



Anastasia  
Lodge



Winter newsletter 2022

[autumn-gardens.com](http://autumn-gardens.com)





Welcome to our Winter newsletter. We are all really looking forward to Christmas. Our residents are helping to decorate our lounges and our wonderful chefs are filling the home with the aromas of the festive season.

Throughout Autumn our residents enjoyed taking part in monthly theme-based activities:

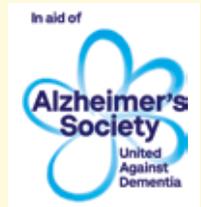
- September was Alzheimer's Awareness Month and we chose to focus on a variety of therapeutic activities which can increase cognitive function, provide joy and relaxation, and contribute to healthy aging.
- Throughout October residents enjoyed Autumn-themed arts and crafts and we were inspired to create pictures using natural resources from our gardens including leaves and sticks.
- In November we made our own poppies to commemorate British service members who have died in wars and other military conflicts since the onset of World War I. It was a lovely opportunity to sit together, talk and remember times gone by as we watched the service live on Remembrance Sunday.

We hope you have a lovely Christmas and a happy New Year!

**Norma Dimaiwat, Registered Manager**



## Our residents, families and staff help to raise over £1,000 for the Alzheimer's Society!



September was Alzheimer's Awareness month and our homes came together to raise funds for the Alzheimer's Society. With the support of staff and family members we encouraged our residents to join us in a sponsored walk around the block as we worked as a team to achieve our 4km target. We completed our walk and raised over £1,000! A fantastic achievement all around.

All funds raised 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.



## Thank you for your generous support!



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.



## Maria Mytilinaiou Care Assistant, Cook and Activities Co-ordinator

Maria is a valuable member of our team. She is hard-working, caring and compassionate in all aspects of her role. She offers a comforting listening ear and always does a fantastic job of keeping our residents' spirits up.  
Thank you, Maria!

## We Are Award Winners!

We are proud to announce that Anastasia Lodge recently won a Highly Commended Prize recognising our submission in a local art competition. Arts in Care Homes is a project managed by NAPA and funded by The Baring Foundation and The Rayne Foundation, an annual event organised to celebrate the inspiring work using the arts and creativity to support health and wellbeing in care settings. Coordinated by Proud to Care - the theme of the competition was "The Joy of Upcycling" and exploring sustainability and our residents were praised for their wonderful creativity. Well done everyone!



**Proud to Care**  
NORTH LONDON



Thank you to all our amazing staff

# Winter calendar of events

Residents can enjoy a variety of daily activities this Winter including:

## DECEMBER 2022

- 8 - Christmas Jumper Day**  
Dress to impress
- 14 - Savvas Kyriakides sings live!**  
An afternoon of Christmas songs
- 16 - 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!
- 29 - Christmas Lunch**  
Residents will be spoilt this year with another Christmas lunch
- 31 - New Year's Eve**  
Residents will add messages of gratitude and hope for the New Year to our wishing tree

## JANUARY 2023

- 1 - New Year's Day**  
New Year's Day celebrations
- 7 - St John's Day**  
Watch a live stream service from St Demetrios Church
- 6 - Epiphany**  
Our residents will celebrate with Asterakia and enjoy loukoumades
- 16 - Blue Monday**  
A day full of fun games and activities to help boost everyone's mood this January
- 20 - National Cheese Lovers Day**  
Residents will enjoy cheese, crackers and wine!

## FEBRUARY 2023

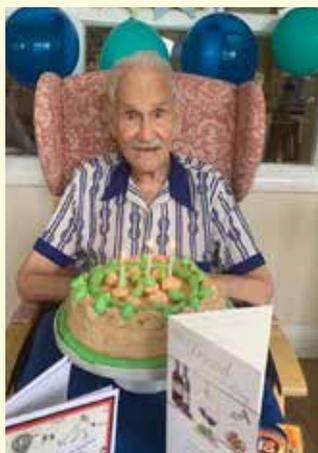
- 9 - National Pizza Day**  
Let's make our favourite pizzas
- 14 - Valentine's Day**  
A special day to celebrate one another
- 21 - Pancake Day**  
Let's have a flipping good time this Shrove Tuesday!

Subject to change depending on guidance.

Internal birthday celebrations continue

Celebrating recent birthdays!

Follow us on Facebook for regular updates



Happy Birthday!





## Lintita's Kourabiedes

A deliciously buttery Greek biscuit with a rich almond and butter flavour, and a mesmerising rosewater aroma

### Ingredients:

- 500 g of butter
- 220 g of icing sugar
- Half a teaspoon of vanilla powder
- A teaspoon of rose water
- A teaspoon of liqueur
- 200 g of roasted almonds
- 900 g of all-purpose (plain) flour
- lots of icing sugar for powdering

### Method:

- Preheat the oven to 180°C.
- In a food processor, add the cold butter and the icing sugar and mix for about 10 minutes
- Add the rosewater, the liqueur and the vanilla powder; mix for 10-20 seconds, until combined.
- Mix the flour and the roasted almonds in a bowl and add them to the previous mixture.
- Blend lightly with your hands until the mixture is soft.
- Roll 1 tbsp (about 30g) of the dough into a ball, place on the baking tray and push with your finger in the middle, to form a little dimple.
- Place the baking trays with the kourabiedes in the second and fourth rack of the oven. Bake for 20-25 minutes, until they have a very faint golden tint.
- Leave the kourabiedes aside to cool down for a while.
- Spray the kourabiedes with rosewater and sift with icing sugar. Enjoy!

