



Anastasia Lodge



Spring newsletter 2023

autumn-gardens.com





Welcome to our Spring newsletter. We are really looking forward to the change in season with warmer weather and brighter, longer days. I would like to thank those who attended our Virtual Residents, Family and Friends Meeting in January. These meetings are a great opportunity for us to understand what we do well and where we can continue to make improvements.

Throughout Winter our activities team planned different learning journeys to engage residents and support mental and physical wellbeing.

- In December residents enjoyed lots of festive activities including decorating our home, a visit from Santa, a wonderful Christmas lunch and a trip to St Demetrios Church for a Christmas party.
- Throughout January we encouraged residents to play various board games as they can provide a fun and engaging way for residents to connect with one another and build relationships.
- During February residents learnt all about Italy and its spectacular cities, ancient ruins, beautiful natural scenery, beaches and tasty Italian food. We made our own pizzas with our favourite toppings!

Wishing you and your family a lovely Easter!

Norma Dimaiwat, Registered Manager



Our Lemon Tree Day Care Services are tailored to provide care, stimulation and companionship for older adults, including those who are living with dementia, who need assistance or supervision during the day.

Day care enables guests to socialise with our residents and enjoy activities in a group setting, while still receiving specialist care.

Our Lemon Tree Day Care Services include:

- Supervision by professionally trained staff
- Home-made meals, incorporating special dietary needs
- A wide-range of activities
- Friendly environment with English and Greek speaking staff
- Flexible hours and days to suit your lifestyle and requirements

We offer two types of service, Snowdrop (up to four hours) and Daffodil (full day). If you know anyone who could benefit from our services please refer them to us directly, alternatively they can find out more on our website.

www.autumn-gardens.com/care-duration/day-care/

Lemon Tree Day Care	Snowdrop	Daffodil
What's included		
Free trial day	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Supervision	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Help with personal needs	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Daily activities	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Hot meals and snacks	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Early drop off	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Late collection		<input checked="" type="checkbox"/>
Availability on weekends		<input checked="" type="checkbox"/>
Availability on public holidays		<input checked="" type="checkbox"/>



Celebrating our staff

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



Florence Osei Care Assistant

Florence is always kind, patient and understanding with the residents in her care. She goes out of her way to make sure that each person is comfortable, happy, and feels valued. She is attentive to their needs, and her gentle and reassuring manner helps to put them at ease. Her hard work and dedication are truly admirable, and she is an asset to the team. Keep up the great work!

The history behind the Martis bracelet

The “Martis” bracelet, also known as “Martaki” in Greece, is a traditional custom associated with the beginning of Spring. It is usually made of two red and white intertwined threads or ribbons.



In Greek tradition, it is believed that wearing a Martis bracelet during the month of March can protect the wearer from the strong sun. The colours of the bracelet are also symbolic, as the red symbolizes life, passion, and fertility, while the white symbolizes purity, innocence, and new beginnings.

Thank you to all our amazing staff

Spring calendar of events

Residents can enjoy a variety of daily activities this Spring

MARCH 2023

1 - St David's Day

Enjoy Welsh cakes and a quiz afternoon

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

19 - Mother's Day

Afternoon tea in honour of all the mums at Anastasia Lodge

20 - The first day of Spring

Let's celebrate the start of Spring with a gardening activity

22 - The start of Ramadan

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

APRIL 2023

7 - World Health Day

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

9 - Easter Sunday celebrations

Sharing Simnel cake and Easter eggs!

13 - Greek Orthodox Good Thursday

Residents will enjoy the tradition of decorating Easter eggs

14 - Greek Orthodox Good Friday

Koulourakia making by our residents

17 - 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

21 - End of Ramadan

Residents can enjoy a feast to celebrate the end of Ramadan

MAY 2023

6 - King Charles' Coronation

We will watch the live commentary of the coronation of His Majesty The King at Westminster Abbey

12 - International Nurses Day

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

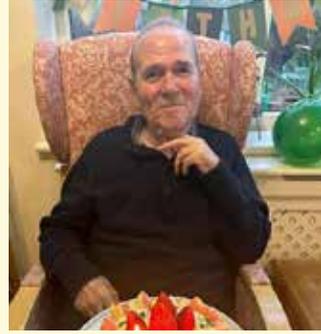
15 - International Day of Families

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!





Maria's Cypriot Tiropita

A crispy, cheese lovers delight, Tiropita in Greek literally means a cheese pie!

Ingredients:

- 300 g of mature halloumi
- 5 eggs
- 400 g of plain flour
- 3 tsp of baking powder
- 200 ml of sunflower oil
- 400 ml of evaporated milk
- 3 tsp of fresh, cut peppermint
- 1 g of ground mastiha
- 1 g of ground ginger
- 1 g of ground mahlepi
- 100 g raisins (optionally)
- Sesame for topping

Method:

- Preheat the oven to 180°C.
- Beat the eggs in a bowl.
- In a separate bowl, sift the flour, baking powder, mastiha, ginger and mahlepi.
- Add all the liquid ingredients into the flour mix slowly before adding the halloumi and the peppermint.
- Add the raisins if you opt to.
- Coat a deep pan with butter and flour.
- Pour the mixture in the pan and sprinkle with sesame.
- Bake for about 45 minutes.
- Tip: Dip a knife in the middle of your pie. If the knife comes out dry, your pie is ready.
- Enjoy!

