



Autumn Gardens



Spring newsletter 2022

autumn-gardens.com





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.

Throughout Winter our residents have enjoyed participating in numerous theme-based activities.

- 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!
- Throughout January we used a variety of natural materials to create impressive collages of nature. We also worked together to create a fun paper fruit basket.
- In February we explored Scotland. We enjoyed sampling traditional Scottish food, exploring its rich history and discovering its famous landmarks using jigsaw puzzles!

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



“As many of you will already know I am retiring this Spring. I would like to say that it has been a real pleasure caring for all our residents over the years. I have so many fond memories and it has been a real honour to work alongside so many inspiring and caring individuals and friends. I will miss everyone very much!”



Over the years Chris has been influential in establishing a professional team that deliver high standards of care. A personal achievement during her time with us is that she has been able to develop staff and empower them to move forwards in their own careers within the home.

Elena, the Operations Director said **“Chris has been a key member of our team and has been dedicated to the wellbeing of our residents and staff. I wish her all the best in her retirement. Thank you for your outstanding service.”**



We are excited to announce that Martina De Vizia has been promoted to Registered Manager at Autumn Gardens. Martina joined us in 2009 and has worked alongside Chris for a number of years.

Martina brings a wealth of experience to the role alongside leadership skills and the ability to motivate others.

Her caring, patient and empathetic approach is popular with our residents. Martina’s ability to embrace the needs of our residents, their families and the team is testament to her positive attitude and hard work for over a decade in Autumn Gardens and we congratulate her on her promotion.

Congratulations to Martina on her promotion!

Celebrating our staff

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



Victoria Gustave Registered Nurse

Victoria joined us in 2018. It was obvious from the beginning that Victoria is a very caring and compassionate person who often goes above and beyond her role as a nurse to look after our residents.

Thank you for all your hard work!



Lorena Posniari Domestic

Having joined us almost five years ago, Lorena has been a great addition to our team. She is such a hard-working and reliable member of the team. Lorena always exceeds our expectations.

Keep up the great work Lorena!

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 Autumn Gardens

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

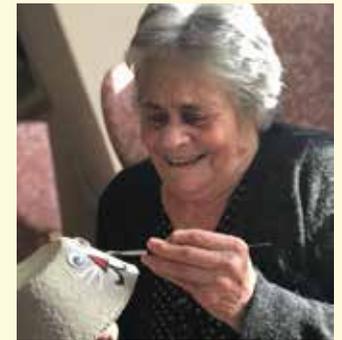
This day raises awareness of issues faced by families throughout the world and allows us to celebrate one another.

Thank you to all our amazing staff

Internal birthday celebrations continue

Celebrating recent birthdays!

Follow us on Facebook for regular updates





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.

