



Autumn Gardens



Autumn newsletter 2021

autumn-gardens.com



Autumn newsletter 2021



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 our residents learnt all about the environment and how we can protect our natural world. We used simple experiments to demonstrate the Earth's natural processes.
- In July we discovered how chocolate is made and looked at the health benefits associated with high levels of antioxidants as studies have suggested chocolate could lower cholesterol levels and prevent memory decline.
- Throughout August our residents explored Cypriot culture. We researched traditional Cypriot clothing and Theodoros did an excellent job modelling 'vraka' Cypriot trousers!

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



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



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

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.



Fanoula - Domestic

Fanoula joined our team in March 2021. Her never-give-up attitude inspires us all. Team work makes the dream work, and Fanoula is a proof of it. We are lucky to have you in our team. Thank you!



Pragna - Care Assistant

Having joined the team last year, Pragna's sweet and caring nature was noticed immediately. She is hard working, dedicated and a polite member of staff with a positive attitude. Thank you for all your hard work!

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



Yiannis

Celebrating 4 years



Sarah

Celebrating 19 years



Evgenia

Celebrating 5 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.

