



Anastasia Lodge



Autumn newsletter 2022

autumn-gardens.com





Welcome to our Autumn newsletter. We have had a lovely Summer and the good weather meant residents have been able to spend quality time outside.

Throughout Summer our residents enjoyed our annual BBQ and participated in numerous theme-based activities including:

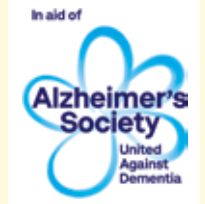
- Throughout June residents enjoyed making, baking and tasting a variety of sweet and savoury pie recipes.
- In July our activities team planned a packed schedule of outdoor activities for our residents to enjoy! Spending time outdoors is a great way to boost Vitamin D levels and everyone loved the garden games!
- In August, residents were able to practice their fine motor skills while making decorative cookies. It's important to exercise our hands and fingers and these types of activity are a fun way to do that!

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



September is Alzheimer's Awareness Month and the theme of World Alzheimer's Day, on 21 September, is the power of knowledge.



Someone in the world develops dementia every 3 seconds and there are over 55 million people worldwide living with the disease. Understanding dementia and how it affects people, the warning signs, and how to support those who have it, is critical to many people's well-being.

This September we are supporting the Alzheimer's Society with a sponsored walk. Our care homes, in Southgate and Winchmore Hill, are 4km apart. We are encouraging our residents to walk around the block, with family members and staff, as we work as a team to achieve our 4km target!

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.

You can sponsor us on our Facebook page, scan the QR code below or visit www.justgiving.com/fundraising/autumn-gardens-and-anastasia-lodge



Thank you for supporting this important cause

Celebrating our staff

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



Eriola Bregu Cook

Eriola is a fantastic cook who strives to prepare a delicious and varied menu for our residents. Her positive and warm nature makes her the perfect team member.

Eriola has a natural talent for cooking. Keep up the great work!

Our residents were treated to a lovely BBQ this August. Thank you to all our chefs that made the event so special.



Thank you to all our amazing staff

Autumn calendar of events

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

SEPTEMBER 2022

19 September - Oktoberfest

The world's largest Volksfest, where residents can enjoy beers from around the world

21 September - World Alzheimer's Day

We are sharing knowledge about dementia and raising funds with a 4km walk (see page 3)

27 September - Fabulous Boys live

Residents will enjoy live music

30 September - Macmillan Coffee Morning

Residents will enjoy tea and cake at the world's biggest coffee morning in support of Macmillan

OCTOBER 2022

1 October - International Day of the Older Persons

Promoting the development of a society for all ages

2 October - National Grandparents Day

A special day to celebrate the bond between family members

10 October - World Mental Health Day

Encouraging good mental well-being for residents and staff

23 October - Harvest Festival

We celebrate the start of Autumn!

24 October - Diwali celebrations

We will have crafts and activities to celebrate the festival of light

31 October - Halloween

Halloween inspired activities

NOVEMBER 2022

5 November - Guy Fawkes Day

Firework themed activities

13 November - Remembrance Sunday

We will watch the Service of Remembrance in memory of those who have lost their lives

13 November - World Kindness Day

Sharing world-wide messages of positivity from our postcards of kindness wall

30 November - St Andrews Day

Scottish food and activities to celebrate Scotland's official national day!

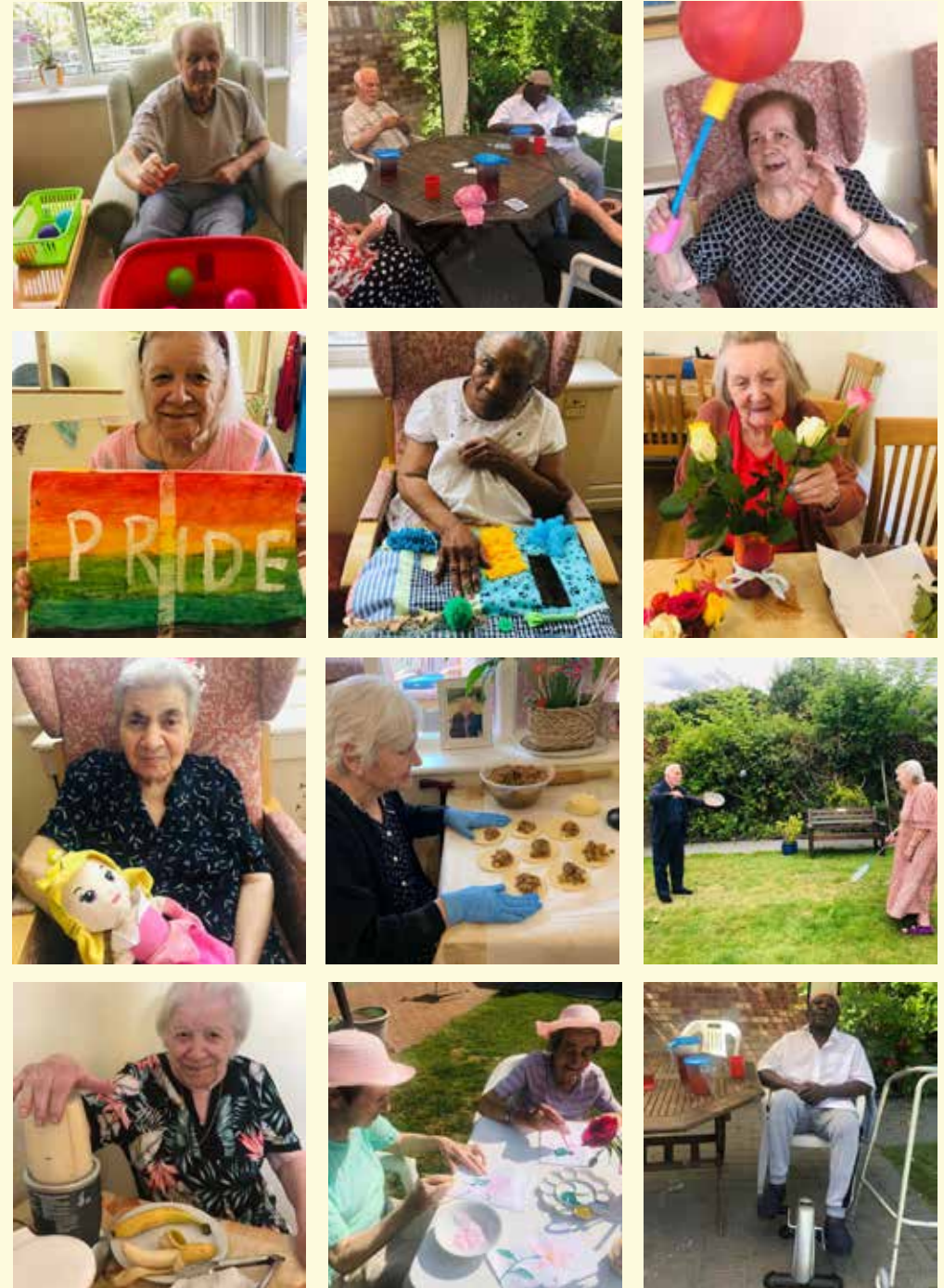
Internal birthday celebrations continue

Celebrating recent birthdays!

Follow us on Facebook for regular updates



Happy Birthday!





Fanoula's "Kalon Prama"

Soft, luscious and bursting with flavour, this Greek Semolina Cake is an absolute treat.

Ingredients for the cake:

- 1 cup of vegetable oil
- 6 eggs
- 1 cup of sugar
- 2 ½ cups of semolina
- 4 tablespoons of yoghurt
- 1 cup of milk
- ½ a teaspoon of vanilla powder

- 2 teaspoons of baking powder
- 3 teaspoons of rose water
- a handful of halved almonds

For the syrup:

- 2 cups of sugar
- 2 ½ cups of water
- 1 cinnamon stick

Method:

- In a large mixing bowl, using an electric mixer on medium speed, beat the eggs.
- Then add all the rest of the ingredients for the cake and beat them together.
- Pour the mixture into a deep baking tray.
- Place the halved almonds in rows across the mixture.
- Place in pre-heated fan oven at 170°C for 30-40 minutes or until golden. Leave to cool.
- While the cake is cooling down make the syrup.
- In a saucepan add the sugar, the water and the cinnamon stick.
- Bring to boil then simmer for around 10 minutes.
- When the cake is cool, and while the syrup is warm, cut the kalon prama into diamonds or squares (about 2×2 inches) and pour over the syrup and leave to soak for a couple of hours.

