



Anastasia Lodge



Autumn newsletter 2020

autumn-gardens.com





Welcome to our Autumn newsletter. We hope the information contained helps you to feel connected to your loved ones while visiting is still restricted.

Our team continue to work hard to keep residents entertained and during the summer, as well as other fun-packed activities, our learning journey discoveries

considered Greece, Cyprus and Jamaica. Each week we explored different aspects of our topics. Residents especially enjoyed listening to the music of Jamaica including folk music and reggae.

We would like to thank Reverend Julie at St John Church in Palmers Green. During the pandemic, members of the congregation have baked various cakes for us to enjoy.



Do not hesitate to contact us if you would like to book a video call with your loved one on 020 8886 1034.

Norma Dimaiwat, Registered Manager



This September residents at Autumn Gardens and Anastasia Lodge hope to raise over £1,000 in support for Alzheimer's Society by completing a virtual 4km walk between our homes located in Winchmore Hill and Southgate. Staff at the homes will monitor the number of steps taken by residents as they complete laps of our gardens.



World Alzheimer's Day takes place on 21 September and is part of World Alzheimer's Month. Although dementia mainly affects older people, it is not a normal part of ageing. Worldwide, around 50 million people have dementia, and there are nearly 10 million new cases every year. 1 in 3 of us will be affected by dementia and Alzheimer's disease is the most common form and may contribute to 60-70% of cases.

By raising money for this great cause we hope to increase awareness of the disease and ultimately help find a cure. If you would like to donate please visit our fundraising page <https://www.justgiving.com/fundraising/autumn-gardens-and-anastasia-lodge-care-homes>

Our event last year, where over 200 friends and supporters walked from Anastasia Lodge to Autumn Gardens, raised an incredible £8,000 for this fantastic cause.



Celebrating our staff

Every season we highlight staff that have gone above and beyond to help support residents and staff. Well done to Matila Nasto.

Matilda Nasto - Care Assistant



Matilda has been a dedicated member of the team at Anastasia Lodge for over two years. Originally joining us as a domestic it was obvious that she would make an excellent care assistant. With the support of staff Matilda continues to progress in her new career as a care assistant, which she loves. She is a firm favourite amongst our residents for her compassionate and friendly manner. Well done!

Many of our team have been working with us for a long time. To show our appreciation, we awarded our longest serving team member a Long Service Award. Well done Ezy!

Ezechial Hippolyte - Maintenance Manager



Affectionately known as Ezy, Ezechial has been with the organisation for more than 30 years. He is responsible for coordinating a very busy maintenance department. His years of experience and skills enable him to ensure that our facilities maintain the highest standards. Despite working very much behind the scenes his dedication, hard work and friendly smile make him an essential part of our success. A huge thank you to Ezy for your loyalty and hard work.

Autumn calendar of events

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

SEPTEMBER 2020

6 - Read a Book Day

Staff will share passages from their favourite books with residents

13 - National Grandparents Day

We invite family members to send in letters, cards or pictures

21 - World Alzheimer's Day

Virtual From Home to Home

Walk carried out throughout the month

25 - Macmillan Coffee Morning

Residents will enjoy a morning of tea and cake at the world's biggest coffee morning and Macmillan's biggest fundraising event of the year for people facing cancer

OCTOBER 2020

1 - International Day of the Older Persons

Promoting the development of a society for all ages

4 - Harvest Festival

We celebrate the start of Autumn!

10 - World Mental Health Day

Encouraging good mental wellbeing for residents and staff

16 - World Food Day

Let's enjoy traditional food from around the world

31 - Halloween

Halloween inspired activities

NOVEMBER 2020

3 - National Sandwich Day

Residents can enjoy a variety of sandwiches at afternoon tea

5 - Guy Fawkes Day

Firework themed activities

8 - Remembrance Sunday

We will be collecting funds for The Poppy Appeal. At 11am we will watch the Service of Remembrance in memory of those who have lost their lives in war.

13 - World Kindness Day

Sharing positivity and kindness

30 - St Andrews Day

Scottish food and activities to celebrate Scotland's official national day

Thank you to all our amazing staff

Internal birthday celebrations continue

Celebrating recent birthdays

Summer activities

Please visit Facebook for more photos and videos

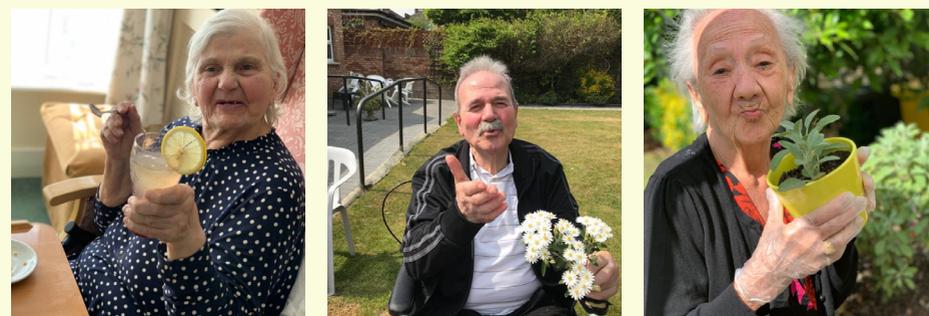


Happy 30th birthday to us!

June 2020 saw the 30th anniversary of the opening of Anastasia Lodge in Winchmore Hill.

When the home first opened, the home was quick to establish a good reputation for its high-quality care and warm and friendly family atmosphere.

30 years on, we are still caring for our community and would like to thank all our residents, staff and friends that have, and continue to support us and help us succeed.





Melpo's Sheftalies recipe

No Cypriot barbeque is complete without Sheftalies! These delicious seasoned minced meat sausages are wrapped in thin lace fat (mainly lamb or pork) and then charcoal-grilled. They are traditionally served inside pitta bread together with barbecued meats and salad.

Ingredients

1 kg minced pork
Lace fat for wrapping (banna) ball
2 tsp pepper
1 tsp salt
1 bunch of parsley
2 tbsp olive oil
2 tbsp breadcrumbs
4 tbsp milk
2 tbsp red wine
2 medium onions



Method

Wash lace fat with cold water and leave for 30 minutes soaked in vinegar and salt. Rinse it and strain it.

For the filling, place all the other ingredients in a large bowl and using a large spoon or your hands mix the ingredients together until thoroughly distributed. Then, unwrap the lace fat and stretch it out. Take some of the filling (about the size of a large egg) and shape it between the palm of your hands. Place it about 1 inch from the edge of the lace fat. Fold the top edge over followed by both sides, and then roll until fully encased. Cut off the remaining lace fat. You can grill or barbecue on the charcoal to cook. Turn it occasionally until thoroughly cooked and enjoy!

