



Autumn Gardens



Spring newsletter 2021

autumn-gardens.com



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Welcome to our Spring newsletter. It is little over a year since the pandemic reached the UK and with the hard work and determination of our staff, the support of our families and residents, and the roll out of the vaccine we can now look to a positive future.

Thank you to all those who were able to join our first virtual Residents, Friends and Family

Meeting at the beginning of February and for all the positive feedback we received about both the new format of the meeting and also about our home and our team. We really do appreciate it and it really does give us a boost. As promised, we have passed on all your feedback to our team and they are very thankful.

Over the last three months our learning journeys have included: Christmas themed activities, art and the Chinese New Year. With plenty of opportunities to be creative residents have enjoyed exploring many aspects of these projects.

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

Chris Argyrou, Registered and Nursing Manager

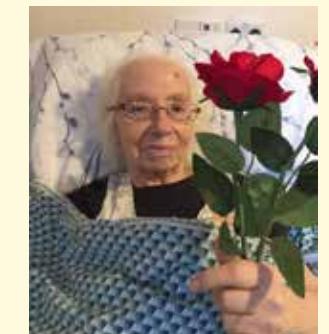


Latest news

Vaccine update

In early January the Enfield Care Homes vaccination team successfully attended our care home to provide the first dose of the COVID-19 vaccination to our residents. During their visit we were pleased to receive extremely good feedback, including that our team are great to work with, highly professional, well organised and are very supportive and always responsive to our residents. Well done team!

The ladies spreading the love this Valentine's Day!



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.



Kristina Hajderaj
Laundry Assistant

Kristina joined our team in 2019. She is very dedicated and always keen to learn and develop. Kristina takes initiative and goes beyond her duties. Thank you for all your hard work, Kristina!



Fani Sgouri
Care Assistant

Even though Fani is a new member of our team, she managed to stand out from the beginning! Fani is very kind and always makes our residents and staff feel warm and comfortable with her smile. Keep up the amazing work, Fani!

Thank you to all our amazing staff

Spring calendar of events

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

MARCH 2021

1 - St David's Day

Enjoy Welsh cakes and a quiz afternoon

4 - Singing with Savvas Kyriakides

Live music entertainment via Zoom with Savvas Kyriakides celebrating the Cyprus Carnival

8 - International Women's Day

A celebration of inspiring Women across the world

14 - Mother's Day

Afternoon tea in honour of all the mums at Autumn Gardens

15 - Green Monday (Kathara Defthera)

Celebrate the beginning of Lent with Kite making, traditional music and food

17 - St. Patrick's Day

A celebration of Irish culture, foods, music, dancing and drinking

APRIL 2021

4 - Easter celebrations

Sharing Simnel cake and Easter eggs!

7 - World Health Day 2021

Romila Beatz helps us keep active

12 - The start of Ramadan

Residents will explore traditional meals served throughout the holy month of Ramadan.

3 - St George's Day

English trivia and fish & chips!

29 - Greek Orthodox Good Thursday

Residents will enjoy the tradition of decorating Easter eggs

30 - Greek Orthodox Good Friday

Koulourakia making by our residents

MAY 2021

2 - Greek Orthodox Easter Celebrations

The cracking of eggs, eating home-made flaounes and watching the live stream of the Easter Sunday Service from St. Demetrios Church

15 - International Day of Families

Established by the United Nations in 1993, this day raises awareness of issues faced by families throughout the world and allows us to celebrate one another.

Internal birthday celebrations continue

Celebrating recent birthdays



Winter activities



Please visit Facebook for more photos and videos



Fanoulla's Koupepia me ampelofylla (Stuffed Vine Leaves)

Koupepia (as they are called in Cyprus) are dolmades stuffed with ground pork or veal, rice, herbs and seasoning, cooked with tomato and lemon juice.

Ingredients:

1 kg minced pork
1 mug of long grain rice
50 vine leaves
2 big onions, finely diced
Fresh parsley, finely chopped
1 tin of chopped tomatoes
1 tbsp of tomato paste

Juice of 5 lemons
60 ml olive oil
Dry mint
Cinnamon
Salt
Pepper

Method:

- Sauté the onions in olive oil. Add the mince and stir until cooked.
- Add the salt, pepper and cinnamon.
- Add the chopped tomatoes and the tomato paste.
- Add the lemon juice, the mint and the parsley.
- Add the rice and parboil.
- Leave the mixture aside for half an hour to cool down.
- Place the vine leaves, in batches, into just-boiled water to soften. Drain well.
- Place 1 tbsp of mixture in the centre of each leaf and roll up, tucking in ends as you go. Snugly fit koupepia in a casserole and add enough water to just cover.
- Add the olive oil.

- Place an inverted plate on top to prevent the koupepia from unravelling.
- Cover the casserole and place on low heat to simmer for about half hour.

