



CORTIJO PARK

NEWSLETTER

For Residents, Professional Colleagues and Friends in the Community

Independent Living Studios Proving A Hit

Dear Friends,
As we start 2007 and publish this the fourth annual edition of the Cortijo Park Newsletter it is once again remarkable to take stock of how

much has happened since the previous edition.

This time a year ago we were in the process of launching the concept of Garden Studio rooms for Independent Living and now

just 12 months later we have 5 such rooms with a waiting list for future availability. The concept of a self sufficient studio apartment with an attractive garden outlook in a secure environment whilst retaining independence is proving to be a popular option for many people. Please see page 4 for more information.

On the building front we have also successfully completed our new offices which are situated immediately on the left as you arrive at the main entrance to Cortijo Park. Designed to blend in with the existing architecture the new building undoubtedly

enhances the efficiency of the business support and administration functions.

However, as ever it is the care and welfare of all our residents which is the real story of Cortijo Park. With a total of 29 residents who receive a variety of differing levels of care and assistance and all of whom have their own individual specific requirements, the main focus of our daily lives will always be their care and well being.

Regards,
Susan Bailey, Ian Bailey and
Colin Ingram



Main entrance with the new offices to the left of the picture

Cortijo Park – An Overview



Susan Bailey Cortijo Park's Clinical Director and joint proprietor, Susan Bailey, was recently asked for her overview on Cortijo Park. Susan said "It is now just

over 4 years since we acquired the business and to say that during that time a lot has happened would

be an understatement. Four years ago we acquired a business with just 13 residents and 21 rooms, whereas today between the Nursing Home and Independent Living residents we have 29 occupants in 28 rooms and a waiting list. During that period apart from building the extra rooms we have also refurbished many of the existing rooms, added a multi functional physiotherapy room, hairdressing salon, constructed an office building and renewed many of the installations."

Going on Susan added "Although a lot has been achieved we are in no way complacent and have a lot more we wish to accomplish. Initially we are planning on constructing 3 more rooms adjacent to the new offices as well as opening a small shop and I would anticipate that in 2008 we may contemplate further additional rooms. We are however mindful that it would be wrong to spoil the special charm that the buildings and beautiful gardens possess by over developing – so retaining

this charm and the quiet ambience is of paramount importance to us."

Susan continued, "However, I would also like to emphasize that whilst the improvements in the facilities and the additional rooms are clearly pleasing, what pleases me more is the high level of quality care we strive to provide and for the most part achieve for all our elderly residents. Having spent 30 years in the UK NHS during which time I gained my MA honours degree in the treatment and assessment of patients, I like to think I have the requisite experience to differentiate between doing just enough in terms of care for our residents and doing the things that will really make a difference to their quality of life. As our Nursing staff will tell you I will never compromise in this area as quality care for our residents is not only the reason why I wanted to get involved with Cortijo Park 4 years ago but is also I think why we have enjoyed a good degree of commercial success in the intervening period."



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An elegant residential care home for the elderly with full nursing facilities

The Cortijo Park Forum

Our residents speak – some thoughts on life at “CP”

Ben Lamb

Ben Lamb spent many years in the Royal Navy having first joined at the age of 15 and serving until the end of the war before rejoining a few years later to take up a 5 year commission. Upon finally leaving the service Ben spent 15 years working for Westinghouse in the USA and returned to the UK to work for Marconi the electronics giant before moving to Spain around 10 years ago. Ben took up residence in Cortijo Park in the summer of 2004 and when asked to give his observations on life at “CP” he said “It suits me very well. I have a room which is just about perfect for me and the staff are all very kind and considerate.” Ben added “For many years Yoga, both Hatha Yoga and Raja Yoga, has been my hobby and I have my Yoga space set aside in my room and practice every day.” Ben concluded “I appreciate how every one at Cortijo Park allows me to do my own thing and respects my privacy but I in turn appreciate that the staff are always there for me if I need them.”



Lavender Wallace-Davis



Before retiring to Spain, Lavender Wallace-Davis had lived with her late husband in a number of different locations including Egypt, Libya, Rhodesia as it was then called and finally 25 years in Kenya. After a long and happy retirement Lavender decided to move to Cortijo Park in 2006 and became one of the first residents to take up the Independent Living arrangements. Commenting on this Lavender said “I have two daughters who live in Paris and London but also have a son who lives nearby in Ronda and so having lived for so long now in Spain I was keen to stay to be near my son and friends.” Going on Lavender said “I have to say that the charm and tranquility of Cortijo Park as well as the Independent Living arrangements suit me very well and I would certainly have no hesitation in recommending both to anyone who might be considering coming here.”

Dennis Caldecourt

25 year Costa del Sol resident Dennis Caldecourt retired to the Coast after a successful career in the advertising industry. Frequent visitor to Dennis who took up residence at Cortijo Park in 2005 is long term friend Muriel Lissowski who was happy to give us her thoughts and observations about Cortijo Park. “I have to say that Dennis has been very well cared for since his arrival and in particular during his recent period of ill health the standard of care and nursing was excellent.” Muriel continued “I think that where Cortijo Park is so good is with the activities in which the residents are encouraged to participate. The beautiful gardens and excellent rooms are all very well but keeping the residents occupied and stimulated as well as working on their mobility is so important to their long term welfare and I certainly believe that Dennis has benefited from this.”



Nellie May



Nellie May was born in Ealing in West London but after marrying moved to Hayes close to London’s Heathrow airport. Relocating to Spain some 5 years ago in order to spend more time with her daughter and son in law who had themselves retired to Seville, Nellie decided to take up residency at Cortijo Park in 2004 having previously been a regular visitor for short term breaks. Explaining this Nellie told us “I now stay almost all of the time at Cortijo Park although I sometimes go to stay with my daughter and son in law.” Nellie went on “If I have been away it is so nice whenever I return to get back into my lovely room and to catch up with all my friends. There is such a happy atmosphere and every one is so kind.” Nellie added “I especially enjoy the gardens which as everyone agrees are magnificent and I also appreciate the food in the dining room and little things like being able to get my hair done when the hairdresser comes every Tuesday.”

A Full Social Diary

With responsibility for all Cortijo Park’s residents in house social activities as well as various outings and lunch expeditions, qualified social worker Jo Hindby (pictured on opposite page) has an extensive workload maintaining a full social diary for the residents.

Jo commented “Although most people are well aware of our periodic fun evenings with such entertainment as the Jazz Band or the Old Time Music Hall, we

also have a number of smaller events with groups of up to 7/8 compatible residents. For example our quiz nights have always been a great success as well as being fun for all concerned and do of course assist with exercising the memory.”

Going on Jo added “In the 4 years I have worked at Cortijo Park the philosophy has always been that low key social activities for residents who wish to participate are essential. We do

a number of outings and I also take residents out for lunch often on a one to one basis.” Jo added “I get a lot of assistance and resident information from the nursing staff and in particular head nurse Jane Huggan as well as input from Rob Ashton on the Independent Living and Residential Care residents and general help and assistance from receptionist Martiene.”

Jo concluded “We encourage residents to maintain their own



Receptionist Martiene - provides general help and assistance for Residents

hobbies and interests and popular activities are painting, gardening and flower arranging. We also have an extensive library as well as a large collection of CD’s, DVD’s and Videos for residents and care staff to enjoy.”

The News In Pictures From Cortijo Park

MID SUMMER GARDEN PARTY



Musical entertainment



Residents and staff get into the swing of things



Guests and residents enjoyed a beautiful buffet



Florence enjoys a chat with Susan and John



Peter and Mike share a joke with Mari-V

CHINESE NEW YEAR



Nurse Sandra Walker and Activities Co-ordinator Jo Hindby get into the swing of Cortijo Park's Chinese New Year celebrations.

EASTER BONNETS



Its tea for two with Easter bonnets for Bernard & Katie



Get ahead get a hat - Vera, Nellie and Hilda at Easter

Care Manager Rob Ashton has special responsibility for Cortijo Park's Independent Living and Residential Care residents.

Born in London, Rob gained a wealth of experience over 20 years in various aspects of healthcare whilst working for a number of different agencies. Arriving in Spain in 2005 Rob commenced working with Cortijo Park in an auxiliary capacity but it soon became apparent to the directors that Rob's experience could be usefully utilized in certain specific areas.

Accordingly in 2006 Rob was given particular responsibility for the welfare of both Residential Care residents and the newly formed Independent Living scheme. Com-

menting on his work Rob said "Independent living was a new departure for Cortijo Park and had just been set up when I first arrived. The studio apartments that have been created are of an excellent standard and have no doubt contributed to the success of the scheme so far. In particular the residents enjoy the terraces and garden out looks of the Independent rooms."

Asked more about the concept of the scheme Rob commented "The Independent Living residents live separately from the Residential care residents and the Nursing Home residents as well as having kitchens in their rooms and they are of course free to come and go as they please." Rob added " Although the emphasis is on independence, Independent Living resi-



Cortijo Park's Rob Ashton

dents can have meals in the dining room if they so wish for a small extra charge and similarly all the other facilities of Cortijo Park are available to them such as the hairdressing, manicure, pedicure, massage and physiotherapy as well of course as all the outings and social events at Cortijo Park."

Building A Better Future

The gradual transition of both Cortijo Park the building and Cortijo Park the business has continued once again through 2006.

Mindful of the need to carry out building improvements without any disruption of resident's peace and quiet, work has been skillfully executed by our in house building team in a considerate and yet productive manner.

During the year many of the existing rooms have been refurbished to include new bathrooms and plumbing, electrics, and windows and floors but undoubtedly the most significant works have been the conclusion of the 7 additional rooms on the east side of the building as well as the

2 storey office building at the entrance to Cortijo Park.

The conclusion of the 7 rooms on the eastside of the building, the last one of which was having the finishing touches applied as this newsletter was going to print, is a major milestone in the ongoing process of building a better future for Cortijo Park. All these garden aspect studio rooms with their new fixtures and fittings also benefit from kitchenettes and are already "home" to residents on our Independent Living scheme about which there is more elsewhere in this edition of the Cortijo Park Newsletter.

Scheduled for 2007 is an ongoing process of room refurbishment and the commence-

ment of the construction of 3 additional rooms adjacent to the new offices to create a courtyard effect opposite rooms 1, 2 and 3. A shop is also planned.



Independent Living resident Ambrose "Ham" Roworth in the kitchen area of his Garden Studio Apartment



An exterior view of Garden Studios 26 and 27

