



Hi

Welcome to our first email newsletter.

This will provide information about some of the latest developments and other tidbits and news of interest.

If you would like to receive our free newsletter **you can subscribe through this website by clicking here >>**

In this issue we've included some information about our **new facilities currently being built**, our upcoming **110 year celebrations**, a **call for volunteers**, an article about the importance of **looking after your feet**, some other **health tips** and other news of interest.

Sprott House

• A HERITAGE OF CARE •

- **New buildings underway!**
- **110 years in the making - celebrations.**
- **Putting your best foot forward**
- **A call for volunteers**

Working in the rain

Last week, Child's wing was demolished to make room for the development of our new two storey wing. We are looking forward to seeing this completed by the end of the year - they're working in the rain and wind!



During this period, residents and families are assured that resident and staff safety is paramount at all times. Bill Manuel and his team are very conscious of our residents taking exercise and we have strict health and safety practises in place. Please note that access to the visitors carpark may be restricted occasionally during the week while materials are delivered.

110 years in the making

First established over 100 years ago, Sprott House moved to Karori in 1900. We're celebrating our 110th anniversary this year and would love your suggestions on how we should celebrate! Do send us **an email**, leave a note at reception or give us a call!

Best foot forward

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 cur corns or callouses with a rzor - 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!

A call for volunteers

We have decided to develop a more structured volunteer service at Sprott House. WE have been so fortunate in the past, and currently, to have family and friends who spend time in a voluntary capacity to enrich the lives of our residents.

However, we feel the time has come to test the waters and advertise through local papers and flyers to see if there are folk in the wider community who would like to assist us.

If you are interested in volunteering or in finding out more, please email us or call Angela Dowding on 476 8759.

Health tips

- Headaches? Eat fish to help prevent them!
- Memory problems? Eat oysters which help improve memory by supplying zinc.
- Feeling the cold? Make sure you have enough winter woollies and layer them on!

That's it for this time. Don't forget that to subscribe to the newsletter all you need do is call us or fill out the form on the website.

Carole Hazelman

General Manager

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