



Anastasia Lodge



Winter newsletter 2021

autumn-gardens.com



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Welcome to our Winter newsletter. We look forward to the festive season and wish you and your family health, happiness, peace and prosperity this Christmas and in the coming New Year.

Residents and staff have enjoyed a variety of learning journeys this Autumn, including:

- Throughout September our residents explored their artistic talents using a variety of different techniques and materials. We even created our own woven flower pot.
- During October our residents took a virtual journey through India. We looked at its history, culture, food and even enjoyed a dressing up day!
- In November we researched famous artists and enjoyed looking at different types of art and the techniques used to create it. We used household objects to create our own pieces of contemporary art!

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 Dimaiwat, Registered Manager



Check out our Facebook page for updates!

Around the World in 80 Care Settings

Virtual Arts Competition, September 2021

This Autumn our homes joined over 80 other local care settings across Barnet, Camden, Haringey and Islington to be part of an exciting art competition organised by 'Proud to Care, North London'.

The theme of the 2021 competition was "The Joy of Nature". It was chosen to highlight the importance of nature and its positive impact on residents' well-being especially during the recent challenging times brought about by the pandemic.

We made a selection of 3D designs incorporating nature and were very proud to be awarded a certificate, a box of chocolates and art supplies.

Well done to everyone that took part!



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.



Krishna Patel
Carer and Domestic

Krishna joined us in 2020 as a domestic. It was obvious that she had a passion for care and with the help of the team she is now a valued member of the care team. With her hard working and friendly attitude we know she will go far. Well done!

We made a difference on World Alzheimer's Day 2021



Thank you to everyone that supported our fundraising efforts for the Alzheimer's Society that campaign for change and fund vital research to find a cure and support people living with dementia today. Our residents had fun making a variety of hand-made gifts and we exceeded our fundraising target raising an incredible **£600!** Thank you for your support.

Thank you to all our amazing staff

Winter calendar of events

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

DECEMBER 2021

3 - 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 music making
Our residents will use various instruments to recreate their favourite Christmas carols

21 - The first day of Winter
Snowy themed activities to help us get into the Christmas spirit

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

31 - New Year's Eve
Let's bring in the New Year together

JANUARY 2022

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

Our residents will celebrate with Asterakia and enjoy loukoumades

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 2022

9 - National Pizza Day

Let's discover your favourite pizza

14 - Valentine's Day

A special day to celebrate one another

25 - Singing with Savvas

Kyriakides

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

Internal birthday celebrations continue

Celebrating recent birthdays



Autumn activities

Please visit Facebook for more photos and videos





Elona's Greek meatball soup in avgolemono (Youvarlakia)

A hearty and delicious traditional Greek recipe perfect for a cold winter's day!

Ingredients: For the rice meatballs

- 500g of minced beef
- ½ cup of basmati rice
- 1 small onion, finely chopped
- 2 cloves of garlic
- 1 tablespoon fresh parsley, chopped
- 2 tablespoons fresh dill, finely chopped
- 1 and ½ teaspoon salt
- 1 teaspoon freshly ground pepper
- 2 tablespoons olive oil
- 2 tablespoons water
- ½ cup of all purpose flour (for rolling)

For the egg-lemon broth (avgolemono)

- 6 cups water or chicken broth
- 1 teaspoon salt
- 1 whole egg and two egg yolks
- 3 to 4 tablespoons lemon juice
- 2 teaspoons cornflour

Method: Combine all of the meatball ingredients in a large bowl and mix well. Cover with plastic wrap and refrigerate for about 15 minutes. Roll the meatballs out into golf ball sized balls and place in a large dish. Bring the water with 1 teaspoon of salt to a boil and then carefully drop the meatballs into the pot one by one. Cover the pot and let them simmer for 30 minutes. Remove the meatballs from the pot and place in a clean dish. Add one more cup of water to the stock in the pot. Whisk the egg yolks, lemon juice,



cornflour and olive oil until combined and frothy. Ladle one cup of the hot stock into the egg-lemon mixture and whisk. Add another ladle of hot liquid and whisk well. This will prevent the egg from scrambling and will create a creamy sauce for the soup. Add egg-lemon mixture to the stock and allow to simmer a few minutes. The soup will thicken. Taste it for seasoning and add more salt if needed. Place the meatballs back in the soup and simmer a few minutes. Serve with some crusty bread.