

Edinburgh centenarian has a tip for a long life

A resident at a care home in Edinburgh gave valuable life advice as she toasted a special milestone.

Alice McDonald celebrated her 100th birthday in style at Care UK's Lauder Lodge, on Wakefield Avenue, and shared her secret to living a long life – don't drink alcohol.

Born on Clyde Street, Edinburgh, on 3 July 1924, Alice is the eldest sibling of five and attended London Street Primary School. When Alice turned 11, she sat the entry exams for Heriot Watt private school for boys and passed them all but could not attend as she was a girl – instead Alice attended Tynecastle High School. After leaving school she worked as a bookkeeper and shorthand typist, and then attended Ramsey Technical College, joining the Wrens before later being posted to Wales.

In 1955 Alice married her husband Harry, who was a confectioner baker. The couple loved to bake together and later had two children, Ruth and Andrew. They have four grandchildren, Graham, Katie, Karen and John, and one great granddaughter, Leonora, who will be three in July. Alice now lives at Lauder Lodge with her sister Isobel, and the pair are inseparable.

On the big day, the team at Lauder Lodge adorned the home with balloons and banners, complete with a birthday cake specially prepared by the Head Chef.

Alice said: "I loved the whole day, especially being with my

family on my birthday lunch. My cake was fabulous, and I enjoyed being able to sit back and appreciate everything going on around me.”

Anees Riaz, Home Manager at Lauder Lodge, added: “It was an honour to celebrate Alice’s birthday with her. She is a beloved resident at Lauder Lodge, and we all had a lovely time acknowledging this tremendous milestone.

“Everything we do centres around supporting residents to live fulfilling lives, which is why we are always eager to mark special occasions. Alice’s 100th birthday was no exception, and it was a delight to hear her sound advice for living a long and happy life.”

Lauder Lodge is a state-of-the-art care home which provides full-time residential, nursing and dementia care. Designed to enable residents to live enjoyable and fulfilling lives, the care home has its own café and hair salon, and there is plenty of space, both indoors and out, for relaxation and recreation.

careuk.com/lauder-lodge



