



Autumn Gardens



Summer newsletter 2020

autumn-gardens.com



Welcome summer!



Welcome to our summer newsletter. I am looking forward to seeing what the new season brings at Autumn Gardens.

The Covid-19 pandemic offered up many challenges for our residents and staff and together we have adapted. Our summer activity schedule has been adapted to take into account social distancing measures

and we will keep it under review as the situation changes. We have also introduced virtual activities for our residents; you can find out more on page 3.

We hope that our regular updates, via our digital email newsletters, have offered you comfort during this stressful time. Our Facebook page has also enabled us to keep families up-to-date on a daily basis and we are excited to announce that we now have over 500 people following our page!

Your support over the last few months has been amazing and we thank each and every one of you. We understand how difficult it must be not being able to visit your loved ones and your kind words have gone a long way to motivate our team.

Do not hesitate to contact me if you would like to book a video call with your loved one on 020 8344 2600.

Chris Argyrou, Registered and Nursing Manager

Meet our virtual entertainers

Due to social distancing restrictions we have had to limit access to our homes. Our activity team have been busy keeping our residents entertained and we have welcomed two new virtual entertainers!

Meet Eleni Georgiou from Asterakia



During lockdown Eleni's engaging live streams in Greek helped to entertain our residents. Having grown up in Cyprus her love for music started at the age of 7 when she learnt the piano. Eleni went on to work as a professional opera singer, while performing in London and other European cities. Eleni was keen to introduce Greek music to her own children and she subsequently developed this passion into a successful business.

Eleni said

'During this challenging time our loved ones need us to stay home. They might not understand why, but we need to stay strong. Some of them don't understand technology and they can get confused. For that reason we can send them our love by sending them letters, cards and their favourite music. It has been my pleasure to entertain residents via a virtual link every week.' You can find out more about Aserakia at asterakia.co.uk

Romila Beatz - Chair based exercises streamed live to our Homes



Romila Beatz offers a fun, engaging, stimulating dance and fitness program centred around chair based activities. All the Romila Beatz instructors are passionate about improving the quality of life for our elderly, regardless of the setting or age group. Dance is extremely beneficial to everybody, as not only does it help with falls prevention, co-ordination, balance and strength, it promotes mental stimulation, social interaction and the release of feel good endorphins.

Check out our Facebook page for updates!

Book a virtual call with your loved one

Celebrating our staff

Every season we highlight staff that have gone above and beyond to help support residents and staff. Well done to the following team members.



Veronika Kuraliova
Senior Care Assistant

Veronika has demonstrated really commendable skills during this difficult period for which we are extremely grateful. Keep progressing and keep up the great work!



Panayiota Soldatou
Domestic and Breakfast Assistant

Panayiota has surpassed our expectations as a team member, and we are proud to have such a passionate employee within the team.

Summer calendar of events

Below is a flavour of internal events we have in store this summer. They are subject to change depending on social distancing measures.

June 2020

5 June, Environment Day

Residents can enjoy activities based on our natural world and we will share messages from our Postcard of Kindness wall

8 June, Pentecost Monday (Kataklysmos)

50 days after Easter we will celebrate Kataklysmos with water-based fun activities

13 June, The Queen's Birthday

Traditional English activities and afternoon tea

21 June, Fathers Day

Fun activities for the men washed down with a refreshing tippie!

July 2020

1 July, Reggae Day

Residents can get into the groove as we dance to traditional music

4 July, American Independence Day

Flying the flag for our friends across the pond with some American arts, crafts and treats

16 July, International Famagusta Art and Culture Festival

Arts and crafts competition with the winner announced at the afternoon teatime

23 July, Gorgeous Grandma Day

Celebrating our lovely ladies on their special day

August 2020

15 August, Assumption Day

Live streaming of the service from St. Demetrios Church

21 August Poets Day

We will share famous poems with our residents, please feel free to send us any of your own poems by emailing them to welcome@autumn-gardens.com

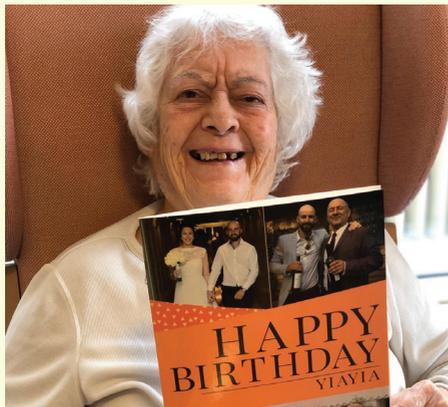
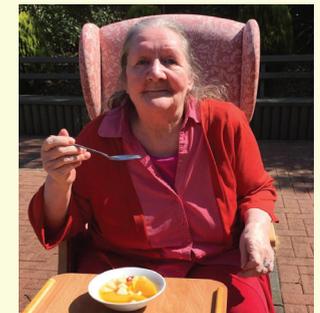
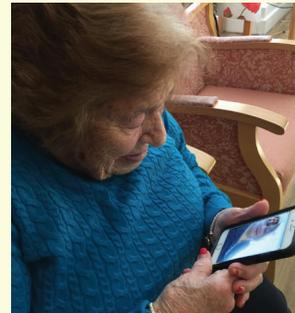
Thank you to all our amazing staff

Internal birthday celebrations continue

Celebrating recent birthdays

Spring activities

Please visit Facebook for more photos and videos





Djana's Stuffed Peppers

Head Chef at Autumn Gardens

This is my traditional recipe but if you are cooking for vegetarians the ingredients can easily be adapted to cater for all. Enjoy!

Ingredients

1kg pork mince (or lamb mince)
2 large onions
1 can chopped tomatoes
1 and ½ cup of basmati rice
10 large peppers (to be stuffed)
4 tomatoes (to be stuffed)
Potatoes
Extra virgin olive oil
to season - Salt, pepper,
fresh mint, lemon and oregano



Method

Add a little olive oil to the pan.
Chop and fry the onions until golden. Sear minced meat and add chopped tomatoes and 1 glass of water. Leave to simmer for 15 minutes. Switch off the hob and add all the remaining ingredients. Stuff the peppers and tomatoes with the mixture and place on the tray. Cut potatoes into wedges and place next to the tomatoes and peppers. Add 1 cup of hot water and place in a fan oven at 220°C for 30 minutes. Serve with sliced halloumi or feta cheese and Greek bread.

Look out for a recipe by our chef from Anastasia Lodge in the next edition.

