



# Anastasia Lodge



Summer newsletter 2025

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**With the sun shining and the flowers in full bloom, there's been a real buzz of activity at our care home. The warm weather has brought plenty of opportunities to spend time outdoors.**

Spring was a vibrant and activity-filled season at our care home. We celebrated Easter with a series of engaging events, including a joyful Easter egg hunt in the garden. Our residents were uplifted by a visit from the Revival Church congregation and took great comfort in a trip to St. Demetrios Church, where we joined a moving and meaningful service.

As the temperatures continue to rise, we've made the most of the sunshine—spending more time outside, dipping our feet in the paddling pool, and cooling off with refreshing ice creams. These simple pleasures have brought lots of smiles and a true sense of summer joy to our home.

We hope you enjoy this glimpse into our community life and the range of activities that enrich the lives of our residents. Thank you for being a part of our community.

**Norma Dimaiwat, Registered Manager**



# Loyalty and Nurses Day 2025



In May, we proudly celebrated our annual Loyalty Day at Anastasia Lodge, a special occasion to recognise the dedication and passion of our incredible team. Day in and day out, they go above and beyond to ensure our residents feel safe, supported, and truly at home. From long-standing team members to newer faces who've quickly become part of our care family, we're grateful for everything they do.

This year's celebration also coincided with International Nurses Day. While Anastasia Lodge is not a nursing home, we took the opportunity to recognise the care, kindness and compassion that our staff bring to every interaction, values that reflect the very heart of great nursing.

With cupcakes, handmade appreciation cards from our residents, and plenty of smiles all around, we shared a heartfelt thank you to every member of the team, from carers and activity leaders to our chefs, domestics, and support staff. Together, you make Anastasia Lodge a truly special place to live and work.



Keep up the great work!

# Celebrating our staff

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



## Gagandeep Kaur Care Assistant

Gagandeep joined us in January 2023, and has shown incredible dedication, hard work, and a consistently caring approach. She is known for her diligence, honesty, and flexibility, always ready to lend a helping hand with a warm and polite manner. Thank you, Gagandeep, for being such a valuable part of our team and for making a real difference every day!

## Crafty fun!

Our residents love getting creative with arts and crafts. It's a fun way to express themselves and enjoy time together. This spring, they made everything from colourful mushroom gardens and wool-wrapped picture frames to bright paper fans, which even inspired a little dancing!



Thank you to all our amazing staff

# Summer calendar of events

## JUNE 2025

5 June – World Environment Day  
We'll focus on how we impact the planet and what we can do to help protect it.

9 June – Pentecost Monday (Kataklysmos)  
50 days after Easter, we'll celebrate Kataklysmos with water-based fun activities.

15 June – Father's Day  
A time to express love, gratitude, and to celebrate the unique role of fathers.

21 June – Live music  
Join Victoria for an afternoon of fun and entertainment.

25 June – Anastasia Lodge Birthday Party  
We celebrate this month's birthdays.

## JULY 2025

1 July – Wimbledon  
Tennis-themed activities to celebrate the championship. entertainment.

19 July – Word finder puzzle day  
Residents will enjoy a range of puzzle activities!

24 July – Summer of sports  
An active afternoon of sporting fun and games

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

## AUGUST 2025

6 August – Anastasia Lodge Birthday Party  
We celebrate this month's birthdays.

15 August – Live stream Church Service

The Feast of the Dormition of Virgin Mary

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



Key events alongside our daily activity schedule

# Celebrating recent birthdays!



Happy  
Birthday!

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# Fanoulla's Greek custard pie Galaktoboureko

From care assistant to head chef, she has been a dedicated member of our team for 21 years.

## Ingredients:

### For the syrup

- 800 g granulated sugar
- 450 g water
- 1 stick(s) cinnamon
- peel, of 1 lemon
- 75 g honey

### For the custard filling

- 4 eggs, medium
- 200 g granulated sugar

- 500 g heavy cream 35%

- 500 g whole milk

- 1 pinch salt

- 1 teaspoon(s) vanilla extract

- 170 g semolina, fine

- 100 g butter

### To assemble

- 450 g phyllo dough sheets
- 220 g butter

## Method:

### Custard Filling

Beat eggs with half the sugar until fluffy. In a pot, heat cream, milk, remaining sugar, salt, and vanilla. Once it boils, add semolina and whisk until thickened. Remove from heat, stir in butter, then cool the mixture slightly in a mixer. Gently fold in the whipped eggs, custard is ready.

### To Assemble

Preheat oven to 160°C (fan). Butter a 28x36 cm baking pan. Layer 6 sheets of phyllo, drizzling each with melted butter. Add custard, fold in overhanging edges, and drizzle with more butter. Top with remaining phyllo, again buttering each layer. Tuck in the final sheet and score into pieces. Pour remaining butter on top, sprinkle with water, and bake for 1.5 hours until golden. Once baked, pour cold syrup over immediately.



### Syrup

While the pie bakes, prepare the syrup: simmer 400g sugar, 250ml water, peel of one lemon and half a cinnamon stick for 5–6 minutes. Let it cool completely. Once the pie is baked, pour the cold syrup over immediately.