



NEWSLETTER No 1
Autumn 2013



CHRISTOPHORUS HOUSE
retirement village

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of EVENTS

Editor's Letter

Dear Members and Friends

With Christmas and New Year now a memory, we are moving into the year with great speed! Summer has been a mixed bag with rain, storms, winds sunshine and great humidity. The gardens have benefitted from all the rain and with Jason's help, are flourishing wonderfully – a joy to admire and appreciate! You may recognise the lovely *Queen of the Night* on the front cover of this newsletter which displayed its beauty up high for all to see. We have much to look forward to this year with many interesting events and activities planned as well as the building project.

But first, I take this opportunity to farewell two dear friends: Joyce Edmunds and Kath Smith. Both were long time residents here at Christophorus House. We remember Joyce and how she made those wonderful Christmas cakes each year, not just for her family but for us here at Christophorus House! Joyce was always very hospitable and you

could always turn up on her door step if you needed to talk. We will miss her very much. Although Kath moved to another facility last year for more care, she is remembered for her style and grooming. She was always beautifully dressed and her hair and nails groomed to perfection. Kath had a lovely singing voice and her years with The Wesley Singers provided the outlet for her talent. After she wasn't able to sing with the group any more, she invited them to our Village which brought her great joy and reignited her friendship with the ladies whom she had known for many years. Featured in this issue is poetry written by residents and some funny contributions which we hope you enjoy. Finally, welcome to new residents Gwen, Ruth and John as well as René to the Village. They have all settled in well now and enjoy their new surroundings. We wish you all a long and happy life here at the Village.

Monika Bebb
Self Care Liaison Co-ordinator

Maintenance Matters



Well, 2013 is already 'marching on' as they say. Over the holiday period there were no major issues which prove that the systems we have in place are working well. We have had a new carport structure erected to house the bus which will protect it from the elements. The bus has also had new tyres fitted which are a reassuring safety item. New *Reserved Parking* signs have been erected for all residents' parking spaces

under the carports. In the Cottage, a new loop hearing aid system has been installed which will enable residents to enjoy clearing hearing at meetings and functions. Unit 6 will be undergoing some extensive renovations and approval has been given for all ILU's to have a treatment plan for ants, cockroaches and spiders externally as the weather has caused the creatures to be active! By the next newsletter I look forward to announce the arrival of my and my partners' baby daughter. Until then, keep well!

Hayden Ibbett
Maintenance Supervisor



Christophorus House Retirement Village

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Hostel Hours: Staff on duty at all times, 7 days per week
(After Hours after 6pm 0403 575 079)

Patron: Dr h.c. Karl Kaltentbach; **Board Members:** Chairman Robert Allerdice, Mary Arndell, Graham Long, Sune Nielsen, John Kingsland, Madeleine Pathe, John Shaw; **CEO:** Milan Telford;

Acting Hostel Manager: Vik Sonea; **Self Care Liaison Officer:** Monika Bebb; **Maintenance:** Hayden Ibbett and Walter Janssens.

Christophorus House is a Not-for-Profit organisation and has operated since 1984.

Newsletter Editor: Monika Bebb

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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 begin this year full of vigour and enthusiasm for the tasks ahead. In October last year, the Board resolved to appoint Impact Project Management Group, principal Wayne Golledge and Project Manager Ian Scutts, as our project managers, for the new development. They have been appointed to act as our representatives and agents in all things to do with the development; the Board in its wisdom recognising the benefit of such an appointment and the need for these additional skill sets which I, as the CEO, simply do not have. Impact Group strategic objectives will be to bring the project in on budget and on time; their function is somewhat different to that of our architect, in that the architects are designers and artists per se.

Impact Group's first official task was to review the Architects' Master Plan against the Planning Committees 'Architect Brief'. Time frames for completion up to Development Application stage are as follows:

- Concept Design: Four (4) weeks;
- Sketch Plan: Six (6) weeks;
- DA Documentation: Twelve (12) weeks;
- CC/Tender/Construction Documentation: Sixteen (16) weeks.

Some of these stages can be commenced before others are completed. Some may be delayed, as for example during the DA stage, if

the Council takes any issue with any part of the DA, or where neighbour objections may be received. Total weeks in these stages are 38 weeks with construction commencing within a few weeks of this time-frame (provided finance has been secured from the bank).

Under new State regulations, all aged care facilities are required, within the next three years from 1st March 2013, to retrofit a fire sprinkler system, in the wake of the Quakers Hill Home fire. Unfortunately, the State government has not provided any capital grants for this, and the Federal government likewise, has indicated it will not fund this requirement for metropolitan aged care facilities. The cost impost is in the likely range of \$130,000 to \$265,000.

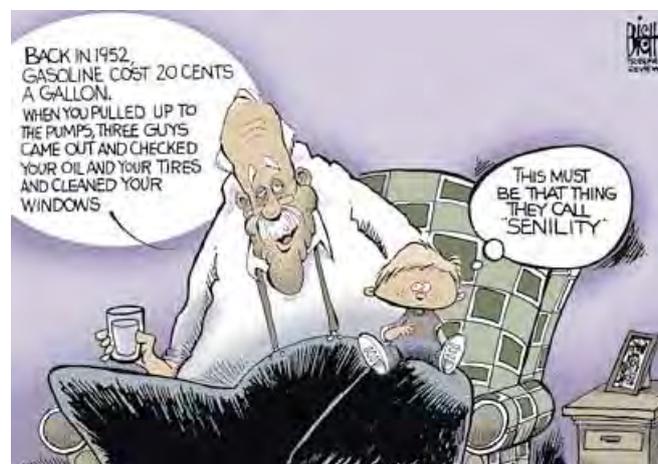
Since April 2013, the federal labour government announced their reform agenda for the aged sector. In the process, all providers have seen a reduction in aged care funding (ACFI), which is designed to save the government \$2.4Billion over 5 years.

CHRV has objected to some of the reform changes as these would have unintended consequences, such as for example, creating losses due to an insurance cost impost on Hostel bonds of approximately \$161,000 per

annum.; also, potentially creating an insolvency situation for CHRV by the mandatory requirement to accept all residents, whether or not they have a bond. Currently we provide 3 to 4 concessional places. The requirement to take all that present themselves, where they choose not to pay a bond, but to pay an additional fee, means that CHRV will not receive new money to pay out old money. Bonds are not all in the form of cash at bank, some continue to finance the land and buildings. There are also other issues, relating to the reform agenda.

CHRV has been actively engaging our local member of parliament Hon. Mr Paul Fletcher, and he has been supportive in our issues, whilst also referring these to the Shadow Minister for Ageing, Senator Concetta Fierravanti-Wells, who has also been in touch with us. It is hoped that some sense will prevail, prior to legislation going through the Parliament.

Milan Telford





Imagine This

*Lovely is the crossing of summer
into winter.*

*By the roads of enchantment,
Stand tall yellow trees.*

*Bright leaves are falling on the
sunlit green.*

*Lovely the passing of summer,
the coming
of winter,*

*When sunlight mingles with
firelight*

*As age with youth
As death with life.*

Eleanor Trives

Autumn

*We give thanks for the harvest of the
Heart's work;*

Seeds of faith planted with faith;

Love nurtured by love;

Courage strengthened by courage.

*We give thanks for the fruits of the
struggling soul,*

The bitter and the sweet;

For that which has grown in adversity

And for that which has flourished in

Warmth and grace;

For the radiance of the spirit in autumn

And for that which must now fade and die.

We are blessed and give thanks.

Amen

Leunig



I remember . . . *the cheese of my childhood and the bread we cut with a knife; when children helped out with the house work and men went to work – not the wife. The cheese never needed an ice chest and the bread was so crusty and hot; the children were seldom unhappy and the wife was content with her lot.*

I remember the milk from the billy, with yummy rich cream on the top; our dinners that came from the oven and not from a fridge in some shop. The kids were a lot more contented – they didn't need money for kicks; just a game with their mates in the paddock and sometimes the Saturday flicks.

I remember the shop on the corner, where a pennith of lollies was sold; do you think I'm a bit too nostalgic? Or is it I'm just getting old? I remember when the look was the dunny and the pan man came in the night; it wasn't the

least bit funny going out the back with no light.

Old newspapers cut into squares with items we perused, while they hung on a peg in the outhouse – it took little to keep us amused! The clothes were boiled in the copper with plenty of rich foamy suds; but the ironing seemed never-ending as mum pressed everyone's duds.

I remember the slap on my backside and the taste of soap if I swore, anorexia and diets weren't heard of and we hadn't much choice what we wore. Do you think that bruised our ego or our initiative was destroyed? We ate what was put on the table and I think life was better enjoyed.

**Provided by Bill Arndell
From The Retired Police Association (RPA)
Gazette Dec 2012**

News from the Hostel

Report by Kathy Gasper, Diversional Therapist

December 2012

It is always a pleasure to welcome our self care residents who join us for the village Christmas celebrations. Firstly we had the residents' Christmas Lunch with an outstanding menu prepared by our chef Anthony followed by Leighton Watts, who proved so popular an entertainer with residents that we booked him then and there for Christmas lunch 2013. We also had the annual Village *Carols by Candlelight* the following week with Rowlanda at the helm to help deliver a wonderful offering for the festive season. My personal favourite however was the night time tour of local homes decorated with Christmas lights. I'm not sure who had the better time, our hostel residents or me but it sure put us all in a real Christmassy mood, so thank you Milan for driving the bus and allowing us to enjoy the sights and sounds of Hornsby Heights and Berowra. Performances by Tanya Whitbourne's school of music and (giggling) music students from Turrumurra High School rounded out the month of December. Birthdays this month were Josephine Pearl and Pat Bolton.

January

January is the month of sport as far as things go in the Hostel: tennis and cricket to be precise. Both are keenly followed

by our residents however we did find time to welcome back Greg Dimmock who again amazed us with his talent of being able to play some very unusual instruments. With Australia Day falling on a Saturday we were fortunate to get a public holiday on the following Monday (in true Australian fashion) this did mean, however, that there were



no scheduled activities for that day. Again, our chef extraordinaire came through with a wonderful barbeque for lunch including shandies and a modicum of champagne. Once a week residents have the opportunity to listen to a book being read which is 'Rilla of Ingleside' at the moment, the last of the Anne of Green Gables books. An enjoyable half hour or so is spent with each other and often the content of the book sparks a lively discussion on customs of the past. We wished Minnie Wells and Beth Oxley many happy birthday returns in January.

February



Valentines Day was celebrated in the Hostel with the help of our chef Anthony making a beautiful heart-shaped dessert and morning and afternoon teas following the same theme with heart-shaped biscuits and scones. No one received a secret valentine as far as I know but each resident was honoured (with a small offering of chocolates) to say thank you for the love they have shown others over the years. Bob Davis and his talk on bees was a great success with many residents commenting on how interesting, personable and charming Bob's presentation was. The once a month lunch outings have been to Asquith Golf Club in the last few months where we have found the food to be of excellent quality and very reasonably priced. Not only that but the vista over the golf course is stunning and we don't have to travel very far at all. February birthday celebrations were held for Nola Diedrich and Jean Robertson.



The cat named Josie

*The cat named Josie –
you've heard of her before –
now has a new chair,
and plenty of hair!
She's now looked after by
John and Ruth.
They do a good job and
that's worth a bob.
They have a little dog named Toby
that doesn't mind cats.
Josie spends her day
in the gardens here
at Christophorus House
and doesn't even catch a mouse.
Oh what a good life for Josie the cat!*

**Rosa McTiernan
February 2013**

Some SERIOUS Senior Thoughts

Now that I'm older here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats have turned into prunes and all-bran.
3. I finally got my head together, and now my body is falling apart.
4. Funny, I don't remember being absent-minded.
5. Funny, I don't remember being absent-minded.
6. If all is not lost, where is it?
7. It is easier to get older than it is to get wiser.
8. Some days, you're the dog; some days you're the hydrant.
9. I wish the buck stopped here; I sure could use a few.
10. Kids in the back seat cause accidents.
11. Accidents in the back seat cause kids.
12. It's hard to make a comeback when you haven't been anywhere.
13. The only time the world beats a path to your door is when you're in the bathroom.
14. If God wanted me to touch my toes, he'd have put them on my knees.
15. When I'm finally holding all the cards, why does everyone want to play chess?
16. Its not hard to meet expenses . . . They're everywhere.
17. The only difference between a rut and a grave is the depth.
18. These days, I spend a lot of time thinking about the hereafter . . . go somewhere to get something, and then wonder what I'm hereafter
19. Funny, I don't remember being absent-minded.
20. I'M UNABLE TO REMEMBER WHETHER I'VE SENT YOU THIS BEFORE...

JOB HUNT

1. My first job was working in an orange juice factory, but I got canned. I couldn't concentrate.
2. Then I worked in the woods as a lumberjack, but just couldn't hack it, so they gave me the axe.
3. After that, I tried being a tailor, .but wasn't suited for it mainly, because it was a sew-sew job.
4. Next I tried working in a muffler factory, but that was too exhausting.
5. Then I tried being a chief, thought it would add a little spice to my life, but just didn't have the thyme.
6. Next, I attempted being a deli worker...but any way I sliced it, I couldn't cut the mustard.
7. My best job was a musician, but eventually I found I wasn't noteworthy.
8. I studied a long time to become a doctor, but didn't have any patience.
9. Next, was a job in a shoe factory, tried hard, but just didn't fit in.
10. I became a professional fisherman, but discovered I couldn't live on my net income.
11. I managed to get a good job working for a pool maintenance company, but the work was just too draining.
12. So then I got a job in a workout centre, but they said I wasn't fit for the job.
13. After many years of trying to find steady work, I finally got a job as a historian until I realized there was no future in it.
14. My last job was working in Starbucks, but had to quit because it was the same old grind.
15. So I tried retirement, and I found I'm perfect for the job...

Submitted by John Rowan

WORK HEALTH AND SAFETY CORNER (WH&S)

by M Telford CEO

Sensitive Information and Privacy, from the ACS WHS News Update Issue 168 - January 2013

Recently in the media, the case of a nurse who tragically suicided, supposedly because of having been the subject of an Australian radio program gag. This story which most would be well aware of, highlights the importance of CHRV to protect the health, safety and welfare of employees and residents in accordance with WHS Legislation.

Information about persons in receipt of aged care must be handled very carefully. Information is only able to be used and disclosed in accordance with strict legal guidelines. The Aged Care Act 1997 (Cth) (the Act), applies and under the Act "personal information" is defined broadly as meaning all information (or an opinion) about an individual whose identity is apparent or could reasonably be ascertained. Other than by consent, the Act only allows disclosure of personal information in the following circumstances:

- where the disclosure is connected to the provision of aged care to the person; for example giving information to the person's treating GP
- where the disclosure is connected with the provision of aged care to the person by another provider, so far as the disclosure relates to:
 - liability for accommodation (and other care) fees; or
 - an appraisal or reappraisal of the level of care required by the care recipient
- where the purpose of the disclosure is consistent with the provision of the information in the first place
- where the disclosure is required for compliance with the Act.

Laws regarding handling of personal information are also set out in the National Privacy Principle (Privacy Act 1988) and state legislation, as for example, in NSW the 'Health Records and Information Privacy Act 2002 (NSW)'. And of course the Work Health and Safety Act 2011 establishes strict obligations upon employers to ensure the health and safety of employees and others.

.....to be continued in next newsletter. Privacy!



Good grief, the man next door is staring at me through high powered binoculars

Age Can Cause Bad Breath

While wine gets better with age, breath unfortunately tends to get worse. There are multiple causes of age-related halitosis, many of which are difficult to avoid. However, treating bad breath caused by ageing is relatively simple.

According to the manual *Clinical Gastroenterology* by Nicholas Talley and Christopher Martin, halitosis can be caused by the normal process of ageing. One age-related cause of oral odour is dentures. False teeth, bridges and dentures can collect bacteria, particularly if they are not regularly cleaned. These microorganisms emit sulphurous compounds like hydrogen sulphide, which give bad breath its pungent smell. It can also be caused by a variety of things including diet, medication, poor oral hygiene, and diseases or conditions such as diabetes, GERD, lactose intolerance, gum disease, and more. Treatment for bad breath depends on the cause. Halitosis is not normal and don't let anyone tell you differently. Humans are designed so that a well-functioning mouth is in balance. In other words, one should not normally have bad breath. Your oral cavity and throat is full of bacteria that have numerous functions. The "bad breath producing" bacteria make themselves at home beneath the surface of the tongue and in the throat/tonsil area in order to start the breakdown of proteins in foods that we eat and in the normal breakdown of oral tissue as it regenerates. The balance part of our body is saliva production. Saliva contains valuable elements such as minerals to prevent tooth decay, pH buffers to prevent acid erosion from foods that we eat, and also oxygen to fight the anaerobic bacteria that are causing bad breath. The by-products of this normal process are Volatile Sulphur Compounds, which includes the chemical Hydrogen sulphide (the rotten egg smell). Other chemicals produced can include Cadaverine and Putrescine (the smells of corpses and rotting flesh). Hence the scary and horrific smells that can emanate from your mouth! But Halitosis does not need to be horrific. In the early 1990's scientists at the University of British Columbia discovered that bacteria that were creating these shocking odours were anaerobic bacteria. This literally means that they cannot survive in the presence in the oxygen. For over a century, pharmaceutical companies were attempting to solve Halitosis by using mouthwash that contained alcohol. Any 1st year chemistry student would tell you that this is the exact opposite of what should be done because alcohol is a drying agent. It actually



sucks up valuable saliva and makes the mouth drier. Toothpaste formulas contain a foaming agent known by the chemical term "sodium lauryl sulphate". This is actually the scientific name for SOAP. Since it's soap, it will dry the mouth even more – less saliva and less ability to fight bad breath.

Diet - When a person does not brush or floss their teeth thoroughly, food particles may remain in the mouth. These particles may rot and cause foul odours. In addition, food particles over time can promote the growth of bacteria, which can also cause foul odours. The bacteria can also lead to tooth decay and gum disease. Foods with strong odours also affect the air a person exhales. Foods commonly known to contribute to bad breath include onions and garlic, exotic spices (such as curry), some cheeses, fish, and acidic beverages such as coffee. Foods are absorbed into the bloodstream and then transferred to the lungs, causing noticeable odours when exhaled. These foods may also cause gastrointestinal upset and belching, which can contribute to bad breath. In addition, certain supplements such as fish oil capsules can contribute to bad breath. Low carbohydrate diets may also cause what is known as 'ketone breath.' So-called 'low carb' diets cause the body to burn fat as its energy source. The end-product of making this energy is ketones, which cause a fruity acetone-like odour on the breath when exhaled.

Dry Mouth - Bad breath can also be caused by decreased flow of saliva, which is a vital part of the digestive process and removes odour-causing particles in the mouth. Also called xerostomia, dry mouth may be caused by medications, breathing through the mouth, or salivary gland problems.

Dentures or Dental Appliances – As mentioned, dentures or dental appliances, such as braces, can contribute to bad breath. Most often it is due to food particles that are not properly cleansed from the appliances. Loose-fitting dentures can contribute to sores and localized infections in the

mouth, which can cause bad breath.

Other causes - Tooth decay and gingivitis tend to be more problematic with age. Both of these dental problems can give the breath a foul tinge, both by emitting their own odour and by encouraging bacterial growth.

Avoiding Bad Breath - Use herbal toothpaste to promote tooth and gum health. Don't neglect to floss thoroughly in the morning, or at least once sometime during each day, to clean the area between the teeth. In addition to your at-home routine, visit your dentist regularly to check for cavities, and have your teeth cleaned periodically by a dental professional. A decaying tooth, just as anything that is rotting, can have quite an unpleasant smell. Good oral hygiene is a must for pleasant breath. Saliva flow also plays a role in your breath. Dryness in the mouth could mean you don't have sufficient flow. Saliva helps remove bacteria and debris from the mouth. Breathing through the mouth, drinking alcohol and certain medications can contribute to a saliva deficiency. Drinking plenty of water often helps by keeping your system hydrated, allowing your body to efficiently flush out accumulated waste and allowing efficient transfer of nutrients and blood flow.

Natural Remedies - If you use mouthwash, it is particularly important that you choose an alcohol-free one. The reason for this is that alcohol actually contributes to the development of bad breath. There are a number of natural remedies that can be used that may help to relieve bad breath, such as taking a tablespoon of apple cider vinegar mixed with water, prior to eating meals. It is supposed to help the digestive processes run more smoothly. You might also find a salt water gargle to be useful, as this combination helps to eliminate bacteria from your throat and tonsils. Some other natural remedies include chewing on some fresh mint, sage, parsley or using tea tree oil.

References:

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- Katz, H. MD, *Bad Breath Expert*, January 11, 2011, <http://www.thebreath.com/halitosis.html>
- Cunha, John P. DO, FACOEP (medical author) and Doerr, S., MD (medical editor), http://www.emedicinehealth.com/bad_breath_halitosis/page2_em.htm
- Group III, E. MD, DC, ND, DACBN, DABFM, <http://www.globalhealingcenter.com/natural-health/natural-remedies-for-bad-breath/>

CALENDAR of EVENTS

Month	Day	Event
MARCH	9	10am – 10am Service of the Christian Community with Reverend Lisa Devine. Please be seated by 9.50am. The service will be followed by a talk/discussion and late morning tea. All welcome.
	13	Extended Shopping day for residents. Bus leaves the Village at 10.30am returning at 12noon, 12.30 and 3pm.
	14	Residents' Rights and Responsibilities – visit by TARS representative for Aged Care – the older person's legal service. Please come to this important talk. There will be time to ask questions. Venue: the Cottage at 2pm.
	18	Monday Movies – in the Cottage at 10.30am and 2pm. All welcome. Morning/afternoon tea or coffee served. Please come early.
	25	Warrah Speech Group – at 1pm. Five students from Warrah will be accompanied by two teachers to perform their term's speech work presenting poems individually and in chorus. All welcome. \$5.00 contribution will go towards the Piano Fund.
	29	Easter
APRIL	1	Easter
	9	The Talespinners storytellers , featuring " <i>I remember when...</i> " – Christine and Sue will take you down memory lane with some light-hearted humour. In the Hostel lounge room at 2.30pm. All welcome. Come at 2pm for afternoon tea. \$5.00 contribution towards the piano fund.
	16	Ascension Concert featuring Jacqui Ciddor and Friends. In the Hostel lounge room at 2.30pm. All welcome. Come at 2pm for afternoon tea. \$5.00 contribution towards the piano fund.
	18	Self Care Residents' meeting at 2.30pm. Afternoon tea available after the meeting.
	22	Monday Movies – in the Cottage at 10.30am and 2pm. All welcome. Morning/afternoon tea or coffee served. Please come early.
25	Anzac Day	
MAY	2	Barbeque Lunch for self care residents at 12noon. RSVP is essential!
	8	Extended Shopping day for residents. Bus leaves the Village at 10.30am returning at 12noon, 12.30 and 3pm.
	20	Monday Movies – in the Cottage at 10.30am and 2pm. All welcome. Morning/afternoon tea or coffee served. Please come early.
	21	Talk by Dr Raimund Pohl at 1pm in the Hostel lounge room. Title to be advised. \$5.00 contribution for the Piano Fund. RSVP Monika 9476 3161 ext 2.
	23	Talk by local MP The Hon. Mr Paul Fletcher, in the Hostel lounge at 2.30pm. All welcome.

The above events are held in The Cottage unless otherwise indicated. 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

First Class is held from February to November on the third Sunday of every month.

The Christian Community holds Services for *The Act of Consecration of Man*. Phone Monika for details.

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

Self Care Residents' Meetings are held every two months on a Thursday.

Social Group Meetings are held on an as-needs basis. All welcome to attend.

Footbath/Leg Massage Therapy is a fortnightly event on Fridays in the Hostel.



Crocus crowned by the rose

