



**Christophorus House**  
Retirement Village

**Winter 2018**  
*Newsletter*

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Cover photo:  
Flame tree in Lodge Street



## Editor's Letter

Dear Residents, Members and Friends,

With winds gusting along Peats Ferry Road now with all the new buildings popping up and many trees gone, the wind has a clear run to bring the cold along with it! Since the midwinter solstice on 21st June, the days will slowly grow longer and gradually become warm again. It can't come quick enough! On 20th June at our ever-popular annual midwinter soup lunch, the solstice was marked with a warm, enjoyable and friendly social gathering of residents who enjoyed food and companionship with a fun trivia quiz to complete the event. Our Facility offers all residents to participate in the morning exercises. It's a good way of building muscle strength and mobility – most important for our residents. Weekly talks by

Wolfgang on a variety of subjects continues to be a favourite with some residents. For upcoming talks, see the back page for details or visit our website. In this issue we feature the latest news on the building project which you can read in the CEO'S report. Of interest is the article on resident Jim Steel. Jim's been in the local Bush Telegraph regarding an award he received for his community work. The Feature article on recycling is informative and gives updates on what's in or out of your rubbish and recycling! And have a look at what's happening in Work Health & Safety. I hope you enjoy reading this issue as you rug up and keep warm. Until next time, good wishes.

**Monika Bebb**  
**Self Care Liaison Officer**

## Maintenance Matters

*Report by Hayden Ibbett,  
Maintenance Supervisor*

A bit cold of late as we're now in the depths of winter and after what seemed to be an endless summer. A few services that have been carried out by external contractors. Worth a mention was the pest control in some ILU's that wanted it and the whole HFH building, inside & out. The technician uses

a non-toxic spray which acts as a deterrent to keep insects like ants, cockroaches and spiders away. It is a pyrethrum-based natural spray, similar to what you would spray on your citrus or vegetables to keep pest insects away. It is used in day-care centres and hospitals and is completely safe for our residents and their pets. All buildings throughout CHRV have had their windows cleaned by Peter from Squeegie Pete who does a fantastic job every year. Regular

audits and services are always ongoing with no major concerns or repairs to report. That's it from me and until next time, keep warm and well.



### Christophorus House Retirement Village

ABN 32 001 781 013

**Registered Office:** 396 Peats Ferry Road,  
Hornsby NSW 2077

**Postal Address:** PO Box 3198,  
Asquith NSW 2077

#### Village Email:

mtelford@christophorushouse.com.au

**HF House Telephone:** (02) 9476 3161

**HF House Fax:** (02) 9987 0212

#### HF House Email:

hostelmanager@christophorushouse.com.au

**Office Telephone:** (02) 9476 3161

**Office Fax:** (02) 9477 5768

**Website:** www.christophorushouse.com.au

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

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

**Patron:** Dr h.c. Karl Kaltenbach, OAM;

**Board Members:** Chairman Robert Allerdice,  
Mary Arndell, Sune Nielsen, Madeleine Pathe,  
John D Shaw, James Brown & Dr Roslyn  
Jones.

**CEO:** Milan Telford;

**HF House Manager:** Denise Zhao;

**HF House 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 4 or email  
mbebb@christophorushouse.com.au**

# From the Desk of the Chief Executive



## New ILU Project Discontinued

Some few weeks ago we had the Statutory ILU Meeting, which is one prescribed by the Retirement Villages Regulations and the Agenda is a fixed one, as prescribed by those Regulations. It was with regret that under the item 'Future Plans for the Village', I had to report that the Board had, at a special Board meeting on 9th July 2018, determined that the new ILU development, which CHRV had been pursuing now for nearly 7 years, had to come to an end. This was due in the main, to the rising cost of construction, the tender price having increased from January to June, for the first stage alone, by approx. \$965,700 (including road pipe work, which was estimated at a minimum cost of \$150,000). To have sought further finance from our financier would have resulted in further time and invariably, as per our experience over the period January to June, the builder's price would again rise. Withdrawal from the Project was, in effect, the only decision that could be made. Naturally, many of our prospective residents were disappointed, as we all were.

## Staff Member - Monika Bebb

Continuing on from the last Newsletter where I wish to introduce our staff to the community, in this Newsletter, I should like to show appreciation towards our Self Care Liaison Officer, Monika Bebb. Monika commenced with CHRV in March 2006 initially in the role of administration assistant. It is fair to say that Monika's 'passion in life' are the healing arts. She is a trained massage therapist, having spent a number of years obtaining recognised qualifications in this area. She works for CHRV 4 days a week and 1 day at Warrah School, a disability service, working with children and providing massage therapy. Monika's role at CHRV is, as her position title alludes to, as a liaison between the management and the independent living unit (ILU) residents and also to be of assistance to the needs of the resident community as well as to each individual. Monika's role includes every aspect of resident care from induction of new residents to the Village to maintaining the safety 'Safety Link' system, to assisting in organising outings, meetings, speakers and events, care planning and just talking with residents. In this role, she often works with residents to achieve individual resident outcomes for health and safety and after-hospital care, for example. Many would say that Monika goes above and beyond. Recently we had the annual midwinter soup

lunch which was planned and executed by Monika herself. This meant cooking the soups, organising the entertainment (this year a quiz) and serving on the day, an event that was thoroughly enjoyed by all. Much of her role includes communication with residents as well as driving the bus for shopping one day a week (Hayden does the other day) and organising and attending the monthly resident outing. As a general office manager, she is invaluable in the many roles related to the smooth running of the office from ordering stationery, doing the mail, taking phone calls, running the library and importantly, producing and editing of the CHRV Newsletter.

CHRV was one of the first (if not the first) operators in the retirement village industry to create the role of a Self Care person to assist ILU residents. I recall that some number of years after the role was created, I was at a retirement village forum where one of the largest providers was giving a presentation on their 'newly' created role for ILU residents and how this had transformed the lives of their ILU residents; in effect claiming to be the first in this innovative method of care of independent elderly residents. Monika has done us proud in her role and I know from first hand, that the lives of the ILU residents is made all that much better and easier, because of Monika's above and beyond. We thank you Monika.

**Milan Telford**



# News from Helga Forster House

*Kathy Gasper,  
Diversional Therapist*

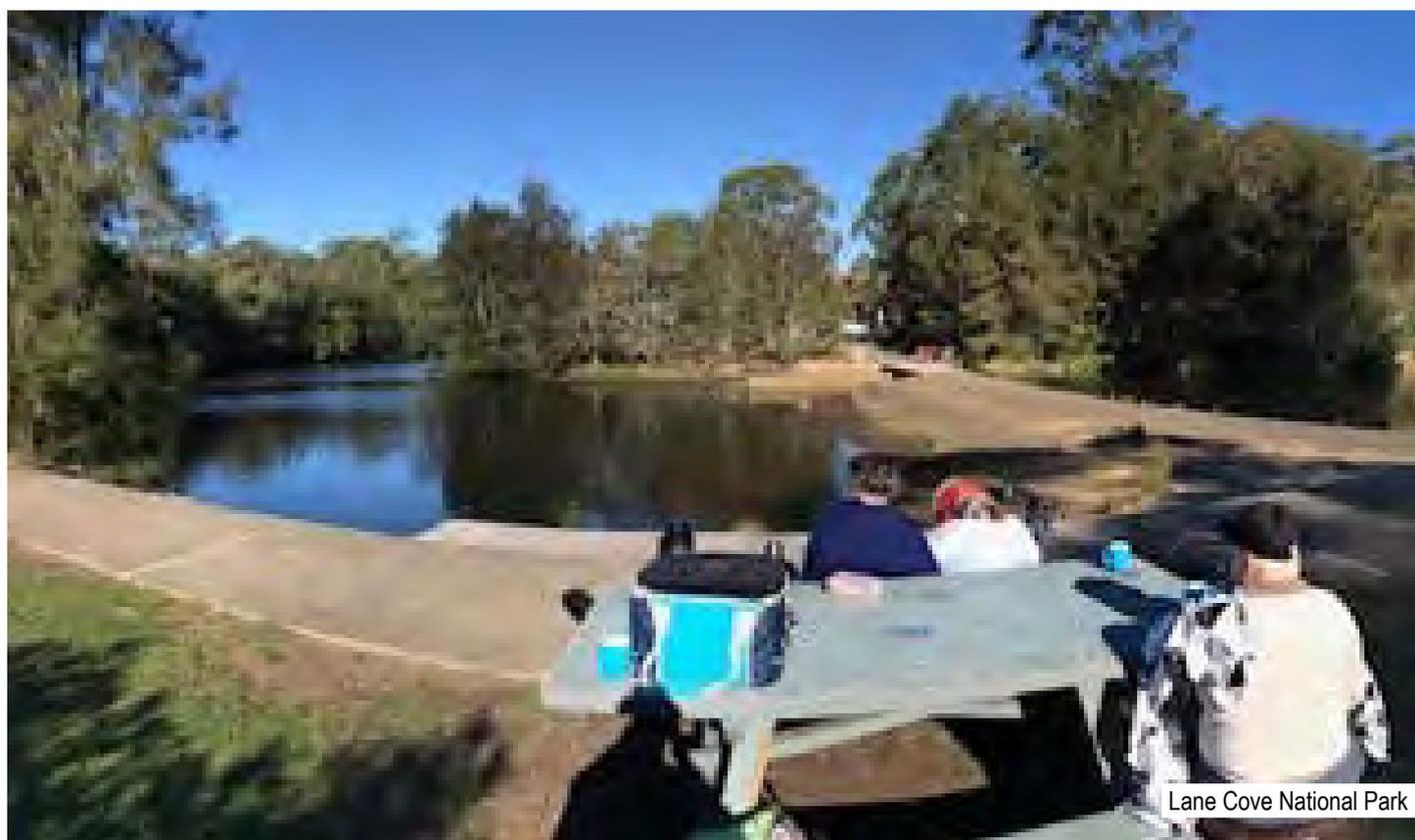
Vicki and I continue to work on ways to enhance the day to day living at Helga Forster House and an opportunity came our way that was an answer to a pressing problem. We had Rev Robert Denman from St Peters at Hornsby come to the hostel once a month to give an ecumenical church service but when he retired we were unable to find anyone else to take over this important position. The answer came from a previous resident (Minnie Wells) dear friends who organised the minister from the Uniting Church Hornsby to come and provide spiritual support to the residents. So, we welcome Rev Kodjo who is originally from Ghana and who now faithfully comes once a month; we are so glad that he recognises the spiritual needs of older people.

As I often say to my family, is there anything more delicious than winter sun? With that in mind once again we are on the hunt for sheltered spots that are sun traps to provide a good destination for bus outings. Our favourite spot is good old Bobbin Head at the Marina. Residents can feed fish and buy a cup of coffee if they so desire as well as enjoy a beautiful setting. How blessed are the residents of Hornsby Shire to have this treasure right on our doorstep? Our next favourite spot is Lane Cove National Park with the weir providing a lovely backdrop for residents to enjoy.



I must also give a huge shout out to the golf pro at Asquith Golf Club who has given us a new putter to replace the one that mysteriously disappeared at the end of last year. The residents are enjoying indoor golf so much more now that we have the right equipment.

We have also had numerous birthday celebrations for residents and as always, each resident receives a present and cake from all of us here at Helga Forster House. We wish many happy returns to Ross Howard, Grace Patten, Ron Bond, Daina Surims, Graham Dewhurst, Monica Cavanagh, Elaine Ferris, Stephen Hunter, Iris Crick and Don Matthews. We also welcome Bonnie Fox and Graham Dewhurst who had taken up permanent residency with us.



# Work Health & Safety (WH&S)

## Milan Telford, CEO

Safe-Work NSW was created following the separation of the insurance and regulatory functions of the former Workcover, with a clear focus on work health and safety. The Minister responsible is the Hon. Victor Dominello – Minister for Innovation and Better Regulation. The stated aims of Safework NSW are to protect against harm, reduce unnecessary compliance costs and secure safety standards. Since its inception in 2012 and creation of a roadmap to 2022, targets for fewer fatalities and serious injury reduction have been more than met. Minus 49% for fatalities; minus 39% for serious injuries and illnesses and minus 39% serious musculoskeletal injuries. However, in 2015/2016 there were still 60 worker fatalities and 30,902 workplace injuries and illnesses in NSW, at an economic cost of \$17.3billion.

Unfortunately, there are 68 pieces of regulation that affect businesses and consumers in NSW and much needs to be done for business to be able to comply with the multiple regulations. Among industries targeted for improvement are the agriculture, transport, construction manufacturing and government sector, as well as health care, the latter whilst most likely touching on aged care. Staggeringly, mental diseases account for 32% of the cost of all occupational disease claims.

At CHRV the CEO is the responsible 'officer' (as defined by the WH&S Act & Regulations) to ensure that the culture of work health and safety is embedded into the organisation's 'landscape'. He is ably assisted in this task by the HFH Facility Manager and HFH Supervisor and Maintenance person; the task

of ensuring a safe work place is however also the responsibility of every person in the organisation. Through on-going training, all our workers should have the skills and attitudes to work safely. CHRV is in continuous improvement mode to provide a safe physical and mental environment, supported by safe supply chains (the process of documentation to be a supplier is comprehensive). CHRV has put into place safe systems, procedures and policies that translate to safe practices. Consultation and communication which is the 'glue' that holds the safety landscape together, includes WH&S discussion of incidents as reported at each and every formal meeting, at staff, management and Board level, with the flow of information from the ground floor of the operations, up to the Board. Always think safety first, before you act.

## After all it's fifty dollars!

Morris and his wife Esther went to the state fair every year and every year Morris would say, "Esther, I'd like to ride in that helicopter." Esther always replied, "I know Morris, but that helicopter ride is fifty dollars, and fifty dollars is fifty dollars." One year, Esther and Morris went to the fair and Morris said, "Esther, I'm 85 years old. If I don't ride that helicopter, I might never get another chance." To this, Esther replied, "Morris that helicopter ride is fifty dollars and fifty dollars is fifty dollars." The pilot overhead the couple and said, "Folks, I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and not say a word, I won't charge you! But if you say one word, it's fifty dollars." Morris and Esther agreed and up they went. The pilot did all kinds of fancy manoeuvres but not a word was heard. He did his daredevil tricks over and over again, but still not a word. When they landed, the pilot turned to Morris and said, "By golly, I did everything I could to get you to yell out but you didn't. I'm impressed!" Morris replied, "Well, to tell you the truth, I almost said something when Esther fell out, but you know, fifty dollars is fifty dollars!"



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**"The best revenge is to be unlike him who performed the injury."**  
- Marcus Aurelius, meditations



# Celebrating Hornsby's Seniors

In the 19th April 2018 edition of the Bush Telegraph the Member for Hornsby, Matt Kean MP, presented several awards to locals for their dedication to our local community over many years helping to make Hornsby a better place. Among the award winners was **Jim Steel**, a resident in our village who, at nearly 90, is still presenting classes for migrants to learn English at all levels which he has done for the past 25 years. He also organizes speakers at Cheltenham Probus club for about 20 years.

Jim started his volunteering with P & C, following his children through Waitara Public School and then with his sons at Normanhurst Boys High school, culminating in the Chairman's role. He had a role in the scouting movement as layside member at Waitara, Zone and District as Chairman for 16 years. This involved supporting groups with recruiting and funding and administrative needs.

Other activities included a 30-year association with Pymble Players Inc (which is one of Sydney's leading community theatre groups), initially in light and sound design and operation. This interest continues as Front of House duties. He is also a member of the Galston Valley Railway for the past 30 years as a train guard, then in the signal box. His current involvement is with

the Garden Railway where he runs a train for the entertainment for small children. Meals on Wheels provided a distraction for about 10 years after retirement, making deliveries in the Turramurra area.



As a long-term resident of Hornsby, he has been associated with St Peters Church and served in many roles in the Church's organisation.

Prior to retirement, Jim worked in several roles in a multinational chemical and plastics company and after redundancy, worked with several insurance brokers as a Risk Management consultant in a range of risks (except Financial risk).

The Steel family has a long tradition of community service which is continuing with his daughter receiving an OAM in the recent 2018 Honors List for service to the community and support to doctors.

**Rose-Marie van Hoogstraten**  
**Christophorus House resident**

## Riddles & Jokes

Reprinted with kind permission from John Rowan's June 2018 newsletter

### Today's riddle for seniors" (from Lisa B)

Here is the situation: you are on a horse, galloping at a constant speed. On your right side is a sharp drop-off. On your left side is an elephant travelling at the same speed as you. Directly in front of you is a galloping kangaroo and your horse is unable to overtake it. Behind you is a lion running at the same speed as you and the kangaroo. What must you do to get out of this highly dangerous situation?

*(answer: get off the merry-go-round and go home; you've had enough excitement for one day!!!)*

### Odd Jobs (from Bob)

Young Katie knocked on Jim's door. When he answered, she asked him if he had any odd handyman type jobs as she was trying to raise money for an overseas trip. Jim asked, 'could you paint my front porch?' Katie said, 'certainly.' Jim asked, 'how much would you charge?' Katie replied, 'fifty dollars.' 'Great – you will find the paint in the garage,' said Jim. About an hour and a half later, Katie knocked on the door saying she had finished. 'That was quick. I will give you \$70 for being so efficient,' said Jim. Katie replied, 'thanks! By the way it wasn't a Porsche but an Audi!'



### Memory (from Bob)

A man came into a doctor's surgery saying that he was having a problem with his short term memory. The doctor asked him when did the problem begin. He replied, 'what problem??'

# Calendar of Events

## July 2018

18



**Vaccination** – fear, dangers, safety ...  
'flu and children: how to stay safe; what do you want to die from?

25



Mozart and **Freemasonry** - The Magic Flute

## August 2018

1



Knights Templar - **Freemasonry** - Anthroposophy  
- The Christian Community - a spiritual movement  
and its branches

8



Vasilisa the Beautiful, a Russian fairy tale

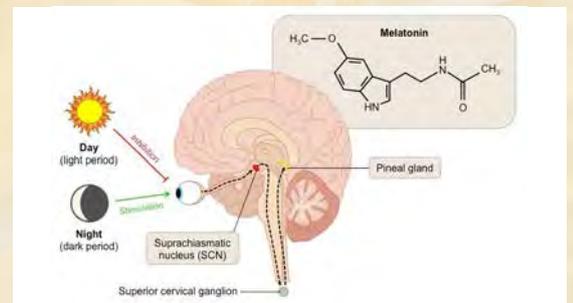
## August 2018 - cont.

15



Frank Hutchens (1892-1965): New Zealand –  
Australian composer with impressionistic touch.

22



Melatonin, day and night, the Pineal Gland

29



**Syria:** Cultural background, political fights.

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

**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.com.au](http://www.christophorus.com.au) or call Monika for details.

**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.