



# Autumn Gardens



Autumn newsletter 2020

[autumn-gardens.com](http://autumn-gardens.com)



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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 Italy and the human body. Each week we explored different aspects of our topics. Pasta making was a highlight alongside our 3D puzzle of the Leaning Tower of Pisa!



We would like to thank The Blanket for Me company for donating cosy and stimulating hand-crocheted blankets to Autumn Gardens. Our residents are already enjoying snuggling up under them! What a lovely initiative.

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

**Chris Argyrou, Registered and Nursing Manager**



# Virtual From Home to Home Walk

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.



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.



**Mihaela Costache**  
Care Assistant

Mihaela has been working as a care assistant since June 2019. Since the beginning she put her heart and soul into her job. She always goes an extra mile and displays great enthusiasm to learn and grow professionally. Her experience and caring nature have made a huge difference to our residents' lives. She is constantly

proving herself to be a loyal and dedicated employee. Mihaela, you and your dedication are valuable to our team. Thus, we would like to say you a big "Thank you" for everything you have done so far for us.



**Anila Kiptiu**  
Care Assistant

Anila has been with us since April 2020. Her sense of dedication to her job was noticed immediately. Her positive attitude and enthusiasm help her to accomplish whatever tasks she is assigned to do. Anila, your way of working exceeds all expectations. We would like to thank you for the positive contribution you make to our home, keep up the good 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

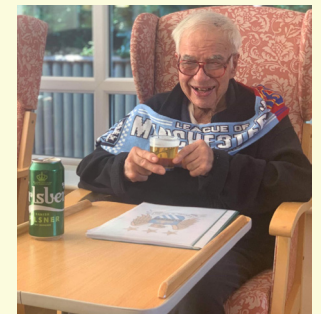
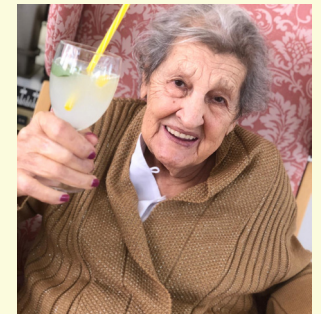
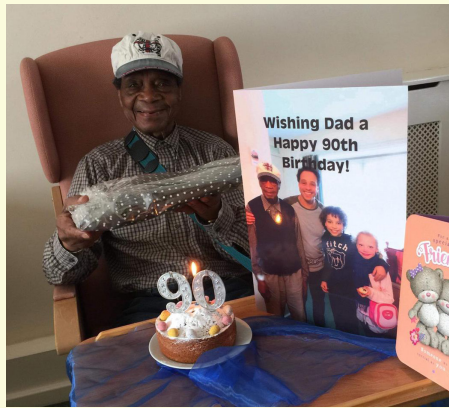
Internal birthday celebrations continue



# Celebrating recent birthdays

# Summer activities

Please visit Facebook for more photos and videos







# 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!

