: Denise Zhao

Hostel 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 4 or email**

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From the Desk of the Chief Executive



On Monday 17th June, due to an illness which needed immediate response, Director Madeleine Pathe resigned from the Board. Madeleine, as most of you would all know, had been a long time Director, having been appointed on the 20th February 2012, so now over 7 years. Madeleine became involved with Christophorus House, when her mother, Mrs Iris Crick, became an Independent Living resident on 2nd January 2006. Madeleine served on the **'Building Project Control Group'** when CHRV was pursuing its new ILU development, utilising her project management skills, and later was part of the Strategic Planning

Committee, another Committee of the Board. These roles, as well as attendance at monthly Board meetings and other peripheral tasks (from attending CHRV to counter-sign large cheques, to attending at our stall at the Retirement Village expos'), saw Madeleine devote hundreds of hours to the community of Christophorus House. She made a valuable contribution to the community and life of our Village and if you ever saw the lady with that lovely broad smile on her face visiting Iris; well that was Madeleine. We wish her all the very best as she works to regain health and thank Madeleine, most sincerely, for all that she contributed to make CHRV a better place.

Chairman of the Board, Robert Allerdice, appointed in May 2005 and Chairman for over 14 years, has sadly also resigned. Robert is related to the oldest resident of CHRV, who has been here since the beginning of Helga Forster House in the early 1980's. A solicitor by profession (now retired), Robert

used his objective and clear sighted skills to bring stability to the Board in the early days when CHRV was going through a period of dysfunction, both at the Board and the Management level. He provided superb leadership and guidance over 14 years plus in his role as Chairman. Through Robert's leadership, the organisation became a professionally organised operation. Robert sailed the 'Christophorus House' ship through many stormy waters over the years including the years when CHRV was pursuing its new ILU development. The community of CHRV owes Robert a huge thank-you and debt for all that he has over these many years done for the Community; and CHRV thrived in those years, with harmonious AGMs. We wish Robert all the very best for the future.

We will more appropriately honour both Madeleine and Robert in due course.

Milan Telford



News from Helga Forster House

*Kathy Gasper,
Diversional Therapist*

Again, I find myself in the middle of the year and wonder how that happened, however, as always, we have plenty to tell you for hostel happenings.



We decided to trial having entertainers once a month on Saturday afternoon to provide an extra dimension to the weekend. These "soirees" are accompanied by mocktails and

have proven to be a big hit. We have had a wonderful array of musical acts including *The Travelling Music Man*, *Ron and Ros* and *John and Yuki*.

We also ran a colouring-in competition for the Queens Birthday long weekend and are happy to announce that one of the new residents, Jim, won the beautiful pamper pack that he was going to give to his granddaughter who helped him with colouring in.



We have, as always, celebrated birthdays and wished Grace, Monica, Elaine, Stephen, John and Don many happy returns of their special day.

We also farewelled Mavis who went to another facility that was close to her husband and also Ron Bond who also transferred to another facility. We also said our last farewells to Daina Surums and Ross Howard who have closed their eyes on this world.



Kathy and Vicki

It is also with more than a tinge of sadness that I must say that this is my last Newsletter. My husband retired 6 months ago and wants to go travelling. Well, I can't let him have all the fun so I too will be giving up work. I have worked at Christophorus House for 7 ½ years and can honestly say that this has been my dream job. I have been given so many opportunities to practice my chosen career as a Diversional Therapist that I don't think would have been possible in many other facilities. The staff that have worked along side me are exceptional and my managers have also been amazing, allowing me to make so many decisions on how to best serve the many residents who have come through our doors. Many thanks to Denise and Milan and to my partner in crime the young and lovely Vicki who has been the most wonderful work colleague one could ever wish for. I should mention every staff member who work at Helga Forster House (however I'm concerned that I will forget someone) but you could not hope to find a group of people who are more passionate about caring for people.

My last earth-shattering tip is to say NEVER plan a bus trip up to Gosford if there is the likelihood of rain, because if it's going to rain anywhere it will be Gosford, right Hayden?

Quote



"I don't believe in aging. I believe in forever altering one's aspect to the sun."

Virginia Woolf

Breathe Better

NSW is among the highest in Australia when it comes to stressing about being caught with bad breath in one-on-one situations, just behind WA and Victoria.

Bad breath causes anxiety in around 48% of people in NSW; that's quite concerning statistics. Dentist Dr David Hills shares his tips on how to prevent bad breath:

1. Increase your saliva flow and prevent dehydration.
2. Limit your intake of sugary foods.
3. Brush, floss and rinse with a mouthwash at least twice per day. If you wear dentures, clean your dentures daily and store in water at night. Brush your tongue when you brush your teeth.
4. Brush before breakfast to avoid ingesting the bad bacteria that have multiplied in your mouth all night.
5. Clear your airways. Blow your nose or use a saline nasal spray when you are congested. Mucous that becomes stagnant or remains in the nasal passages for more than 24 hours will become a food source for bad breath bacteria.
6. Visit your dentist regularly. Keeping up with your oral hygiene and discussion any concerns with your dentist early will help you prevent any issues with bad breath.



Reprinted with permission from the Monthly Chronicle, May 2019

5 Reasons to Love Sardines, Herring and Mackerel

July 7, 2015 by Dean Simmons, Registered Dietitian

It's hard to get respect when you're a little fish. It's the bigger oily (or fatty) fish like salmon, tuna and trout that get all the attention. But what about the humble sardine, herring and mackerel? Small fish can be great fish. Here's why:

Top 5 reasons to eat canned small fish:

1. Low cost: Canned sardines, herring and mackerel are amongst the least expensive fish on the market. No need to break the bank in order to eat at least two Canada's Food Guide servings (75 g/ half cup) of fish per week.
2. Easy to find: Most grocery stores stock canned fish year-round. No need to seek out a fish monger.
3. Good for you: Sardines, herring and mackerel are a source of omega 3 polyunsaturated fatty acids, protein, vitamin D (and calcium when the bones are eaten).
4. Low in contaminants: Sardines, herring and mackerel all feed low on the food chain which means they are low in mercury and other environmental contaminants like polychlorinated biphenyl (PCBs) and dioxins.
5. Sustainable choices: Pacific Sardine and Atlantic Mackerel are ranked as "Best Choice" by the SeaChoice sustainable seafood program.

Rankings of other species can be found by using their Sustainable Seafood finder.

Convinced? Now you might be wondering what to do with the canned sardines, herring and mackerel that you picked up at the store. There are a lot of great recipes online that will turn your humble little canned fish into a great meal. Check out the recipe section on the manufacturer's website as a starting point.

Canned fish can easily be added to pasta dishes and hearty salads. Using acidic ingredients like lime juice, lemon juice or a tomato sauce will enhance the taste and minimize any fishy odours. What's stopping you from using canned sardines, herring or mackerel in your meals?



Paige in Fairyland

Original story by Arielle Manrique (aged 13)



"Morning Paige," mum says energetically, opening the dark-hued curtains as the bright light sparkles on me, practically blinding me. "Your breakfast is on the table. I need to go to work," she whispers. "I'll be down soon," while I rub my mascara-covered eyes. I bounce out of bed, taking a quick look at myself in the mirror. My short dull purple hair shines in the light as my

piercing grips on to my lower lip. I've always been known as the Goth Girl. Sometimes all I want is to be like everyone else.

I go down to the kitchen and smell some slightly burnt French toast. Beside is a little note, "I'll be back later tonight, love mum." I grin, snatch my toast and head back upstairs. At that point I see another note laying on my bed. Expecting that it would be from my mum, I pick it up. It read "Dear Paige, meet me outside asap, Ms Magic." Confused and puzzled, I ran eagerly down the stairs. My stomach fuzzles as I clench my fists, my eyes widen, and my jaw drops open. I can't believe what I'm seeing! It looks like a little pixie floating in my backyard. "I've got to be dreaming," I mumble to myself.

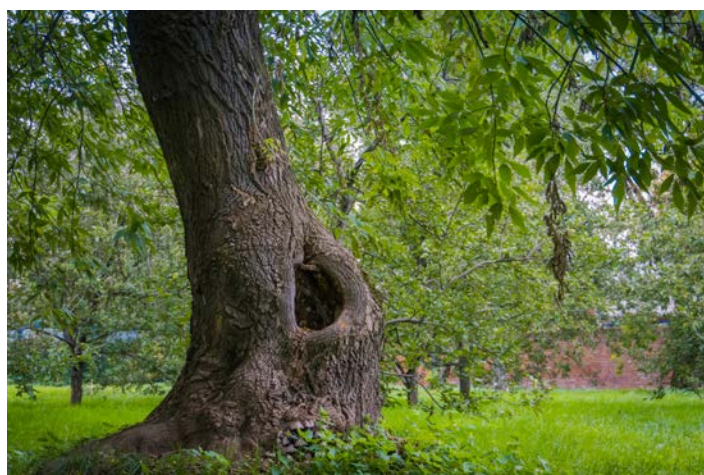
"You must be Paige," she assumes. "That's right. And who are you?" I stutter. "I'm Ms Magic" she replies with a smile. "Where have you come from?" "A little place known as fairyland. Join me and you can see for yourself," she insists. "You want me to come with you?" I question. "Yes, trust me. You won't regret it." "Ok, fine," I stutter. "Great. Now please: there is lots to show you Paige." She points in the direction and flutters into the distance while I follow hesitantly.

Out of the blue, beaming rainbows glow into my eyes. Beautiful hues of pink and purple surround me, magical creatures meet my sight. "This can't be real," I panted. "It sure is," she guarantees, "and, hello, look at your new look!" she urges me. I look down and observe my body. I'm as small as a grape. I'm wearing a bright pink sparkly tutu; my hair is tied up into two tight pigtailed. "What the heck am I wearing? Why am I so little? What did you do to me?" I shout. "I thought you wanted to be like everyone else." I fix her with my gaze, not knowing what to say. "How would you know;

I never told you!" I said. "I'm a fairy, remember? I heard you say that you wanted to be more normal this morning," she stated. "Anyway, come look at this. It's known as the Charm Tree," she says, while pointing. There in the centre of fairyland the tree stands, its bark carved into all different patterns, its branches reaching at the air around it, proudly standing in the glow of the sun. Its green bounty and earthy browns were shading the land beneath. On one side of the trunk was a deep hollow just large enough to squeeze through. I felt an irresistible urge to look inside. First my head, then my shoulders, my hips and finally my feet. I had been swallowed by the tree ...

Inside the tree, I could hear Ms Magic's soft voice calling me even deeper inside. It was dark and quite small, and I was only able to crawl my way over. I hear Ms Magic say, "there is someone I would like you to meet." Suddenly the darkness disappears, and light fills my eyes. Within that light I see the most beautiful being I have ever laid eyes on. Her long luscious brown hair framed her warm, kind and welcoming face. Her skin was a light green shade and she was wearing a dress made of leaves and bark. She was beautiful. "Welcome to my home. I am Mother Nature" she said in a soothing voice. Seeing her took all my fears away. "I brought you here to tell you something important, so listen carefully. From the biggest elephant to the smallest bee, each animal has its purpose. That goes for people like you as well. Each person has their own role to play. So always be yourself and be proud," she encouraged.

Ms Magic looked at me and smiled. She then guided me out of the tree and pointed me towards home. That night I slept soundly after my big adventure. The next morning, I slowly got up and looked in the mirror. I was back to myself and decided I never wanted to change again.



Work Health & Safety Corner

Milan Telford, CEO

The latest update of CHRV's WH&S Manual – May 2019, is available to be read and looked at from your Manager or Supervisor. Residents also can ask to borrow a copy. This Manual has been updated by Andrea Nguyen, our previous Facility Manager and covers a wide range of Aged Care related safety issues. It will be the basis of on-going training in the course of the coming years.

Today, we just touch on the 5 most common workplace accidents. Look at the picture and guess what each one is. Then in the next issue, we will look at some of the ways in which these accidents can be reduced.

1



2



3



4



5



Quotes

"The secret of genius is to carry the spirit of the child into old age, which means never losing your enthusiasm."

Aldous Huxley

"The older you get, the more important it is to not act your age."

Ashley Brilliant

"Wrinkles should merely indicate where the smiles have been."

Mark Twain



Calendar of Events

July 2019

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Rapunzel – a fairy tale on hair and it's significance.

10

Talk: NO TALK TODAY

17



Tom Jobim, Brazilian composer and the Bossa Nova

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Talk: Sinkholes – how nature and human beings change the ground on which we stand.

July 2019 - cont.

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Talk: Individuality: what/who am I? Dependencies in life & awakening to myself. What makes us human?

August 2019

7



Talk: (Finger)Nails, health, protection, armour, beauty?

Facility Lounge Room Talks with Wolfgang Devine weekly on Wednesdays at 2.30pm. For upcoming Helga Forster House events please see our website at christophorushouse.com.au. Visitors welcome.

Regular Events enquiries:
Monika (02) 9476 3161 ext 4

Monday Movies in the Cottage on the 2nd Monday of the month. Visitors welcome.

Monthly Monday bus outing each month for ILU residents.

Board Meetings are held monthly on the third Monday.

Weekly Footbath/Leg Massage Therapy with Ian for residents.