



... MARCH 2010

NEWSLETTER



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Duncan Lodge Officially Opened

What a great day it was to see Duncan Lodge officially opened and launched by the Minister of Health Hon Tony Ryall.

We had lots of attendees at the launch on the morning of 25 March, including the DHB, Ministry of Health, the Alzheimer's Association and our Trustees, then all our resident's families were invited in the afternoon.

We received an enormous amount of positive feedback from everyone concerned .



In his opening address, the Minister complimented us on our far sighted and innovative attitude and on our determination to provide such a facility. He also suggested it should be used as a model for other units around the country which was fantastic feedback.

We are all delighted with Duncan Lodge. Not only is it latest step to be completed in the redevelopment of Spratt House Retirement Complex, but it's unique in New Zealand.

As you know, we have tried to provide a home away from home, and the beautiful glass pavilion and other lovely facilities, have really achieved this we feel. We hope residents feel it is as close to normal daily living in the home as it can be as well as creating a safe, comforting environment and a high quality of care.

For more information, our press release, speech and photographs of the opening visit our website here >>

112

A quick update - our main function celebrating our 112th will be in July this year.

Watch this space....

Married Couple's Rooms Update

We are delighted to announce that we are almost at the completed stage for our married couple's rooms.

The purpose built rooms have been designed so that they may accommodate a married couple who can no longer manage at home and need some TLC together!

We believe that we are the first Aged Care Provider in NZ to design this concept for couples requiring rest home or hospital level of care. The five rooms are delightful and we intend to have an open day very soon to show them off.

Happy Birthday!

Happy Birthday to the following Residents for January and February from all the Staff at Sprott House:

Vink Jan

Keilholtz Dominica

Fortescue Rita

Murphy Alice

Grove Rachel

Garnock-Jones June

Saunders Margaret

Adsett Shirley

Manampery Iris



Best Foot Forward

Every issue we talk about the importance of exercise for your health. In this issue it's the turn of your feet!

As feet grow older, they tend to develop more problems, naturally. However, painful or uncomfortable feet are not something just to put up with, so we've included some foot health tips here to help.

- make sure you have a nice firm shoe which holds your foot firmly.
- walking is great exercise for your feet.
- make sure your pantyhose or stockings are the correct size, and preferably without seams.
- avoid going bare foot except at the beach.
- never cut corns or calluses with a razor - ask your podiatrist to sort them for you.
- bathe your feet daily in warm water and use mild soap.
- trim nails straight across.
- have an annual foot exam with a podiatrist.
- if you notice anything change consult a podiatrist!



Carole Hazelman

