



**FAIR HAVEN**  
FREE REFORMED RETIREMENT VILLAGE



## NEWSLETTER 2009

# FROM THE CHAIRMAN ~ MR J G MARING

Life tends to move at a more relaxed pace for people well-advanced in age. But that does not mean life is static: not for the aged, not for their carers and, not for the Free Reformed Retirement Village Association either. The Board is pleased to report that recently the construction of an additional seven bedrooms and a lounge with kitchenette could be completed. Having considered the pros and cons of an "official" opening of these new facilities it was decided, with a view to the well-being of the residents, that a brochure was the best way to introduce to you the 'new look hostel.'

At times like this it is good to take stock of what we, as an Association, are doing and why we do it? What motivated us to form the Free Reformed Retirement Village and to establish the Fair Haven Hostel?

That children care for their parents as they grow older and become less able to do this independently is a biblical notion. In the Old Testament, Jacob's son Joseph clearly demonstrated that he was concerned for the well-being of his father and his wider family. Through His eternal plan of salvation for the preservation of His people, God allowed Joseph, through various means, to attain a position that enabled him to provide for his father and his brothers during a severe drought. That this help would be long-term can be derived from Genesis 45:10 where we read how Joseph addressed his father and his family: "You shall dwell in the land of Goshen, and you shall be near to me, you and your

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children, your children's children ... There I will provide for you, lest you and your household ... come to poverty; for there are still five years of famine." 'Children caring for parents' is a notion confirmed for us in the New Testament. Paul instructs Timothy:

"But if any widow has children or grandchildren, let them first learn to show piety at home and to repay their parents; for this is good and acceptable before God ... But if

anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever." (See 1 Timothy 5:4, 8.)

For many in our Church community the need for children to perform this responsibility towards their

parents did not arise until their immigrant parents reached the age of "three score and ten and if by reason of strength four score." Most migrants arrived in Australia as young or middle-aged parents and for quite some years 'care of the aged' was not an issue. However, over time frailty, sickness, or the loss of a spouse rendered ageing or widowed parents partly or fully dependent on the help and support of children or others. However, in some cases the immediate family was not in a position or lacked the expertise to provide the extent of care required. Aged care homes were few in number and the care offered was often limited.

Therefore, in the early 1980s we started to consider how we could assist each other as brothers and sisters within the wider family of the Church, as families sought to fulfil their obligations toward their parents: brothers and sisters of us all in the faith. Not only did we consider how, within the communion of saints, the 'younger' could assist the 'older' but also how we could maximise opportunities for the older to be a 'hand and foot' for each other. With a view to the object of setting up a home where our frail, aged parents could be cared for the Free Reformed Retirement Village Association was formed. Membership was restricted to members of the Free Reformed Churches of Australia and its sister Churches. The reason for this was, and I quote from a report presented in 1982, "the aim is to strengthen the bond of the communion of saints by not isolating our frail aged brothers and sisters, but by bringing them into an environment where they can be a help to each other." A committee was appointed and a Constitution agreed on. It was a 'new venture,' with humble beginnings, but it was done in trust in our Lord. The Constitution (Article 2) reflects that trust: "the foundation of the association is the Bible, the Word of God as the only rule of life and faith, as confessed in the doctrinal standards of the Free Reformed Churches of Australia, namely the Heidelberg Catechism, the

Belgic Confession of Faith and the Canons of Dort."

In 1985 a five bedroom hostel, appropriately named 'Fair Haven,' was officially opened by Dr. Rev. S.G. Hur. With God's blessing, this building expanded over the years via a number of additions to the extent that today the hostel is able to cater for up to 29 residents. Not only has the hostel's capacity increased over the years but staffing levels also had to keep pace. This is one area that gives management cause for concern. There is a constant shortfall of either staff or volunteers to fill a variety of positions. However, staff and residents alike may enjoy the benefits and comforts that come with a modern stainless steel kitchen, a kitchenette for the residents, a large laundry area, a library, a large hall, as well as office and work spaces as required by management, support staff, podiatrist and hairdresser respectively. It is indeed appropriate to express heartfelt appreciation and thanks to the management team and to all staff and volunteers who work together to make Fair Haven not just a place to live but a home for the residents.

Over the past number of years the government has introduced and developed an Aged Care Act to ensure that all licensed aged care homes in Australia operate under the same set of standards. For permission to operate, the conditions stipulated under each standard must be met. Under the current Aged Care Act this involves forty four standards.

Fair Haven has consistently passed accreditation requirements and consequently we have received the longest possible licence to operate. For this, too, we thank our staff, and in particular our care manager Sr Dorothy Van der Wal.

May this brochure help increase awareness of, and appreciation for, the rich blessing we have received in the Fair Haven Hostel. We owe much praise and thanks to our Heavenly Father. ♦



# A VOICE FROM THE KITCHEN

~ MRS S VAN DE ESSCHERT

Fair Haven hostel has without doubt come along way over the years. I have been working at Fair Haven now for 18 years. During this time there has been an enormous amount of change. In the early years everyone was multi tasking from cooking, cleaning and caring. Fair Haven did really look like an oversized house compared to what it looks like now. Going from an all rounder to being the cook in charge of the kitchen, I can say I have been through and seen every extension that the hostel has been through. Although we did go through much chaos it was all worth it and much needed. Not only to accommodate more residents but also to have better facilities and professionalism both for residents and staff.

The kitchen these days has two main cooks who do the day to day cooking. With set menus made by a nutritionist we can ensure the residents receive first class meals. It's amazing to see how the hostel has developed over the years. Through all these changes we can continually see God's blessings present and for that we can be and must be very thankful.



## THE BOARD

Chairman  
Mr Jack Maring

Secretary  
Miss Elaine Vandenbos

Treasurer  
Mrs Jannie Numan

Hostel and Village Liason  
Mr Arthur Kleyn

PR and Brief Report  
Mr Dick Pot

Property Manager  
Mr Peter Sibum

# LIFE IN FAIR HAVEN

~ MRS FJ BYL

At the age of 89, I am happy that I am able to share some of my daily experiences , so you get some idea of what goes on in Fair Haven on a daily basis.

To-date I have enjoyed residing in Fair Haven Room #22 for five and a half years.

Each morning between 6:30 and 7:30am a carer comes to my room to shower me and make-up my bed. Breakfast is served at 8am on the dot! A carer comes with a trolley and hands me my tray #22 with a rusk and cup of tea, a kiwi fruit and three times a week we even get a soft boiled egg. What a service! Also, not to forget in-case we spill, we all get to wear a big blue bib!

After breakfast I usually go for a walk either in or outside of the Fair Haven premises, pending on the weather, while most others do exercises in the main hall under the direction of a support worker between 9 and 10am.

Coffee and cake is served at 10am in the main hall. After coffee time the support worker organizes a game with us **(to keep our faculties alive...)** or may encourage us to go outside with them, weather permitting, These activities are getting somewhat more difficult as some residents' mental and physical state are deteriorating gradually and therefore are unable to cooperate. Sometimes visitors or family come to join us at this time. It is also much appreciated when the school children come to sing for us time and again. **We find this very refreshing because it livens up the place. So, be sure you are always very welcome to come to visit!** Occasionally a Minister or a speaker has been asked to address a topic with us. Of late, the Day Club of Mt Nasura is holding their club every fortnight on Wednesday morning in the Library at Fair Haven and I am still eager to participate (in **Double Dutch** of course)! Every Monday morning we have a craft morning.

At 11:30am we all go back to our rooms. From my room I have a lovely view on the front entrance of the building and can keep a good eye on what comes and goes!

Furthermore, I busy myself with writing cards, reading (in particular all about church matters ) and also leisure reading. Occasionally I do some knitting. At times I visit people who come to Fair Haven for respite.

A hot meal is served at 12pm. We have a varied menu and we get a choice of two menu's per day. We choose our menu every Friday morning for the following week. **(At the moment we are all enjoying the Dutch winter meal: Stampot met Rookwurst!)** After the meal I usually have a nap till about 2:30pm.

At 3pm we get a cup of tea and biscuit.

At 5pm we get the last meal for the day. I have a slice of bread, cup of tea and some fruit. In my room I have a small fridge with some of my favourite foods!

At 6:45pm we have coffee and cake in the main hall followed by daily devotion. Most residents attend. The carer leads us with singing Psalms and Hymns (part in Dutch and English). She then reads a section from the Bible followed by a prayer by one of the male residents. **Sometimes an elder from the metro churches comes to lead the devotion and on the first Sunday of each month a group of youth also join us in devotion (they even make an attempt to sing in Dutch!). These variances are most welcome!** We then receive a cool drink and a cracker with cheese.

After devotion comes our bedtime and the carers come to our room and supply us with our medicines and bring us to bed. A surveillance is carried out during the night (in-case we try to escape...).



**OUTSIDE CARERS:** We intermittently get a visit from a Dentist, Doctor, Podiatrist, Optometrist and a Hairdresser who come to Fair Haven every 6- 8 weeks. We also go on the weighing scales once per month (to see if we are ready for market...). A footbath is also available every fortnight. What good treatments we receive!

Sundays you may attend church in your own congregation. However you can also attend a church service held in the main hall in Fair Haven at 9:30am. The sermon comes **live** from the Church of Armadale, visually linked to our screen. At 3pm you can watch and listen to a sermon on a DVD.

We have a little shop open every Monday and Thursday morning which is run by Mrs Heather van der Laan.

On an on-going basis my children and their families visit me throughout the week. I am very thankful for this great blessing!

Most of all, I thank our God in Heaven for His providential care for us day by day and that we as His Covenant children may share His goodness and grace **together** in the same home **FAIR HAVEN!** ♦

# FROM THE CARE MANAGER

~ MRS D VANDER WAL



Some time ago I was asked for some input into this brochure. My excuse then was 'Sorry, I just don't have time.' This excuse over time has worn thin and with some pressure I finally committed to writing a short article.

Problem – what do I write about?

Everyone knows the history of Fair Haven, don't they?

Everyone knows that Fair Haven is a facility for the frail aged members of the Free Reformed Churches of Australia, don't they?

Everyone knows that Fair Haven Hostel is a government Accredited facility, don't they?

Everyone knows that Fair Haven is open 24 hours a day and 7 days a week, don't they?

Part of Fair Haven's philosophy statement reads as follows:

'Our mission is to care, with Christian love and compassion, for the frail aged members of the association, believing they deserve high quality care appropriate to their needs and expectations'. To achieve this mission we base all our deeds on Gods word, using this to foster a harmonious environment involving staff, residents and relatives.

Personally I can vouch that Fair Haven has a special atmosphere, one of love and respect for each resident, staff member, Board member, relatives and the wider communion of saints.

Staff are dedicated in their care for the residents. In this tumultuous world of terrorism, economic crisis, uncertainty, despair, the threat of swine flu we can still say we are blessed and privileged to have Fair Haven where our Christian principles and morals are expressed through our high degree of loving care. This care is demonstrated in the physical, emotional and spiritual needs of the residents. Spiritual care is also given by the ministers and various elders of the Free Reformed Churches of Australia.

A team of experienced, skilled, dedicated and committed staff provide 24 hour care for the residents. Currently we have 3 on-call RN's, 19 Carers – part-time and full-time, 1 full-time cook, 2 part-time, 4 part-time activity personnel, and a host of volunteers who help out with a sleep shift, craft, reading to residents, play games or take residents out for a walk. Others who volunteer their time are those who do the weekly shopping

and bake cake and biscuits for the residents.

Yes, we do have our challenges. Life will always present us with challenges no matter where we are and no matter what age we are in. But we face our challenges in accordance with God's Word so that those entrusted in our care may share in the mercy and love of God.

In conclusion I would like to quote from our website:

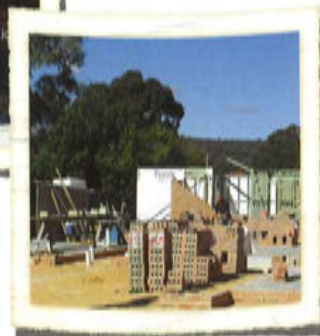
We believe that we belong to Jesus Christ who has made us His own and it is in the hope of life eternal that we continue to care, honour and respect our residents and together with them seek our strength to achieve that goal of perfection.

In all the strife of mortal life  
Our feet shall stand securely;  
Temptation's hour shall lose its  
power,  
For You shall guard us surely.  
O God, each day direct our way;  
Renew us by Your Spirit  
Until we stand at Your right hand  
Through Jesus' saving merit

(Adapted from Hymn 43  
Book of Praise) ♦

# FROM THE ADMINISTRATOR

~ MR J VERSLUIS



## General overview

The current focus of government policy is to try and have the aged spend as long as possible in their homes. This means that subsidies for "low care" have been reduced and "high care" have been increased. Whilst we concur with the desire to have the aged stay independent as long as possible we won't be changing our policy on who can be admitted into the hostel. Therefore should the trend continue as is, then for "low care" we will be contributing more then previously.



## Fair Haven Finances

The financial position of our Association is sound. Over the past 5 years or so we have been able to operate the hostel with the funds provided from the residents who pay around 85% of their pensions and from Government subsidies. Therefore funds from church members are predominantly generating our operating surpluses. We are hopeful that this will continue. However, it is very dependent on the number of residents in the hostel due to a significant proportion of our work is fixed ie needs to be done regardless of whether we have 10 or 20 residents.

Therefore the funds received from our church members are used mainly to fund capital expenditure such as the equipment requirements, the recent hostel extension and the land for the 3 extra units we are currently building.



## Fair Haven Hostel Buildings

The extension to the hostel that has recently been completed has increased the number of rooms that we have available from 21 to 28. Of these 17 rooms are currently occupied and 3 of the rooms have been allocated to the unit that the van Leeuwen's are using.

This means that we should have capacity for well into the future. The next extension is not expected to be needed until the "baby boomers" reach old age and that is still some time away. The intent then will be to build another wing onto the hostel at the rear. As to how exactly that will occur depends on how many of the properties on Haynes Street become available so that we can do the same as we have already in subdividing the rear of the property to build this wing.



## Fair Haven Units

We are currently in the process of building 3 new units at 12 Pinetree Close and the all 3 have been allocated to new lease holders. They are eagerly awaiting completion which should be in September. As well as having 3 new units we still have a number of people on the waiting lists, so we need more.

Where to next? There are 3 units between Fair Haven and the 3 new units. Should any of these units come onto the market it is the Board's intent to purchase them at "fair market value".

The Board is also currently in discussions with Armadale City Council for the purchase of a part of the "public open space" next door which would provide us with land for another 8-10 units. We have been told that the success of this endeavour is unknown and will take at least 3 years to complete. This would be our next major item for capital expenditure. We will also be looking at other properties in the vicinity to determine if other possibilities exist. For these units it is only the land purchase that is funded from the Association as the cost of building is refunded by the lease holders. ♦

# FAIR HAVEN RETIREMENT VILLAGE

~ MR K HIPKIN

What is your response when you hear that name? For me it had connotations of advancing age, debilitating infirmity, increasing need of special care, and the shadow of a restricted lifestyle.

I enjoyed good health, and a life busy with activities that were enhanced by easy access from high rise accommodation in a city precinct.

From time to time "Fair Haven" was mentioned as a possible option, but my response was firmly negative!

However, God, in His way and time, graciously changed that negative to a very clear affirmative.

I had developed immunity to traffic noise and pollution, together with isolation from Church community.

Now, in striking contrast, I have been blest with an adventure of life in a very beautiful garden setting, and a bonus of birdsong instead of wailing sirens.

Furthermore, I have greater freedom to enjoy a far better kind of independent living, shared by friendly neighbours who are also my brothers and sisters in Christ.

If you'd like to verify this, do give me a call, and I'll be pleased to show you it's true.



# DONOR FORM

I/we would like to become member of the Free Reformed Retirement Village Association as from \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_[Date]

I/we understand that the weekly contribution fee is \$7.

\_\_\_\_\_  
[Name]

\_\_\_\_\_  
[Church]



**FAIR HAVEN**

FREE REFORMED RETIREMENT VILLAGE

\_\_\_\_\_  
[signature]

## FAIRHAVEN STAFF

Ashton, Melissa	Registered Nurse on call
Bruning, Brenda	Carer
De Jager, Yvonne	Carer
Heuvink, Anne	Carer
Hidding, Alice	Carer
Hidding, Elizabeth	Carer
Huizenga, Maria	Carer
Koens, Laura	Carer
Niendieker, Alberdina	Carer
Oosthuizen, Annie	Registered Nurse on call and Carer
Pitlo, Geessien M	Activities Co-ordinator and Carer
Prapulenis, Lucy	Carer
Schiebaan, Margriet	Carer
Schoof, Janet	Activities Co-ordinator
Steenhof, Heather	Carer and Cook
Swarts, Felicity	Carer
Ten Haaf, Jacqueline	Cook
Ten Haaf, Suzanna	Carer
Terpstra, Merinda	Carer
Terpstra, Stephanie	Kitchenhand
Toet, Jolene	Carer
Van de Esschert, Sybel	Cook
Van der Burgh, Nicole	Kitchenhand
Van der Laan, Jocelyn	Registered Nurse on call
Van der Lecq, Alice	Carer
Van der Linde, Jacomina	Registered Nurse on call
Van der Schaaf, Hennie	Activities Co-ordinator
Van der Wal, Dorothy	Care Manager
Van der Wal, Joslyn	Carer
Van Dyk, Janet	Carer
Veldhuis, Dinah	Carer
Vermeulen, Tjakienna	Activities Co-ordinator
Versluis, Christine	Activities Co-ordinator and Carer
Versluis, John	Administrator
Veurink, Gerald	Security