



Anastasia Lodge



Summer newsletter 2022

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Loyalty Day 2022



Welcome to our Summer newsletter. Spring saw us enjoy lots of Easter festivities including painting and sharing eggs.

Our gardens are in full bloom at the moment and it's been lovely for our residents to be able to spend time outside enjoying the good weather.

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

- During March, our residents (with the help of Jessica, a Ghanaian staff member) learnt all about the fascinating country of Ghana and its culture.
- Throughout April we took the opportunity to enjoy the highlights that Spring has to offer. From beautiful Spring blooms to planting our own seeds.
- In May we explored a range of outdoor activities including tending to our veg patch, flower arranging, seated yoga, arts and crafts and even a visit from Titan, a therapy dog!

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



Each Spring we celebrate all our staff on Loyalty Day. It's a great opportunity for our team to come together and recognise the dedication and support that we offer one another all year round.



Staff are rewarded with a range of gifts including gift cards, champagne, chocolates and a unique pin badge recognising the number of years of service.

Thank you to all our wonderful team

Celebrating our staff

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



Lorna Ioannou Senior Care Assistant

Lorna has been a valued member of our team for the past 5 years. Her dedication and hard work have a positive impact on the everyday lives of our residents.

Thank you Lorna, keep up the great work!

In May our team focused on positive activities to mark Mental Health Awareness Week 2022. We spent time outside enjoying nature, participated in gentle exercise and had a visit from Titan the therapy dog.



Thank you to all our amazing staff

Summer calendar of events

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

JUNE 2022

3- The Queen's Platinum Jubilee
Residents will enjoy watching the celebrations on TV followed by afternoon tea.

5 - World Environment Day
Residents can enjoy activities based on our natural world.

12 - Pentecost Monday,
Kataklysmos

50 days after Easter we will celebrate Kataklysmos with water-based fun activities.

19 - Father's Day
Fun activities for the men washed down with a refreshing tippie!

JULY 2022

3 - International Famagusta Art and Culture Festival
Arts and crafts competition with the winner announced at afternoon teatime.

5 - NHS, Social Care and Frontline Workers' Day
Celebrating our staff and the excellent work they do.

7 - World Chocolate Day
On this date in 1550 chocolate was first brought to Europe!

22 - Musical Entertainer
Ronaldo joins us in the garden for an afternoon of live music.

30 - International Friendship Day
Sharing messages from our Postcards of Kindness board.

AUGUST 2022

Date tbc - Residents' Barbeque
Let's celebrate with a summer party.

2 - National Colouring Book Day
Residents enjoy the therapeutic benefits of colouring in.

15 - Assumption Day
Live streaming of the service from St. Demetrios Church.

21 - World Senior Citizen's Day
Fun exercises to help keep us fit and healthy.

27 - Notting Hill Carnival
Residents get to dress up and join in the fun at a Caribbean party, Europe's biggest street festival.

Internal birthday celebrations continue

Celebrating recent birthdays!

Follow us on Facebook for regular updates



Happy Birthday!





Dhurata's Beef Stifatho

Beef stew with shallots, this is a Greek version of comfort food—warm, filling, and very satisfying!

Ingredients:

- 1.5 kg of beef
- 1.5 kg of shallots (baby onions)
- 3 garlic cloves
- 2 bay leaves
- 1 cinnamon stick
- 5 granules of allspice
- 500 g of grated tomatoes
- 1 glass of red wine
- 1 shot of balsamic vinegar
- 1 teaspoon of sugar
- 2 pinches of ground cinnamon
- 2 pinches of ground allspice
- Salt, pepper
- Olive oil

Method:

- Cut the beef in large chunks.
- Peel the onions and wash them.
- Pour some olive oil into a deep pot over medium-high heat. When the oil is hot enough, sauté the onions.
- Remove the onions from the pot and then sauté the beef chunks over medium heat.
- Add the garlic.
- Pour in the balsamic vinegar and the wine and wait until the alcohol evaporates.
- Add the tomatoes, the sugar, the cinnamon, the allspice, the bay leaves and salt and pepper.
- Add some water or stock and let it cook for about 1 hour and 20 minutes and then add the onions.
- Cook for another 20-30 minutes until the onions are ready.
- Finally, put it in the oven for 20 minutes.

