



# Anastasia Lodge



Summer newsletter 2023

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As we head into Summer, our dedicated activities team are planning a number of exciting excursions to nearby destinations including Forty Hall. Our residents will have the opportunity to explore our local farm and enjoy an afternoon tea in their cafe. Look out for photos on our Facebook page as we discover the hidden gems of our local community.

During Spring, our activities team organised a diverse range of activities to help keep our residents entertained and active. These included:

- In March we celebrated British Science Week. Our residents had fun conducting their own experiments focusing on this year's theme of 'connections'. We explored the concept of density of different liquids and why oil and water do not mix.
- Throughout April, our residents enjoyed various Easter activities including an Easter egg hunt in the garden. The residents made their way around the garden, carefully searching for the hidden eggs.
- During May, we spent time in the garden playing games. Exposure to fresh air and natural sunlight has numerous health benefits, including improved mood, increased vitamin D production and has the potential to boost the immune system.

Have a great Summer, we look forward to seeing you soon.

**Norma Dimaiwat, Registered Manager**



# Loyalty Day 2023



Every year in the Spring, we commemorate Loyalty Day to honour our exceptional staff. This special occasion brings our team together, allowing us to acknowledge and appreciate the dedication and support we extend to one another throughout the year.

During this celebration, our staff are rewarded with a range of gifts including gift cards, champagne, chocolates and a distinctive pin badge that symbolises the length of their loyal service.

We would like to thank all our staff for their commitment to providing a safe, nurturing and stimulating environment for our residents.

Well done everybody!



Thank you to all our wonderful staff!



# Celebrating our staff

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



## Hetal Solanki Domestic

Thank you for making a positive impact on the lives of everyone in our care home. Your meticulous attention to detail ensures that our care home remains clean, organised and comfortable for everyone. You go above and beyond in your responsibilities, consistently exceeding our expectations.  
Keep up the great work!

## National Gardening Day 2023

On April 14, our residents celebrated National Gardening Day. We tended to our veg patch and planted some flower pots to encourage butterflies and bees to visit our garden.

Gardening is a great sensory group activity. Residents enjoyed chatting and reading the labels of each plant and planning where to place each plant in our veg patch. They were great at digging the holes, teasing the plants out of their pots before planting and watering them.

We look forward to watching them grow!



# Summer calendar of events

## Residents can enjoy a variety of activities this Summer

### JUNE 2023

#### 5 - World Environment Day

We will focus on how humans impact the planet and what we can do to help protect it.

5 - Pentecost Monday, Kataklysmos  
50 days after Easter we will celebrate Kataklysmos with water-based fun activities.

#### 18 - Father's Day

A time to express love, gratitude, and respect and to celebrate the unique role of fathers in our families and society.

#### 10 - Wimbledon

We will host our own version of balloon Wimbledon as we watch this year's competition live on the TV.

19 - Stan & Colin, live performance  
Residents will enjoy a live music performance in our garden.

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

### AUGUST 2023

2 - National Colouring Book Day  
Our residents will discover the therapeutic benefits of colouring in.

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

16 - Residents' Barbeque  
Fingers crossed for great weather as we enjoy a delicious BBQ and music in the garden.

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

27 - Notting Hill Carnival  
It's time to dress up and enjoy a Caribbean themed party!



### JULY 2023

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

Thank you to all our amazing staff

Internal birthday celebrations continue



# Celebrating recent birthdays!

Follow us on Facebook for regular updates





## Brounilnta's galaktoboureko

A traditional Greek dessert with a rich, creamy texture and a sweet, syrupy flavour.



### Ingredients:

- 1 packet of Filo Pastry (Phyllo) sheets

### For the syrup:

- 600 g of sugar
- 500 ml of water
- ½ a lemon
- 1 cinnamon stick

### Method:

#### Start preparing the syrup:

- In a saucepan add all the ingredients for the syrup. Bring to the boil, then reduce the heat and simmer for a few minutes until the sugar dissolves. Then remove it from the heat to cool down.
- Tip: Do not stir the syrup after it starts simmering or it may crystallise!

#### Now prepare the cream:

- In a saucepan, add 1 l of the milk, the cinnamon stick and 200 g of the sugar over low heat.
- In a mixing bowl, beat the eggs, the rest of the sugar, the semolina and the rest of the milk.
- When the mixture in the saucepan is warm, start pouring the mixture from the mixing bowl into the saucepan slowly while whisking and bring it to the boil.
- Remove from the heat and add 30 g of the butter and the vanilla powder.

### For the cream:

- 1.2 l of milk
- 1 cinnamon stick
- 220 g of sugar
- 3 eggs
- 120 g of semolina
- 280 g of butter
- 1 teaspoon of vanilla powder

### Finish your galaktoboureko:

- Melt the rest of the butter and butter a 35cmx25cm pan.
- Take the phyllo pastry and separate the sheets.
- Place one sheet in the pan and coat it with the melted butter using a pastry brush.
- Repeat this process using half of the phyllo sheets.
- Pour and spread the cream.
- Then, place the rest of the phyllo sheets on top while coating them with butter.
- Spray the top phyllo with a little water.
- Place the pan in preheated oven at 170° - 180° for about 40 – 45 minutes until the fyllo is gold and crispy.
- Take the pan out of the oven and laddle the cold syrup slowly over the hot galaktoboureko.
- Wait for the galaktoboureko to cool down before cutting into it.
- Tip: When the galaktoboureko is ready, remove from the oven immediately so that the phyllo remains crispy.