



NEWSLETTER

JULY 2013

SPROTT HOUSE | 115TH ANNIVERSARY CELEBRATION

10th June 2013 was the 115th anniversary of Sprott House.

We celebrated our anniversary with a Service of Thanksgiving at St Mary's Church in Karori on Saturday 15 June 2013, followed by a blessing of the whole house by the vicar of St Mary's Church, the Reverend John Hughes, who was standing in for the Bishop of Wellington, Bishop Justin Duckworth.

The event was attended by our Patron Jenny Duckworth and Her Worship Celia Wade-Brown, the Mayor of Wellington who had her first ever visit to Sprott House for the blessing.



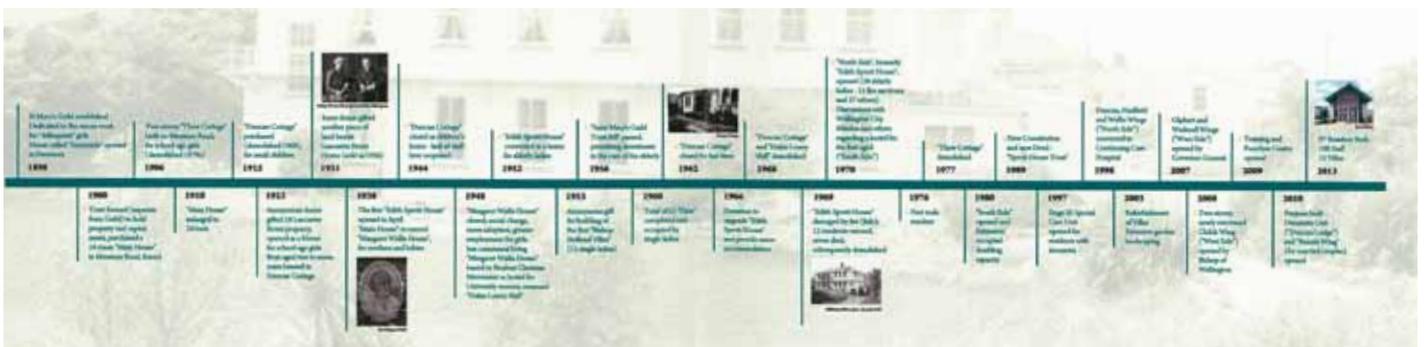
OUR 115TH ANNIVERSARY 'TIMELINE'

The "Sprott House Timeline" - a feature panel on the wall in the main corridor between the West and North Wings of Sprott House – was another project completed in the lead up to the 15th June celebration.

From a wealth of information about Sprott House that began with records of those first meetings of forthright, female members of St Mary's Guild back in the late 1890s, we tried to retrieve and acknowledge the most influential dates and personnel involved through the 115 years of our care heritage - incorporating all the information

available to us would have meant extending the building!

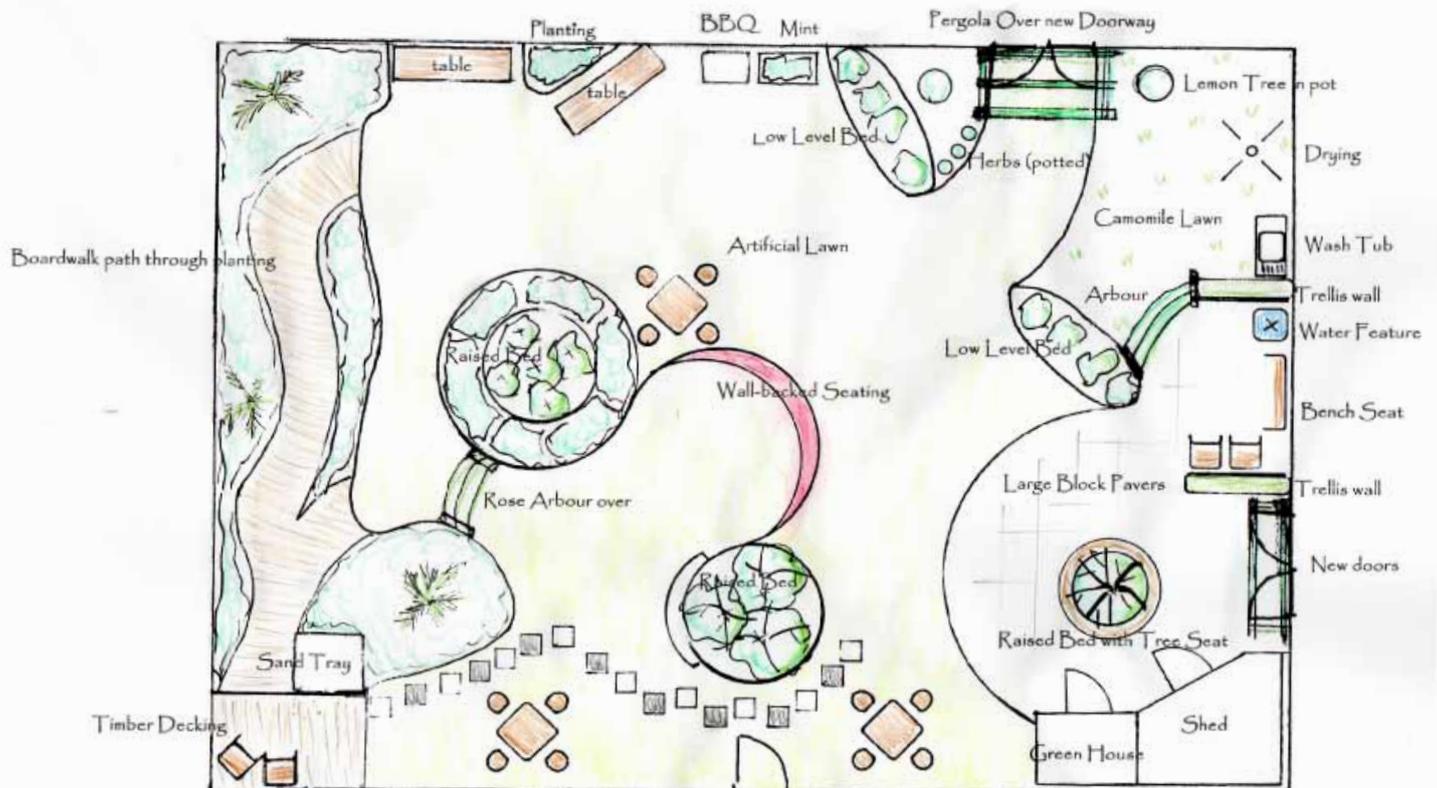
The task was made easier with research previously compiled and edited by Denis Wederell (a former journalist and Sprott House Trustee) in "One Hundred Years of Care" and subsequent publications. We are extremely proud of the finished product and encourage all those associated with Sprott House to take a few moments to view the panel when they have the opportunity.



SENSORY GARDEN PLANS

During the 115th Anniversary Celebration we launched the appeal for donations for our sensory garden project. To date we have raised almost \$10,000 of the \$150,000 we need to complete this project. Thank you to the friends of Sprott House who have already donated to this worthy project – you know who you are.

Fundraising will continue in the months ahead. As a charitable trust dependent on sponsorship and donations to fund our projects, we would value your contribution. Please send your donation to Sprott House, PO Box, 17330, Karori, Wellington 6147, or call Chris Sanders, General Manager Sprott House, for more information.



SOME RECENT ACTIVITIES

With the onset of cooler temperatures and the rain, our residents have been rather confined to indoors and less vigorous entertainment.

We have however continued with regular Community Bus and other excursions, including a hosted lunch at the Wainuiomata RSA before it was closed down. Jonathon Harper (guitar), the Kilbirnie

Singers, Samuel Marsden "West Side Story" cast members and Luke Drabble (a budding concert pianist) – amongst others – have kept us musically challenged, and our regular exercise classes, as well as indoor bowls and crosswords on weekends, are eagerly anticipated by an appreciative audience.



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INDEPENDENT ADVOCACY SERVICE FOR RESIDENTS

At Spratt House we are acutely aware that it is difficult for residents (and their families/whanau) who may have some concern about the services we offer, to voice those concerns to us directly. Because of this we wanted to provide an independent 'voice' to assist them.

To this end, earlier in the year, we met with Ken Daniels who is the Advocate for Elder Abuse and Neglect Prevention Services, at Age Concern Wellington. Ken subsequently talked to residents at Spratt House about his ability to act as an advocate for them should they need help at any time. We have partnered with Ken to hold regular 'clinics' so that residents (and their families/whanau) can meet with him in private and voice their concerns to us either anonymously or with the support he can provide.

Notices of 'clinic' times will be posted around Spratt House and the first 'clinic' will be held on 14 August 2013 in the Quiet Room at Spratt House between 10.30am and 4pm; Ken will visit residents in their room if that is their preference.

Please note that while Anne Hessian, one of the Spratt House staff, will arrange for residents to meet with Ken, management staff at Spratt House will have no knowledge of who is meeting with him or when. Anne can be contacted either by telephone on (04) 476-8759 ext.709 or by email on anne@spratthouse.co.nz.

HELP AVAILABLE FOR THE PURCHASE OF HEARING AIDS FOR ELDERLY PEOPLE ON LOW INCOMES

In May we received notification from The Vincentian Foundation for the Elderly, a Charitable Trust which aims to improve the welfare



of the needy elderly, that their current project "is to provide funds to assist those senior members of our society on low incomes, to fund hearing aids".

They provide hearing aid grants of up to \$1000 a pair to aged people on low incomes which, "along with available government assistance, goes a long way to enabling pensioners to buy suitable hearing aids and dramatically improve their quality of life".

The reason they have chosen to do this is because they recognise the "marked effect inadequate hearing can have on a person's wellbeing".

If you are interested in applying for such a grant, you can contact them directly:

The Vincentian Foundation
for the Elderly
Catholic Centre
22 Hill Street
Wellington 6143
Telephone: (04) 496 1732
Email: h.trust@wn.catholic.org.nz

PET THERAPY

Studies have shown there are advantages to having pets in facilities such as Sprott House, and access to pets has a positive effect on people, for instance by lowering blood pressure.



At Sprott House, as well as our fish and budgies, we are lucky enough to have the services of two volunteers and their special friends. Annie and Jo are part of the Canine Friends organisation.

Annie and her dog Cookie and Jo and her dog Cloud are regular visitors to Sprott House and the residents love to see them (at least those who like dogs do!). Cookie and Cloud are very well mannered and... well fed! Annie and Jo are part of the Canine Friends organisation; thank you to Canine Friends for bringing joy and pleasure to our residents.

Family pets visit too and it is always great to see how happy residents are to see the members of their 'extended family'.

THANK YOU TO OUR DONORS

Thank you again to the Bernie Knowles Trust (who recently funded the replacement of flooring in the North Wing of Sprott House) for their donation of funds to buy two special safety chairs, for the use of the residents in the North Wing.

Hewitt Humphrey, President of the Rotary Club of Wellington who administers the Bernie Knowles Bequest officially "handed over" the chairs to Sprott House at the end of April.



Standing: Hewitt Humphrey, Chris Sanders (General Manager of Sprott House)
Seated: Savelina Mikaele (Care Manager, North Wing of Sprott House), Angeline Bryan (Clinical Services Manager at Sprott House)

We would also like to thank Churton Park Mitre 10 for their generosity in continuing to donate plants for our gardens at Sprott House.

IMPLEMENTATION OF THE WAITEMATA CARE GUIDELINES

Sprott House is committed to the education of our staff and has been actively involved with the implementation of the Waitemata Care Guidelines in conjunction with CCDHB. The guidelines support registered nurses with information to assist them in their knowledge and decision making.

The Waitemata Care Guidelines, provide a quick reference for 18 common issues encountered by registered nurses when caring for older people in residential aged care. They were originally produced by Waitemata DHB in collaboration with Residential Aged Care clinical and managerial staff and are based on the best available evidence and published guidelines to help provide consistency of care, though they do not replace sound clinical judgement. The guides cover the following topics:

- Enduring Power of Attorney
- Cardiac guidelines
- Advanced care planning
- Gastro intestinal constipation guidelines
- Delirium
- Dementia
- Depression
- Diabetes
- End of life
- Falls
- Fracture and contracture
- Nutrition and hydration
- Pain
- Respiratory guidelines
- Skin
- Syncope and collapse
- Urinary incontinence
- Urinary tract infections

Chris Sanders

General Manager

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