



Autumn Gardens



Winter newsletter 2020

autumn-gardens.com





Welcome to our Winter newsletter. We are so pleased to have opened our newly built Family and Friends Visiting Booth at Autumn Gardens which has enabled many of you to have a comfortable visit with your loved ones once again. It has been a real joy seeing so many loved ones reunited and having so much fun together.

Our team continue to work hard to keep residents entertained and during Autumn, as well as other fun-packed activities, our learning journey discoveries included Wales, Oceans and marine life and Harvest. To celebrate the coming of Autumn, residents made autumn lanterns using a selection of autumnal foliage. We hung them in our gardens and enjoyed watching the twinkling LED lights reflecting off the leaves, ivy and berries.



Please 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



From Home to Home Walk raises over £1,200!

This September, Autumn Gardens and Anastasia Lodge residents successfully completed a virtual 4km walk, between our homes, in aid of the Alzheimer's Society. Residents completed laps of the gardens as staff monitored the number of steps taken. With the support of the residents' families and their friends this event raised over £1,200 for the Alzheimer's Society. Well done everyone!



Loyalty Week 2020

The end of October saw us celebrate Loyalty Week. We are so lucky to work with such an incredible and dedicated team. Though we appreciate our team every day, one week every year, we like to really highlight the commitment our team has given and continues to give to our homes and our residents.



In Loyalty Week, we recognise our team's years of dedication, and say an extra special thank you to staff who have been with us a long time. Usually we celebrate with a big party. Though this year this wasn't possible, we still managed to have fun and appreciate each other. Some of our team have recently joined us and some have been with us for over 30 years! Yes, right from the start! The enormous dedication of our team is what makes Autumn Gardens and Anastasia Lodge the homes we are. Thank you team! Here's to another 30 years together!

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.



Kate Abban
Care Assistant

Kate has been working as a care assistant at Autumn Gardens for two years. Since day one she has been very passionate about her job. Kate's patience, professionalism and helpfulness represent Autumn Gardens' values at its core. Her compassion and exceptional performance are an example to everybody. Well done!



Dorina Lleshi
Domestic

Dorina is part of our domestic team. She is a reliable and hard working staff member. She is always there to help and no job is too small for her. She has surpassed our expectations as a team member, and we are proud to have someone like her among us. May you keep progressing Dorina and best wishes for the times ahead!

Winter calendar of events

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

DECEMBER 2020

- 4 - Elf Party
Elf Day party in aid of the Alzheimer's Society
- 7 - Paraclisis by Father John
Paraclisis by Father John from St Demetrios Church
- 14 - Christmas sing-a-long
Sing along to some festive classics at this virtual event
- 21 - The first day of Winter
Snowy themed activities to help us get into the Christmas spirit
- 23 - A Christmas Carol
Live streamed from the Old Vic Theatre
- 25 - Christmas Day
As our residents have been good this year they will enjoy a surprise visit from Santa on Christmas Day, as well as a delicious Christmas lunch!
- 30 - Christmas lunch
Our residents will enjoy another Christmas lunch on 30 December 2020.
- 31 - New Year's Eve
Let's bring in the New Year together

JANUARY 2021

- 1 - New Year's Day
New Year's Day celebrations
- 5 - St John's Day
Watch a live stream service from St Demetrios Church
- 6 - Epiphany
A celebration with Asterakia
- 20 - National Cheese Lovers Day
To celebrate National Cheese Lovers Day we will enjoy cheese and crackers with wine!
- 25 - Burns Night
Burns Night celebrations

FEBRUARY 2021

- 6 - Residents and Relatives
Virtual Meeting
Please join us to meet the Team and discuss various topics related to life at Autumn Gardens
- 9 - National Pizza Day
Let's discover your favourite pizza
- 14 - Valentine's Day
A special day to celebrate one another
- 16 - Pancake Day
Residents are in for flipping a good time as we enjoy pancakes!

Thank you to all our amazing staff

Internal birthday celebrations continue

Celebrating recent birthdays

Autumn activities

Please visit Facebook for more photos and videos





Linda's Melomakarona recipe

These amazing aromatic little cookies are a traditional Greek Christmas sweet.



Ingredients for the syrup:

500g water
800g granulated sugar
150g honey
3 whole cinnamon sticks
3 whole cloves
1 orange; cut in half

Cookie mixture 1:

400g orange juice
400g sunflower oil
180g olive oil

Method For the syrup

Boil all of the ingredients for the syrup, apart from the honey, until the sugar melts. Remove from heat. Add the honey and mix until combined. Let the syrup cool for 3-4 hours. It must be cold by the time the cookies come out from the oven. You can prepare the syrup from the day before.

For the cookies

Preheat the oven to 190* C Fan. To make the cookies, you need to prepare 2 separate mixtures. For the first mixture, add all of the ingredients in a large bowl. Mix, using a hand whisk.

50g icing sugar

½ teaspoon ground cloves
2-3 teaspoon of ground cinnamon
¼ teaspoon nutmeg
1 teaspoon baking soda
orange zest of 2 oranges

Cookie mixture 2:

1 kg all purpose flour
200g semolina

To serve:

Honey and walnuts

In a separate bowl, add all of the ingredients for the second mixture.

Combine both mixtures. Mix by hand, very gently and for a very short time (10 seconds at most). If you mix longer the mixture will split or curdle. Mould cookie dough into oval shapes, 3-4 cm in length, 30g each. Try to keep them as similar as possible. Bake for about 20-25 minutes, until they are crunchy and dark golden brown. As soon as you remove them from the oven, soak the hot cookies in the syrup for 10 seconds. Allow them to drain on a wire rack, then drizzle with honey and chopped walnuts.