



Anastasia Lodge



Spring newsletter 2022

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Welcome to our Spring newsletter. As we head into spring and the clocks go forward at the end of March we are really looking forward to spending some time in our garden. I would like to thank all those that were able to join us at our recent Virtual Residents, Family and Friends Meeting. It was a good opportunity to hear your feedback, good wishes and continued support.

Take a look at what our residents have been up to this Winter.

- In December residents played the important role of bringing Christmas to life in our home. We decorated our tree, made decorations and enjoyed a fabulous Christmas lunch together on Christmas Day!
- During January we combined arts and crafts and baking in fun activities which were perfect for helping to strengthen finger and hand muscles.
- We looked at different ways to support one another in February. Well known for Valentine's celebrations, it can also be a month for self-love and self-care, fostering relationships with family and friends, and loving others.

Please do not hesitate to contact us if you would like to book a visit or video call with your loved one on 020 8886 1034.

Norma Dimaiwat, Registered Manager



Our activity team have been busy finding a range of Apps to enjoy with our residents on our tablets! Research suggests that for older adults, learning to use a tablet computer could improve their memory, and help them complete tasks faster.

These skills can enhance everyday life and help older adults achieve greater independence. Our tablets are easy to use with staff or independently, even taking into account motor and visual abilities among older people. There is literally something for everyone; from writing games and colouring in, to car racing games and brain teasers. Alongside the Apps, our tablets are also used to help residents connect with friends and family members virtually. If you would like to book a call contact Norma on 020 8886 1034.



If you have a favourite App let us know

Celebrating our staff

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



Binal Modi Care Assistant

Binal Modi has been a member of our team since August 2021. From the very beginning, Binal showed great qualities. She is a really hard-working care assistant who learns very quickly and is always willing to help and take up new responsibilities. Well done Binal! Keep up the great work!

Our residents really enjoyed making their own pizzas on National Pizza Day in February.



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 government guidance.

MARCH 2022

1 - St David's Day

Enjoy Welsh cakes and a quiz afternoon

7 - Green Monday (Kathara Defthera)

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

8 - International Women's Day

A celebration of inspiring Women across the world

17 - St. Patrick's Day

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

27 - Mother's Day

Afternoon tea in honour of all the mums at Anastasia Lodge

APRIL 2022

2 - The start of Ramadan

Residents will explore the traditions of the holy month of Ramadan.

7 - World Health Day 2021

Raising awareness of health and well-being across the world.

17 - Easter celebrations

Sharing Simnel cake and Easter eggs!

21 - Greek Orthodox Good Thursday

Residents will enjoy the tradition of decorating Easter eggs

22 - Greek Orthodox Good Friday

Koulourakia making by our residents

23 - St George's Day

English trivia and fish & chips!

24 - 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

MAY 2022

12 - International Nurses Day

Celebrated annually on the birthday of Florence Nightingale we take the opportunity to thank our staff

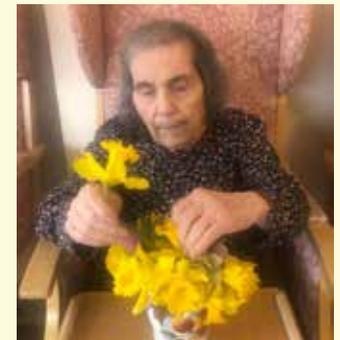
15 - International Day of Families

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!

Follow us on Facebook for regular updates



Happy Birthday!



Melpo's Fanouropita

Moist and aromatic, this cake is scented with the aromas of cinnamon.

Ingredients:

- 1 cup of vegetable oil
- 1 cup of sugar
- 1½ cups fresh of orange juice
- 4 cups of flour
- 3 teaspoons of baking powder
- 1 tablespoon of cinnamon
- Orange zest or ½ a teaspoon of vanilla powder
- Icing sugar, for decoration

Method:

- Preheat the oven to 150 °C.
- Mix all liquids together in a large bowl using a mixer.
- In a separate bowl, add the rest of the ingredients and mix using a wooden spoon.
- Add the second mixture to the liquid mixture, a little bit at a time, whilst whisking. Mix until the ingredients are completely combined and the mixture is smooth like a thick batter.
- Transfer the mixture for the Fanouropita to a round oiled baking pan and bake at 150 °C for about 1 hour.
- Dust with icing sugar to serve.

