

Unbelievably we're rapidly coming up to Christmas time – this year is just flying!



With the feeling of Spring in the air and the warmth beginning to improve outside, we're looking forward to the Christmas and New Year festivities.

We've had a very busy year. Some of our activities have been related to; managing follow-ups from our Ministry of Health certification audit, reviewing disaster management and emergency procedures, saying goodbye and hello to the Bishop of Wellington and our Patron, planning for Christmas, looking at further developments in Duncan Lodge, celebrating the Queen's Jubilee and Olympics and reviewing some of antiquated systems.

We would like to farewell some old staff and welcome new and hope everyone will enjoy our end of year festivities – more below!

Goodbye and Hello to the Bishop of Wellington

During the last few months we also said goodbye to Bishop Tom Brown, whose wife Dwyllis was our Patron.

We'd like to welcome Justin Duckworth as the new Bishop of Wellington and our new Patron Jenny Duckworth. Historically (since the days of Edith Spratt after whom Spratt House is named) the wife of the Bishop of Wellington has been the Patron of Spratt House. Thank you Jenny for agreeing to continue this tradition.

We have planned a welcome afternoon tea for them on Wednesday 21 November at 3pm to which all residents and staff are invited.

Emergency Management Procedures Review

This is a good time to update you about what we have done here at Spratt House following the devastation of the Christchurch earthquake.

A full review of our disaster preparedness has been undertaken and our plans fully revised. One of our staff worked with the Wellington City Council (WCC) on disaster planning procedures so our plans are integrated with theirs.

We are confident we can respond effectively to any emergency. We were also recently visited by a WCC representative to look at the integrity of our buildings.



Spratt House Activities... We have lots of activities planned between now and Christmas:

Melbourne Cup Day – 6th November 2pm



This year we're running our 'best dressed hat' competition again – it's becoming a regular event. A letter has been sent to all families for help in preparing their loved ones hats for the competition and our staff will be helping out too. May the best hat win!!



Christmas Market Day – 23rd November 2pm – 4pm

This promises to be great fun and will involve local businesses. Residents, staff and visitors will be able to look through the offerings and may want to purchase gifts for Christmas or just for themselves. More details will be available closer to the date about what will be on offer.

Carol Service – 12th December

Although this is the Spratt House Carol Service for residents and staff, families are very welcome to attend and share some special carol singing with their loved ones... the more the merrier! The carols will start at 6pm and nibbles will be served afterwards. If you would like to be part of this very moving event, please assemble in the Reception area of Spratt House just before 6pm ... or listen and join us on our 'rounds'.

Residents' Christmas Party – 19th December

A fun event every year, this is the main Christmas Party for our residents – staff will wear Christmas fancy dress if they wish to, so there may be lots of laughs to be had.

Kirkcaldies Christmas Trips – dates to be confirmed

Our annual trips to Kirkcaldies, to view the Christmas decorations and to shop (for those who are interested) will be arranged again this year for residents who would like to attend.



Concert Party – date to be confirmed

This Concert Party (which is intended to be an annual event) will be run by Duncan Lodge Staff who will not only be organising the Concert Party; they ARE the Concert party. A concert will be held in each wing and when they perform 'at home' in Duncan Lodge, residents' families will be invited to attend for some light hearted fun. Next year a different Wing will be the organisers of the Concert Party... watch this space!

Past Events... As well as forthcoming events we've had a pretty full-on year.



We all enjoyed the Queen's Jubilee and nearly all of the Duncan Lodge residents attended a recent New Zealand School of Dance ballet.

We celebrated mid-winter Christmas with a party, the Olympics Games Opening Ceremony with a 'big screening' for the opening and watched the athletes perform every spare moment.

We made six trips to view the tulips in the Botanic Gardens and had many other regular outings thanks to the Karori Community Bus and its kind volunteer drivers.



Since the beginning of the 2012 school year, several of our residents have been involved in a very successful (we think) "link programme" facilitated by Karori West Normal School, essentially bridging the education gap between young and old in a very practical sense. The school pupils have visited us, our residents have visited the School, and many exchanges of personal information, wonderful posters, notes and drawings – as well as delightful musical entertainment – have helped to enhance awareness for all parties of the demands and delights which can be shared, regardless of age.

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Past Events... (continued from previous page)

Many of the schools in the area have been involved with Sprrott House during the 'Duke of Edinburgh' season. Marsden College girls have particularly continued to make significant contributions as volunteers; continuing with their 'service' beyond the requirement for their Duke of Edinburgh competency awards. They have demonstrated reading, drama and poetry skills whilst engaging with our Duncan Lodge residents, as well as performance on piano in our Villa Lounge. We greatly appreciate their commitment and youthful enthusiasm and look forward to building on this type of interaction in the future.

St Theresa's pupils have assisted with our Catholic Communion service on a weekly basis and their participation and laughter is sincerely appreciated.

Several local schools have again indicated their willingness to contribute to our pre-Christmas build-up, including assistance with decorations and Santa season entertainment. Based on past experience, we have no doubt their participation will be very well received by all our residents (and staff) in the weeks ahead and we look forward to welcoming all the pupils and support staff back to Sprrott House.



This year we also held fundraising events for Alzheimer's Wellington and the Wellington Free Ambulance; thank you to all who contributed to these worthy causes.

Ministry of Health Audit

We have completed our most recent audit with the Ministry of Health. We passed with flying colours with only some minor fixes which have now been completed to the satisfaction of the Capital and Coast District Health Board (who sign off the fixes). We're very happy to have achieved a three year certification; our last certification period was for two years so that's a really good achievement. Thank you to all the staff who are the people who help us to provide great service and give us confidence when audit week comes around!

Volunteer Contributions

Given this will be the last newsletter for 2012, we would like to take this opportunity to say a big THANK YOU to the volunteers who come to Sprrott House every week and involve themselves in our community.

These include all the people who come to run our two church services, the people who bring their dogs in to the facility and share them with our residents, the people who give up their own weekends to provide weekend activities for our residents such as the Hew (bowls) and Judy (weekend crossword) and the Salvation Army and Pipe Bands who come to play for us from time to time.



Staff News

We said goodbye to Sarah Gould and wish her all the best for the future. Sarah was the Care Manager of Rennie Wing and our Quality/Education Manager. Rennie Wing is now being looked after by one of our registered nurses Juna Jardenico, supported by Angelina Bryan (Director of Nursing).

We said farewell to registered nurses Sanae and Sally and welcomed the return of registered nurse Fatima. We have also employed new registered nurses, Mauro, in the West Wing, and Justine and Red in the North Wing.

We also farewelled and welcomed a number of caregiving staff; we said goodbye to Agnes, Rebecca, Lauren, and Melissa and hello to Ayashna, Corina, Damin and Talita.

We'd like to welcome these returning and new staff to our team.



Duncan Lodge Developments

We're currently planning the development of a sensory garden with flat access for our dementia wing, Duncan Lodge. Australia's first sensory garden for dementia patients was launched a couple of years ago and has been a great success, research showing that it improved both the mental and physical health of the residents.

For us here at Sprott House, helping residents with dementia connect in physical and emotional ways with the environment in which they live is important. Having a garden that is safe and secure will be therapeutic for our residents, providing comfort and reducing anxiety.

We are very excited about its potential. Planning is still in the very early stages as we seek funding to move the project from a concept to a plan. The ongoing development of the Sensory Garden depends to a large degree on the grants and sponsorship we receive.



Charitable Trust Status and Donations

For those of you who are new to our community, some information about Sprott House. Sprott House is a registered charity which has held its charitable status since it was first established in 1898. As a charity, we put our funds straight back into the services we provide to our residents. This however means we need to plan developments carefully, especially large projects, until we have the funds available to undertake them.

This includes our Sensory Garden (above) and it also included our new accounting and telecommunication systems (both of which were antiquated). Having a new accounting system will help the finance and administration team carry out their fiscal responsibilities, though the change is unlikely to be visible to residents and families. In terms of the telecommunication system, we were aware that people calling us were having difficulty getting through to staff and residents. We replaced the old system with a modern PABX solution and, since implementing this, the problems seem to have stopped which is really good news for us all.



As a charity, we are always looking at ways to encourage people to assist us while we work to support the people who have spent their lives supporting us. We have recently updated our website to encourage people to help Sprott House fulfil its charitable purpose, either by donating or making a bequest in their will.

The 'Donations' page is on our website's main menu and outlines how you can assist us in either manner if you are interested (website www.sprothouse.co.nz).

Villa Vacancy

Just a quick note about our independent villas, one of which is available for occupation. These provide real independence and freedom yet the security of knowing help can be on hand if required. The villas are owned through a licence to occupy. If you know anyone who may be interested, they might like to contact us.





Keeping up that exercise



We are aware of the importance of exercise at Sprott House. Now, as well as the long running 'Seated Exercises with Moira' sessions we have added 'Move it with Julz'.

Exercise is important to help with the mobility of our residents. This month, our advice is related to the exercise of the upper body and hands. Here are some simple upper body chair exercises which can be done anywhere and at any time:

- Raise both arms horizontally, out to your sides and shoulder height, as if you were doing an impression of a plane. Push out your arms in both directions, as far out as physically possible, feeling the stretch across your back and chest.
- Relax but keep your arms out straight and start to move them very slowly in small circles as if running your finger around the outside rim of a coin. Do ten small circles forward, then ten small circles backwards.
- Relax the arms and shake them off.
- Put both hands together as if you have just clapped, hold them out in front of you, elbows raised and push your hands together as hard as you can, tensing your arms, chest, shoulders and back for 10 seconds.
- Raise first one arm in the air and stretch it up, then roll round in circles 5 times, then do the same with the other.
- Relax the arms and shake them off.
- Put both hands together behind your back, palms as close together as you are able, and again push to your maximum effort, tensing your arms, chest, shoulders and back for 10 seconds.

On behalf of the Trust Board, and the management and staff of Sprott House, we wish you all a very merry Christmas and a happy New Year.

Chris Sanders
General Manager

