



Christophorus House
Retirement Village



Autumn/Winter 2021
Newsletter

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Cover photo: Blooming Hydrangea

Back cover: photo of Village pathway south



Maintenance Matters

Report by Hayden Ibbett,
Maintenance Supervisor

In the time since the last newsletter, we have had 4 new air conditioners installed in HFH rooms as well as the new ducted system that cools & heats the lounge, dining, and Evelyn Latter rooms in the Hostel. This was a major upgrade replacing the old system and will keep our residents comfortable when in those communal spaces.

Editor's Letter

Greetings residents, members and friends,

The past year has been challenging for us here at Christophorus House. Lockdowns and restrictions have impacted us as it has many. And so a morning tea excursion to Crosslands Reserve on 8th March was greatly enjoyed by those who came along. We were richly rewarded by the warmth of the sun and abundant surrounding nature with its rich colours and the freedom to walk and explore the area to our heart's content. But now with winter not far away, we say farewell to this outer tapestry of colours and turn

towards what lies within – not in lockdown but contemplation. That means different things to different people. For some, reading and reflecting, others doing crafts or connecting with friends or family. We can wrap ourselves in warming outer layers and nurture what lies within. As a final adieu to summer, we are hosting the postponed Christmas lunch for residents out on the lawn at the lower end of the Hostel. A joyful social event for all to enjoy! Until the next newsletter, good wishes to you.

Monika Bebb
Self Care Liaison Officer

We had our kitchen inspection which we once again passed with highest rating.

Our builder Tony with son Anthony from AMA building services repaired several sections of ageing timber fascia boards on self-care units & HFH building that had water rot. That will extend the life of these structures for some time. All buildings have been soft washed, rejuvenating paint work while removing built up grime. This has made way for the window cleaning to go ahead which is booked in for April.

As I write this, we are in the middle of the huge weather event with torrential rains battering us at all angles. With the exceptional amount

of rain falling, we only had a few minor leaks to report and for the most CHRV has weathered the storm well so far. Good to know that the preventative maintenance schedule is working well ensuring areas are seen to regularly keeping for the free flow of water where it should go. Until next time keep well & dry.



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Hostel Hours: Staff on duty at all times, 7 days per week (After Hours after 5pm: 0403 575 079)

Board Members: Chairman Sune Nielsen (Rev), Roslyn Jones MD, John D Shaw, Jane Ruehmkorff, Annet van Kesteren and Ken Spencer.

CEO: Milan Telford

Hostel Manager: Denise Zhao

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 4 or email

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From the Desk of the Chief Executive



Residents and families and staff

Last week the Public Health Order from December 2020 expired and there was no new Public Health Order (for the time being) going into the new quarter. This has meant that there is a relaxation of restrictions and this is very welcome by all concerned. However, the voices and the noise coming from various quarters is that they would want to lock down again, immediately, as soon as the next wave of COVID or another 'pandemic' surfaces. So, we live with this uncertainty.

The residents in the Hostel (RACF – HFH) appear content, well looked after and happy with their environment. I should like to thank, very much indeed, the great work undertaken by our staff over the last year, having to cope with an increased workload; they have really been exceptional. Thank-you.

New ILU Project

CHRV plans to build ten Independent Living Units (townhouses – single level), on its property at 5a Mildred Avenue. We are awaiting the Hornsby Shire Council D.A. approval, and this should be out by the end of April, as by all accounts, we have had a good process, since work started on this in June last year – thanks to our architects – Stukel Architects. At time of writing, once the D.A. is approved, we hope to commence construction in July. The townhouses will be around the 74 sqm size, which will be more than around 1/3rd larger than the

existing two bedroom ILUs, at 48 sqm. Each townhouse will be single level, state of the art construction and design, with two of the ten having a third room in the loft of the unit.

Sale of land – 15 Mildred Avenue

To help finance our 5a Mildred Ave development, CHRV sold its 15 Mildred site in September last year, with settlement occurring in March of this year (now completed). CHRV went through a process of D.A. to move the adjoining boundaries as between 5a Mildred and 15 Mildred, to make 5a a larger site (for development).

The proceeds then, from the sale of 15 Mildred, are now available to finance the new ILU development at 5a Mildred.

Milan Telford

Quote by Dr Rudolf Steiner

“There is nothing material that does not originate from the spirit. What people experience in health and disease stems from their inner attitude, their thoughts. It is undoubtedly a true proverb: What you think today, you will be tomorrow. It should be clear to you that if an era has evil, depraved thoughts, the next generation and the subsequent period must pay the price physically. It is a true saying: The sins of the fathers will be visited on the future generations. It will not be without consequence that the people of the 19th century began to think in such a grossly materialistic way, to turn their minds away from everything spiritual.

What people have thought then will have consequences. Thus, we are not so far removed from the time when peculiar diseases and epidemics will occur in human life! What we call nervousness will happen, at the latest within half a century, in a severe measure. Just as plague and cholera and leprosy in the Middle Ages once were rife, so there will be psychic epidemics, diseases of the nervous system in epidemic form. These are the consequences of the fact that people lack a spiritual core in their lives. Where awareness of this spiritual core as the centre of life is present, there people will become healthy under the influence of a healthy, correct worldview.”

Dr Rudolf Steiner (1861-1925)



News from Helga Forster House

by Vicki Ferris, RAO - Diversional Therapy

For the time being, our hostel returns to some sense of normality. With easing of restrictions, we have seen the masks come off and our much-loved entertainers, volunteers and visitors return.

With a long career in music and entertainment, Hugh Moran came to sing for us and was very well received by our residents. We must note how hard it has been for the entertainment industry. Some of whom I spoke to, have not worked for a year because of lockdown procedures.



Entertainer Hugh Moran

Church volunteers were keen to come back as soon as permitted. Our first church service was conducted



outside, but I am happy to report that now we can accommodate our wonderful volunteers inside. Just as well, winter is fast approaching!

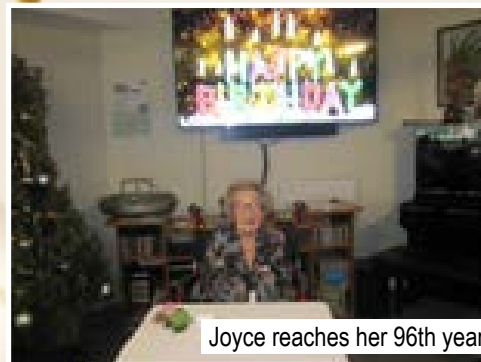
Birthday celebrations included Joyce Dimmock, Trevor Ball, Edith Ireland and Ausma Svans.

Welcome to Ramana who has joined the hostel staff in Diversional Therapy. Ramana works Wednesday afternoons, Thursday and Friday in the Hostel. A bright and cheerful addition she is indeed!

And just now, we have returned from our first bus trip out in months. It was wonderful to take a trip with our residents across Berowra Waters, through Dural and back through the Gorge whilst eating an ice cream - ahh the simple pleasures ...



Edith celebrates 101 years!



Joyce reaches her 96th year



Trevor celebrates his 90th

**HAPPY
BIRTHDAY
ALL!**

POEM: O My Father

By Eliza R. Snow (first published 15 November 1845)

O my Father, thou that dwellest in the high and glorious place,
When shall I regain thy presence and again behold thy face?
In thy holy habitation, did my spirit once reside?
In my first primeval childhood was I nurtured near thy side?

For a wise and glorious purpose, thou hast placed me here on earth
and withheld the recollection of my former friends and birth;
Yet ofttimes a secret something whispered, "You're a stranger here,"
And I felt that I had wandered from a more exalted sphere.

I had learned to call thee Father, through thy Spirit from on high,
But, until the key of knowledge was restored, I knew not why.
In the heav'ns are parents single? No, the thought makes reason stare!
Truth is reason; truth eternal tells me I've a mother there.

When I leave this frail existence, when I lay this mortal by,
Father, Mother, may I meet you in your royal courts on high?
Then, at length, when I've completed all you sent me forth to do,
With your mutual approbation let me come and dwell with you.



"O My Father" (originally "My Father in Heaven") is a Latter-day Saint hymn written by Eliza R. Snow, who felt inspired to write the lyrics after Joseph Smith had taught her the principle of heavenly parents. The hymn is significant in terms of Mormon theology in that it is one of the few direct references to a "Heavenly Mother" in materials published by The Church of Jesus Christ of Latter-day Saints. After discussing pre-mortal existence and a sense of belonging to "a more exalted sphere" in heaven, stanza three reasons that if there is an eternal Father there must also be an eternal Mother.



5 ways to boost immunity

By the Australian Traditional Medicine Society (ATMS) natural medicine practitioners.

ATMS members share their best remedies to boost your immunity and defend yourself against nasty viruses all year round. Here are some of their top tips....

1. Try a Propolis Tincture:

Many believe taking a propolis tincture can help to prevent and reduce the duration of common colds and other upper airway infections. Propolis is a compound produced by bees and is well-known for its strong antimicrobial and antiviral properties. Boost your immunity by taking 5 drops daily in water to prevent colds and flu. If you feel a sore throat coming on, increase this to 10 drops and gargle before swallowing.



Photo created by wirestock - www.freepik.com

2. Cupping:

Cupping is an ancient Chinese therapy where practitioners apply cups – typically glass or silicone – to your skin to create a pressure that sucks the skin upward. Practitioners can help relieve symptoms and possibly stop the cold or flu in its tracks by applying cups to dislodge and move infected mucus residing in the lungs.

3. Anas Barb 200C

At the first sign of cold or flu symptoms, homeopathic practitioners recommend one dose of Anas Barb 200C every 15 minutes for 3-4 doses to stop the flu dead in its tracks. Anas Barb 200C or Oscillococinum is a homeopathic remedy that has traditionally been used to boost the immune system and to relieve early cold and flu symptoms.

4. Herbal remedies:

Herbal remedies can be an effective way of treating and relieving some of the major symptoms of colds and flu and can also reduce the length of time they stick around. Here are some of our favourites:

- Echinacea can treat respiratory tract infections

and has been shown to reduce the likelihood of contracting a cold by 58% according to a study review by the University of Connecticut School of Pharmacy.

- Olive leaf can stop viruses from multiplying and help to stimulate the activity of white blood cells, which help to fight off viruses and infections.
- Marshmallow can be used to soothe sore throats as well as irritating coughs.
- Thyme has anti-viral properties that can help to soothe and treat sore throats. Add a sprig of thyme to your traditional hot lemon and honey drink to relieve your sore throat.
- Elderberries are used as a treatment for coughs due to its anti-viral properties. Elderberries have also been shown to inhibit up to 10 different strains of the flu virus.

5. Exercise:

There are many benefits to exercising, but did you know that regular exercise helps to improve immune function and decreases the risk of upper respiratory tract infections? (e.g., the common cold). Regular exercise helps to reduce inflammation and accelerates the circulation of disease-fighting white blood cells which help your body fight off infections. While it might not help you feel any better once you're sick, exercise can help to boost immunity and prevent you from catching it in the first place.

Thank you to our practitioners who contributed to this blog: Forouza Soltani (Member 14290), Acupuncturist, Sally Yasukawa, Chinese Medicine Practitioner at Sana Wellness and Peter Drew, Homeopath and Principal at Narrogin Homeopathic College. Remember to always consult an accredited natural medicine practitioner for advice before taking any supplement.

If you'd like to find an accredited practitioner, visit: www.atms.com.au/find-practitioner/



Matthias Böckel from pixabay.com

WH&S Corner

A new Policy and Procedure was written for COVID-19 – **Outbreak Management Plan** (OMP), by our consultant and friend, Andrea Nguyen. It is a comprehensive document, and we are currently in the process of actioning the Continuous Improvement [CI] which arises from that document.

Staff have been given training already in a number of aspects related to the COVID policy and there is still more training to be undertaken in April. The Policy is easy to read and covers everything COVID. The COVID policy is available in the Nurses Station and the Staff room in Helga Forster House [HFH] and any staff member who would like to take a copy home to read, should contact their supervisor or the manager. All staff should familiarise themselves with its contents.

Certain procedures related to vetting visitors and staff prior to entry into HFH, will continue, despite many restrictions being lifted.

There are now new **mandatory reporting guidelines** coming into force from 1st April, where additional categories of reportable incidents have been added to the list. Staff will receive instruction and training regarding these.

If any staff member has a WH&S question, suggestion or comment, please pass this on to your supervisor or the Manager and this will be brought up at the monthly CQI /WH&S meeting.

Thank-you
Milan Telford, CEO

RECYCLING WITH A FLARE

I found it inspiring that Emma and Imaan, two young degreed Environmentalists, and Emma with an additional Marine Biology degree, having experienced the devastation that waste is causing in the oceans, decided to do something hands on and very practical to diminish this. Their presentation on 9th March to Self-Care residents at Christophorus house about their work at the Materials Recovery Facility in Thornleigh where all the recycling gets sorted using the latest in technology in sorting machines, to reuse as much waste as possible and to minimise landfill. On the outside of the recycling facility wall is a large mural titled *BUSHLAND SCENE INCORPORATING NATIVE FAUNA AND FLORA*, showing on the left the landfill degradation, and on the right the landfill has been removed and life is burgeoning depicting plant life, animal life and bird life. As you ride past, the radiant beauty of this mural shines out. What a great example of art and practical work being together as they should. I am impressed by the engineering of the sorting machines which 7 hand sorters work at. This process sorts paper, steel, fine glass; clear glass, brown and green glass, aluminium, plastic containers and cardboard boxes. Some examples of how the materials are used are: TINS are sorted by a magnet and can be recycled into ROAD SIGNS; DRINK CANS can be recycled and by doing so you save enough energy to run a television for 3 hours; NEWSPAPERS are sorted by a fan and recycled INTO NEW NEWSPAPERS; PLASTIC CONTAINERS are sorted by hand and can be recycled into a NEW FLEECY JACKETS. May this be an ongoing inspiration for us to co-operate at the home level in doing our part of the sorting at the coal face.

Article by Rose-Marie,
a resident at Christophorus House

How Long Does it Last?

Have you ever thought of how long it takes for your trash to decompose? Minimize your trash and recycle.

Different materials decompose at different rates. How long does it take for these common types of trash to break down?

