



# Anastasia Lodge



Autumn newsletter 2021

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



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Welcome to our Autumn newsletter. Despite the varied weather lately it's been lovely to see residents enjoying our gardens.

Throughout the Summer our learning journeys have included:

- In June we took a virtual trip to the Philippines. The Philippines is known for so many things; pristine beaches, breathtaking mountains, jaw-dropping lagoons, historic sites, and hospitable people.
- In July we explored the human body through a variety of interactive activities and discovered that it is an amazing and complicated piece of machinery!
- Throughout August residents enjoyed all kinds of fun science experiments made with everyday household items, we even built and decorated our own volcano!

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.

**Norma, Registered Manager**



Check out our Facebook page for updates!

# World Alzheimer's Day



The month of September marks World Alzheimer's Month with **World Alzheimer's Day** on 21 September being the focal point of global activity and awareness raising. This autumn our homes are supporting the Alzheimer's Society by making personalised home-made crafts for families to buy. All funds raised will go directly to the Alzheimer's Society that campaign for change and fund vital research to find a cure and support people living with dementia today.



To order gifts, made by your love ones, email [welcome@autumn-gardens.com](mailto:welcome@autumn-gardens.com)



Succulent ladybird  
£12



Succulent pot  
£10



Personalised keyring  
£3



Bath bombs  
/soaps £5



Bracelets  
£3



Personalised frame  
£5



Personalised frame  
with name £10



3 Christmas  
decorations £5

We have suggested a minimum donation for each item, should you wish to make a greater donation please feel free to do so at:  
[www.justgiving.com/fundraising/worldalzheimersday](http://www.justgiving.com/fundraising/worldalzheimersday)

Thank you for your support!

# Celebrating our staff

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



**Silvia**  
Care Assistant

Silvia has been a part of our team since September 2020. She started as a laundry assistant but after seeing how rewarding a care assistant role was she gave it a go and she is now part of our care team. She is diligent, hard-working and a respectful member of our team. Thank you and keep up the great work!

In July we recognised the value and importance of every member of our team on Loyalty Day. Well done everyone!



**Melpomeni**  
Celebrating 13 years



**Fanoula**  
Celebrating 17 years



**Lorna**  
Celebrating 4 years

Thank you to all our amazing staff

# Autumn calendar of events

**Below is a flavour of internal events we have in store this Autumn. They are subject to change depending on government guidance.**

## SEPTEMBER 2021

**6 September – Read a Book Day**  
Staff will share passages from their favourite books with residents

**13 September – National Grandparents Day**  
We invite family members to send in letters, cards or pictures

**21 September - World Alzheimer's Day**  
We are making a difference this Alzheimer's Day by selling hand-made crafts (see page 3)

**25 September – Macmillan Coffee Morning**  
Residents will enjoy a morning of tea and cake at the world's biggest coffee morning

## OCTOBER 2021

**1 October - International Day of the Older Persons**  
Promoting the development of a society for all ages

**3 October - Harvest Festival**  
We celebrate the start of Autumn!

**10 October - World Mental Health Day**

Encouraging good mental well-being for residents and staff

**16 October - World Food Day**  
Let's enjoy traditional food from around the world

**31 October - Halloween**  
Halloween inspired activities

## NOVEMBER 2021

**5 November - Guy Fawkes Day**  
Firework themed activities

**8 November - 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.

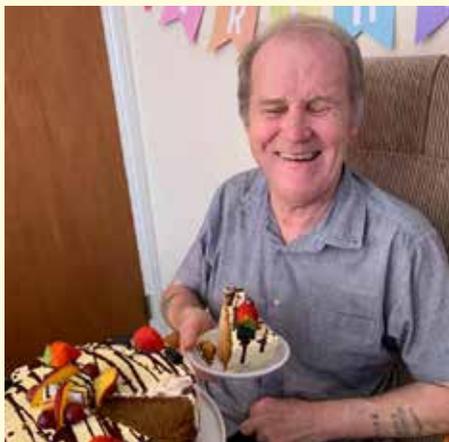
**13 November – World Kindness Day**

Sharing positivity from our postcards of kindness wall

**30 November - St Andrews Day**  
Scottish food and activities to celebrate Scotland's official national day

Internal birthday celebrations continue

# Celebrating recent birthdays



**Happy  
Birthday  
to all!**

# Summer activities

Please visit Facebook for more photos and videos





# Eriola's Moussaka

Experience Greece through your taste buds with this delicious authentic Moussaka recipe!

## Ingredients:

### For the base

- 3 potatoes
- 2 courgettes
- 3 aubergines
- Salt
- Pepper

### For meat sauce:

- 1 onion
- 3 tablespoons olive oil

- 1 clove of garlic
- 1 tablespoon thyme
- 1 teaspoon sugar
- ½ teaspoon cloves
- 1 teaspoon cinnamon
- 1 tablespoon tomato paste
- 500g ground beef
- 400g chopped tomatoes
- Salt & pepper
- ½ bunch of parsley & basil

### For bechamel sauce:

- 100g butter
- 100g all purpose flour
- 750ml milk
- Salt
- Pepper
- Pinch of ground nutmeg
- 100g grated parmesan cheese
- 3 eggs

**Preparing the base** Preheat the oven to 180°C. Slice aubergines, courgettes and potatoes. Season them with salt and pepper and bake them in the oven for 20 – 25 minutes until soft.

*Tip: Some aubergines may be bitter, so it is important to prepare them correctly to remove their bitterness. Before baking your aubergines, slice them, rinse them thoroughly with water, season with salt and let them stand for half an hour in a colander.*

**Meat sauce** Sauté the coarsely chopped onion, finely chopped garlic, thyme, cloves, cinnamon and sugar in the olive oil over high heat. Sauté for 2-3 minutes until caramelised. Add ground beef and sauté until golden brown. Add tomato paste and simmer for a few more minutes. Add chopped tomatoes and simmer for an additional 10 minutes or until sauce thickens. Moussaka meat sauce needs to be quite thick so it does not soak through the vegetables. At the end, season with salt, pepper, basil and parsley.

**Bechamel sauce** Place a pot over medium heat. Add the butter and let it melt. Add flour and whisk until it soaks up all the butter. Add milk in small batches while continuously whisking so that no lumps form. As soon as the bechamel sauce thickens and bubbles

start to form on the surface, remove from the heat. Add the nutmeg, salt, pepper, 100g of parmesan and 3 eggs. Whisk thoroughly.

**Assembling the moussaka** Spread a layer of potatoes at the bottom of a deep baking tray. Cover with a layer of aubergines and top with a layer of courgettes. Add 2-3 tablespoons of bechamel sauce to the ground meat sauce and mix. Spread the ground meat over the vegetables. Cover with bechamel sauce, spreading it evenly and sprinkle with 50g of grated parmesan. Bake for approximately 40-45 minutes. When the top of the moussaka is golden brown remove it from the oven and leave it to cool.

