



... OCTOBER 2011



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Heading towards year's end!

We've had a very busy year so far and it seems we'll have reached Christmas before we know where we are!

We are still consolidating the huge development works we have undertaken over the last few years and are really delighted with the great results being felt by residents and staff alike.

Since the end of last year we've had a change of General Manager. Chris Sanders joined us, in a temporary role, as new General Manager late last year and, in April, was pleased to take up the position permanently.

Chris has been a member of the Board and Trustee for Spratt House for the last 12 years so has an in-depth background knowledge of our complex which has been very beneficial.

Villa Open Day - 16 October 10am to 3pm

Our Villa open day this month will give visitors an opportunity to look around the Villas, which offer independent separate living but with care services available. Each villa has its own entrance, patio, one-bedroom, bathroom, living area, kitchen area and access to dining and laundry facilities. As well as offering independent living, 24 hour support is available as required and 24 hour emergency care.



"Visitors will be able to discuss the kind of care services available within the Villas if required and the facilities within the overall complex our Villa residents can take part in if they wish to – such as the activities programmes including music, exercise classes, indoor golf, bowling as well as intellectual pursuits such as crosswords and quizzes."

Spratt House activities....

As well as our 'usual' crosswords, quizzes, games and musical interludes, we have also been taking part in some special activities.



On the 28th and 30th September we had a number of trips to the **Botanic Garden to see the tulips**. This is always a glorious sight each year! We had 32 residents who were conveyed to the garden in the community bus and hired taxi shuttles with escorts from Sprott House.

Thank you to Wellington City Council for allowing us to drive through the Botanic Garden and share this delightful experience.

Daffodil Day was celebrated with the Marsden Club. 'High Tea' was served and enjoyed by everyone. It was lovely to hear the conversation and laughter wafting out of the villas lounge area. Thank you to members of the Marsden Club who made the afternoon such a success.

Rugby World Cup was a fun kick-off for staff and residents. It was surprising how many nations were represented, with staff 'showing their colours' throughout the house.



One of our residents donated an All Blacks cap, jersey and two scarves which were pulled out of a hat for staff...thank you!

- The jersey was won by Tau Malaga from the activities team.
- The hat was won by Marylou Celis, a registered nurse from Duncan Lodge
- The two scarves were won by Ioana Lolopa and Ayona Alexander

Congratulations to all!!

A '**Cuppa for a Cause**' event was held on Friday 23 September in aid of the Alzheimer's Association. Afternoon Tea for a donation yielded \$117.70. Thank you to all who contributed.

Staff News

Duncan Lodge



Vanessa Parnell, who was Care Manager of West Wing and more latterly Duncan Lodge, has moved to other pastures.

We are pleased to welcome Lisa Cooke as our new Unit Manager for Duncan Lodge. Lisa is a registered occupational therapist.

Lisa is firmly committed to our "Re-igniting the Spark" initiative, building on our commitment to the **Spark of Life**

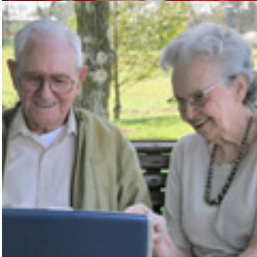
Programme, which has a clear emphasis on what people CAN do rather than what they can't and on encouraging the can aspects in a relaxed atmosphere. As part of this, our focus is very clear on dementia as a normal life process rather an illness.

Activities Team

We have recently increased the number in the activities team to three with the appointment of Tau Malaga, who used to be one of our care givers. Tau will be based primarily in Duncan Lodge as we re-shuffle the work commitments of Angela (Dowding) and Sandra (McIntosh) to have a more even spread of duties throughout Sprott House.

Snow and Hail!

We've certainly had some crazy weather this winter, with snow and hail creating challenges for all alike. We decided it all looked very unreal – almost like a sideshow! Our residents responded very well, thank you, and tolerated our shortness in staff numbers as they struggled to make it to work through the snow!



We were amazed at the number of staff who did manage to make it here despite the odds, including some from the the Kapiti Coast, Hutt Valley and Day's Bay. It says a lot for their commitment to Sprott House and residents, so thank you!

Liverpool Care Pathway

Sprott House is adopting the Liverpool Care Pathway; an internationally recognised specialised palliative care programme for end of life care. The programme is being run in conjunction with the Mary Potter Hospice.

The Liverpool Care Pathway is a focused end of life care package designed to ease people's dying in a dignified manner, free from pain and anxiety.

Its aim is to give multidisciplinary teams, including nurses, the skills they need to care for patients in the last precious days of life.

Exercise Reminder.....

As feet grow older, they naturally tend to develop problems. However, painful or uncomfortable feet are not something you have to just put up with.

Here are some foot health tips to help.



- make sure you have a nice firm shoe.
- make sure your pantyhose or stockings are the correct size, and without seams.
- bathe your feet daily in warm water with a mild soap.
- trim nails straight across.
- walking is great exercise for your feet (as well as your mind and heart!)
- only go barefoot at the beach.
- ask your podiatrist to sort any corns or

calluses – don't cut them yourself!

- have an annual foot examination with a podiatrist.
- if you notice any change consult a podiatrist

Housekeeping

General Election Planning

Planning for the General Election on 26 November 2011 is underway but in the early stages. We are in contact with the Elections Operations Manager for this area regarding voting processes for Sprott House residents.

Ministry of Health Audit

The Ministry of Health Audit will take place on the 28th and 29th November; the audit is required for certification to provide aged-care services. As part of this families may be asked, while visiting their relatives, to speak with audit personnel. We hope that you will be happy to be involved.

Disaster response

Following the Christchurch earthquake, a review of all disaster management plans is being undertaken to ensure residents are cared for in the event of any disaster.

It was pleasing to find the plans are, on the whole, very good, but it never hurts to critically review them with 'what if' scenarios learnt from the Christchurch experience.

Chris Sanders

General Manager

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