

The Cumberland Catch Up

Spring Edition 2023



Cumberland *View*

Welcome to the spring edition

Hello Cumberland View residents, families and friends,

It's hard to believe we are so close to Christmas, please tell me it isn't true. As the weather warms up so does our Christmas activity calendar, and we have many special days and events to celebrate over the festive season. Join us for harp music, our fabulous Christmas extravaganza with a scrumptious morning tea, Santa's visit and a performance by the amazing Lorenzo. Don't miss out on the carols sung by St Justin's Youth Choir and the students from Caulfield Grammar, and of course mark your calendars for our Cumberland View residents Christmas party and New Year's Eve celebration. Keep your eye out for the upcoming activities program for exact dates and times.

Our Facebook page is becoming very popular as it allows families to see what we have been up to throughout the week, so please like it and follow us if you haven't already.

Wishing you a happy and safe festive season and all the best for 2024.

Janine Linnert
Leisure and Lifestyle Coordinator

Message from Joe, Facility Manager

Hello Cumberland View community,

Welcome to the spring edition of our newsletter. We hope you are enjoying the warm weather and the festive season. In this edition, we have some exciting news and updates to share with you.

Firstly, we are delighted to announce that our new cafe will be ready for use in early December. It will become the hub for our regular happy hours. You can visit the cafe anytime to enjoy a cup of coffee, a slice of cake, and a chat with your friends and family. The cafe is also wheelchair accessible and has free Wi-Fi for your convenience.

Secondly, we are happy to inform you that our weekly barbecues are back by popular demand. Every Wednesday, we will be hosting a BBQ lunch in our garden, where you can savour a delicious lunch including dessert, as well as mingle with other residents and staff. The barbecues are free of charge and open to all residents and their guests. Please let reception know if you have any dietary requirements or preferences, and we will do our best to accommodate them.

Thirdly, we are proud to report that our home has significantly reduced its staff agency usage and is now operating with permanently employed Cumberland View staff. This means



that our residents will experience more consistency and continuity with their care from our dedicated team.

We hope you enjoy reading this edition of our newsletter, and if you have any questions, comments, or suggestions, please do not hesitate to contact us.

Warm regards,

Joe Ciccarone
Commercial Manager

Spring highlights

Over the spring months, our residents have kept busy with our regular activities plus some highlight events including our annual AFL footy tipping competition, Grandparents Day, Halloween and Melbourne Cup celebrations.

Don't forget to like our page on Facebook to keep up to date with all the latest happenings at our home.

AFL footy tipping competition

In September, we celebrated the culmination of our annual AFL footy tipping competition. Everyone who joined in was awarded a participation certificate and a small trophy with their team colour ribbons attached. We sang along to the theme songs of all the clubs and our team spirit and cheering loud and passionate.

Our first, second and third place winners were awarded with a football themed gift. It was most surprising that the same three residents won in the exact same positions last year, so all avid and well deserving football fans.



Halloween

We had a spooky time getting into the Halloween spirit here at Cumberland View. The lifestyle staff dressed up and had some fun trick or treating, offering lollies from a cauldron and dancing to the Time Warp. The concert area was decorated in all things ghoulish and we shared an afternoon tea of decorated cakes and treats.



Grandparents Day

In October, we welcomed families to our concert area to celebrate Grandparents Day. It was wonderful to see the smiles as grandchildren and great-grandchildren filled the room. We enjoyed a lovely afternoon tea along with live entertainment.

Each grandparent received a certificate of appreciation as "World's Greatest Grandparent", which was signed off by their family as confirmation.



Melbourne Cup sweep

In November we enjoyed a wonderful spring carnival week, and everyone was invited to join in the Melbourne Cup sweep. We played a fun horse racing game using the horses that our Crafty Cumberland group made. We even had fashions on the field and there were many beautifully dressed ladies with matching fascinators. The men looked handsome too.



Man's best friend

One of the most important topics amongst the elderly population is combating loneliness and for many residents, a challenging aspect of moving into care is not being able to be with their pets on a daily basis. Our furry friends are special as they love us unconditionally, they are excited to see us, and they love to provide, and receive, affection.

At Cumberland View, allowing pets to come into the home is a large part of the lifestyle program as it provides many emotional benefits to residents. Pets are allowed into our home as we believe that all animal lovers should continue to have that joy. We encourage families of residents to bring their furry friends in to visit residents, and we know it's a highlight for the pet to receive many pats and hugs. In each terrace, we have large fish tanks that provide a serene and calming environment for residents all year-round. Additionally, we host visits from animal organisations such as Henny Penny Hatchlings throughout the year, allowing residents to care for baby chicks who hatch and grow over the course of a few weeks.

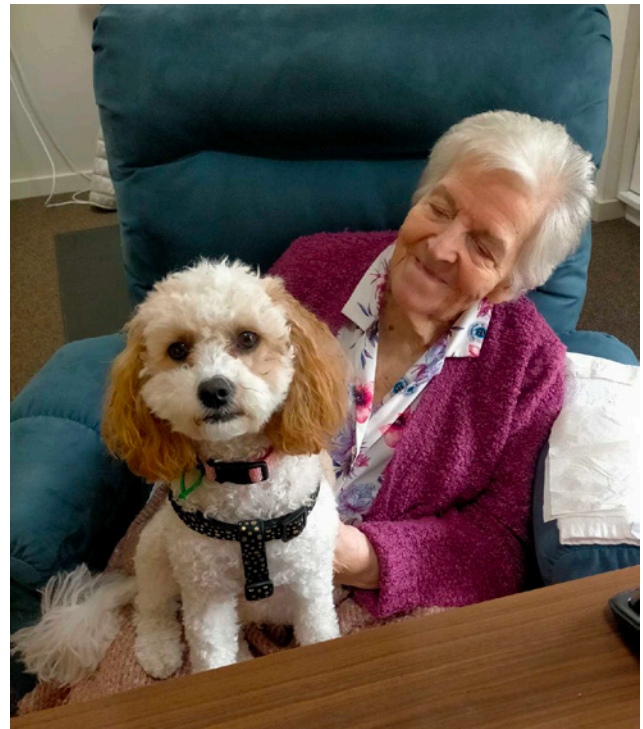
Cumberland View resident, Margaret, reflects on the pets she had throughout her life. She recalls that her family adopted a fox terrier, Felix, when she was four years old. She told us that when her brother moved out of home, he took Felix with him as they were very close, and he was moving to a large property in Omeo for Felix to have room to run around.

Margaret also had dogs for companionship throughout her married life as her husband would be gone during the week for work and her dogs helped her feel safe. But for now, Margaret tells us how much she loves it when anyone brings pets into the home.

'My daughter Deb has a dog and it's a Cavoodle, Honey Bunch, and she brings Honey Bunch in to visit me often,' she says. 'It is very nice company for me and I get to give her cuddles and pats. She's a very friendly dog and it makes me happy when she brings her in because it triggers memories from when I had my dogs.'

When asked about the pet companionship activities at Cumberland View, Margaret replied, 'It just brings feelings of joy, love and happy memories.'

Nothing beats the love of an animal. They are our best friends and we love all animals visiting our home.



My place to call home

At Cumberland View, each resident has a unique story. Fran Thompson, a cherished resident of our home, graciously shares insights into her journey, highlighting the warmth and camaraderie that define her days.

Fran's move to Cumberland View wasn't just a change of residence; it was a transformation that unfolded with resilience and optimism.

"I am grateful for having a roof over my head, especially after my home in Queensland was lost in a flood," she reflects. The decision to move closer to her daughter, a pillar of support, proved to be a comforting choice. Fran finds joy in socialising with newfound friends, creating bonds that add vibrancy to her daily life.

While the prospect of change initially brought about some nervousness and doubt, Fran quickly discovered that Cumberland View became more than just a home; it was a community. "When I first arrived, I was a bit nervous and scared about the change in my living arrangements and what this would mean, I didn't know I would adapt as my eyesight is not the best and change isn't always easy," she admits. However, the welcoming atmosphere and the support from both staff and fellow residents eased her transition, allowing her to adapt seamlessly. "I found that it didn't take long to fit in, make friends, and get used to my new home," Fran says.

Friendship blossomed for Fran through engaging in activities like carpet bowl games. "I am a very social person, and so I found it easy to make friends. I talk to anyone and everyone and enjoy a good chat," she shares. The camaraderie within the carpet bowl games not only provided entertainment but also a sense of belonging. Fran's active lifestyle, coupled with the constant support from her family, ensures that she remains connected. "I've got so many things to choose from as well as my family support, that I do not have time to get lonely."

Reflecting on the staff at Cumberland View, Fran appreciates their dedication and the welcoming environment they foster. "I find many of the staff here are great. If I need to ask for help or assistance, I know who to talk to and where to go," she notes. The genuine connections formed with staff members contribute to Fran's sense of belonging within the community. "I get along with many of the staff and enjoy a good chat, whether it be in my apartment as they come and go, or



when I'm out and about in the main lounge and dining areas. I feel supported and respected."

For those considering a similar journey for their loved ones, Fran offers reassuring words based on her experience. "When I moved from Queensland to move into a care home, my daughter and I went looking at many of the aged care homes in the area. After careful consideration, we chose Cumberland View and do not regret it," she emphasises. The presence of a helping hand whenever needed, and a variety of engaging activities, make Cumberland View a unique place that she now calls home.

Fran's story is a testament to the welcoming community at Cumberland View, where each resident's journey is personalised, tailored, and unique to them.



Cynthia's Cherished Christmas Tales

As we prepare to deck the halls, embrace the holiday spirit, and the aroma of holiday treats fills the air, Cumberland View Aged Care resident, Cynthia Herd, reflects on Christmas memories that have shaped her life and continue to warm her heart.

"I remember being very excited to see if Father Christmas had come while I had slept. Instead of a stocking I had a sock, and it would be full of beautiful things like oranges, apples, and nuts" she says. Growing up in Ipswich, UK during the second world war was a time when fruit was a luxury, and despite the challenges, Cynthia's mother made sure Christmas remained a special occasion for her family. With her father often away, the family's Christmas routine included a chilly walk to the 7 am church service, followed by a heartfelt Christmas lunch at her grandmother's home.

Cynthia fondly recalls, "Christmas lunch was always roast chicken with Yorkshire pudding and vegetables. We always had a Christmas pudding which delighted us, as it was lit with a brandy flame and presented to the table."

The pudding, infused with a cherished family tradition, held a special place in Cynthia's heart. She continued with this tradition, passing down the magic from one Christmas to the next: "Silver sixpence were put inside the pudding for the children to find. I continued the tradition of placing silver pieces in the pudding which we put aside to use again next year."

Cynthia's favourite Christmas memory is etched in the joy of having her father return home post war. The reunion of the entire family during those Christmas celebrations created lasting imprints of love and togetherness.

Another fond memory for Cynthia involves witnessing her mother sew a dress for her each Christmas, perfectly matching her winter coat and muff. The anticipation of wearing this special dress on Christmas day added an extra layer of magic to the festive season - "I loved watching my mother sew and couldn't wait for Christmas so I could wear my new dress," Cynthia said.

Recalling a funny Christmas moment, Cynthia shares a glimpse into church services where children, including herself, would participate so there was a touch of humour added to the sacred occasion. "The choir boys would always pull faces at the vicar when his back was turned, and we would all try not to laugh" Cynthia recalls.



"I think the vicar knew what was happening, but he was such a kind man that he must have seen the funny side of it too."

When asked to describe what Christmas means to her in three words, Cynthia chose "FAMILY, LOVE, and GIVING." These words encapsulate the core of her Christmas spirit. For Cynthia, the holiday season is a time to be surrounded by loved ones, to share the warmth of love, and to express generosity and kindness.

As we celebrate this Christmas season, let's take a moment to reflect on the timeless traditions and precious memories that make this time of year so special. Cynthia's journey through the Christmases of her life serves as a reminder of the enduring magic that resides in the simple joys of the season. May your holidays be filled with the spirit of family, love, and giving.

Meet the Team: Isabel Asuncion

In this edition we get to know Isabel Asuncion, our Resource Planner & Administration Team Leader. For Isabel, working in aged care is not just a profession but a rewarding career that has a positive impact on the lives of others through daily interactions and building meaningful relationships.

What do you enjoy the most about working at Cumberland View?

Often, when we consider wanting to change people's lives, we consider working with children. Working with individuals on the opposite end of the spectrum, who have a wealth of life experience, tales to tell, and years of wisdom, can be just as rewarding. This is what I love about working in aged care, in Cumberland View specifically, is that I can make a difference in people's lives through the simple day to day things I do at work and build relationships with co-workers and residents. Work never feels like work.

What do you enjoy in your spare time?

Definitely spoiling my 2 pugs and my partner! I love spending time with my dogs – taking them for walks, a picnic in the park, or even travelling interstate! I always make a joke that my dogs are my children! Other than that, I try to find purposeful activities to fill my spare time – go to the gym, do a bit of hiking, go to national parks and be around nature, and go to brunches with my girlfriends.

If you could travel anywhere in the world, where would it be?

South Africa for some wildlife watching and hiking, just being around our natural environment! Machu Picchu would be another, so that I can revel in the majestic architectural masterpiece of the Inca civilisation. I would love to take my parents with me too as I miss them every day!



New staff members at Cumberland View

A very warm welcome to our new staff members. If you see them around the home, please be sure to say hello and introduce yourself.

Personal Care Assistants

Evelyn Gonsoden
Danielle Ward
Natalie Evans
George Dharshana
Menchie Malong
Mandeep Kaur
Deborah Nugent
Sukhmanpreet Kaur
Angeli Umagap
Sabir Khan
Lindah Jepleting
Lona Samson

Karen Halliwell
Marielle Caro
Puspaganthie (Cookie) Pather
Gagandeep Singh
Naimo Abdi
Karmbeer Kaur Bajwa
Kirandeep Kaur

Registered Nurses

Neha Keswani
Navdeep Kaur Virk
Priya Jana

Food Service Assistants

Paras Chopra
Hiroshi Anuradha

Noticeboard

A very warm welcome to our new residents

Charlotte Hollmann
Jean Felce
Saveta Micheli
Margaret Keane
Pierre Le Guen
Suzanne Guiney
Chris Papadopoulos
Helen Harman
Rita Wolff
Anthony Lorento
Natalie Speed
Marjorie Holt
Suzanne Veal
John Stafford

In Memoriam

We offer our sincere condolences to the families and friends of our late residents.

Every cherished member of our community who leaves us, is sadly missed and fondly remembered.

Hot breakfasts

Join us in the dining room every Wednesday at 8 am for a delicious hot breakfast and tea and coffee.

Hairdresser

Our wonderful hairdresser, Sylvia, is here every Tuesday, Thursday and Friday from 9.30 am.

If you would like to book an appointment, please speak to our friendly team at reception or ask a staff member to write your name down in the hairdresser book.

Devotions

Join us in the concert area every Wednesday morning at 10.30 am for devotions.

We have multi denominational services on rotation each week. All residents are welcome.

Scenic bus drives

Once a month our residents enjoy a lovely scenic bus drive with our wonderful bus driver, Ricky, and one of our Leisure and Lifestyle team members.

Sit back and relax, enjoy an ice cream and cold drink as we enjoy the glorious scenery on our drive.

We are here for you

If you'd like more information on the above services, please contact Janine Linnert: lifestyle@cumberlandview.com.au



Christmas colouring

Use your favourite colouring pencils and enjoy this Christmas colouring-in activity.





Christmas games corner

Christmas Word Search

G H H T A R F E Y I X G R R B B D N L H
 I S L P C Y G R T X M N E X M B T E R O
 V Z T A L B Q I O A C F I Q A E O P Q W
 I K N O E O N S J S R Q N P T N R H K P
 N E Z L C M D V N W T B D H N P S R D V
 G V L T X K U U L Q W Y E I A H A H Y Q
 U S P F A F I F R Z F H E L S J M U H Q
 Q I L B S L V N W N S S R Y E E T N P Q
 S L E I G H W K G E G J Q A S C S T U S
 P O L E R R D X V R B A D D P O I U D W
 Y E N M I H C L S H D R O I J W R G X K
 X S X Q W H E G J W H W N L F X H U N O
 Q H Z L C A N T M C V C O O Z Y C O M O
 J O L L Y I H U W T A C R H P G S O Z I
 T D W G T V Q U X N G V T C J A T J E S
 F X X E K T A H D L J S H Z E Y D N A C
 I J E M I S T L E T O E D S W F U Y U J
 G R O U Y C E X C I B B Y R D V H R V L
 G S X Y D S V N Q M E E R T A H A Z F A
 M U I D R R Q U I G S M Y T L C S Y S V



bells candles candy cane cards celebrate chimney Christmas
 elves gift giving greetings holiday jolly joy merry mistletoe
 north pole reindeer Rudolph Santa season
 sleigh stocking tree



Christmas games corner

Sudoku

Fill in the puzzle so that every row across, every column down, and every 3 by 3 box contains the number 1 to 9.

Difficulty: Medium

6	5	9		1		2	8	
1				5			3	
2			8				1	
			1	3	5		7	
8			9					2
		3		7	8	6	4	
3		2			9			4
					1	8		
		8	7	6				

Clues

1. Seek a 2 in the centre block of squares
2. Finish the centre block of squares
3. Search for 2s everywhere

Difficulty: Hard

								2
						9	4	
		3						5
	9	2	3		5		7	4
8	4							
	6	7		9	8			
			7		6			
			9					2
4		8	5			3	6	

Christmas word scramble

tr a s _____

ft g i s _____

se w n k f o s l a _____

o l s a c r _____

g e r b n i d r e g a _____

e m r y r _____

r h t w a e _____

k s n o i c t g _____

t o o e i c a d r s n _____

h e s g l i _____

e t s l m o e t i _____

Christmas Riddle:

Why didn't the stocking eat Christmas dinner?



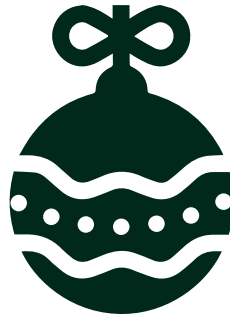


This Christmas I am grateful for...

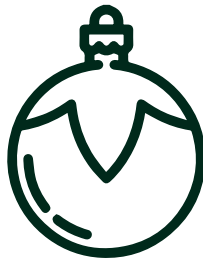
Christmas is a time where we reflect on the year that has gone by, and it's a perfect time to express gratitude. Use this space to think about all the wonderful things you are grateful for.



What are you most grateful for?



Who are you most grateful for?



Draw your favourite highlight from 2023.

Chef's corner

Food is one of the highlights for residents here at Cumberland View Aged Care. Our head chef, Sumith, designs the menu based on nutrition and resident preferences, so that residents are satisfied.

With summer upon us, we are sharing our colourful and tasty Sweet and Sour Pork recipe. Give it a go and you'll see why our residents love it so much.



Recipe of the season: Sweet and Sour Pork

Ingredients

2 tbsp vegetable oil

600g pork diced

Sweet & Sour Sauce

1 red onion, cut into thin wedges

1/2 red capsicum, diced

225g can pineapple pieces in syrup,
drained with juice reserved

2 cloves garlic, crushed

1/4 cup tomato sauce

1 tbsp white wine vinegar

2 tbsp soy sauce

1 tbsp Worcestershire sauce

1 tbsp cornflour combined with 1 tbsp water

Method

Step 1

Heat 1 tablespoon of oil in a pot and cook the pork in batches until well browned. Set aside.

Step 2:

Heat remaining oil in the pot and cook the onion and capsicum for 2-3 minutes or until tender. Return the pork to the pan with the pineapple, 1/3 cup reserved juice, garlic, tomato sauce, vinegar, soy sauce, Worcestershire and cornflour mixture and cook on high for a further 2-3 minutes or until the sauce boils and thickens.

Step 3:

Transfer sweet and sour pork into a serving dish, garnish with spring onion and serve with steamed rice.

Upcoming events in summer

With a sleigh full of festive fun, we're gearing up to enjoy the many activities prepared for our residents in December and throughout the summer months.

Stay tuned for the next edition, or stay up-to-date by following us on our Facebook page.

Christmas is coming

We look forward to Christmas here at Cumberland View. We have entertainers galore booked for our Christmas festivities including St. Justin's youth choir, Steph Renouf, Tom Diaco, Lorenzo, Ricky Elvis and much more. The Cumberland elves are busy making and baking to spoil residents.

2024 is around the corner

Join us for our 2024 new year celebrations as we party in style with live entertainment from Alex Matthews. In January, we will be celebrating summer with icy poles, tennis and the cricket with a large screen TV in the concert area to watch with friends. Each terrace will be enjoying BBQ lunches cooked by Head Chef, Sumith, with all residents welcome.

Be my valentine

In February, love is in the air with hearts, flowers and chocolates to be decorated throughout our home. We will have wonderful entertainers to swoon over while they sing all our favourite love songs. A sumptuous afternoon tea will be offered and enjoyed in our new café.

That's Amore.





Christmas games corner answers

Christmas Word Search

A 15x15 word search grid with the following words highlighted in green:

- Vertical words: G, I, V, I, N, G, U, Q, S, P, O, Y, X, Q, J, T, F, I, G, M
- Horizontal words: S, L, E, I, G, H; P, O, L, E; Y, E, N, M, I, H, C, L, S; J, O, L, L, Y; T, D, W, G, T, V, Q, U, X, N, G, V, T, C, J, A, T, J, E, S; F, X, X, E, K, T, A, H, D, L, J, S, H, Z, E, Y, D, N, A, C; I, J, E, M, I, S, T, L, E, T, O, E, D, S, W, F, U, Y, U, J; G, R, O, U, Y, C, E, X, C, I, B, B, Y, R, D, V, H, R, V, L; G, S, X, Y, D; S, V, N, Q, M; E, E, R, T; M, U, I, D, R, R, Q, U, I, G, S, M, Y, T, L, C
- Diagonal words: H, T, A, R, F; E, Y, I, X, G; R, R, B, B, D, N, L, H; I, S, L, P, C; Y, G, R, T, X, M, N, E, X; M, B, T, E, R, O; V, Z, T, A, L, B; Q, I, O, A, C, F, I, Q; A, E, O, P, Q, W; I, K, N, O, E, O, N, S, J, S, R, Q, N, P, T, N, R, H, K, P; N, E, Z, L, C, M, D, V, N, W, T, B, D, H, N, P; S, R, D, V; G, V, L, T, X, K, U, U, L, Q, W, Y, E, I, A, H, A, H, Y; Q; U, S, P, F, A, F, I, F, R; Z, F, H, E, L, S; J, M, U, H, Q; Q, I, L, B, S, L, V, N, W, N, S; S, R, Y, E, E, T, N, P, Q; S, L, E, I, G, H; W, K, G, E, G, J, Q, A, S, C; S, T, U, S; P, O, L, E; R, R, D, X, V, R, B, A, D, D, P, O, I, U, D, W; Y, E, N, M, I, H, C, L, S; H, D, R, O, I, J, W, R, G, X, K; X, S, X, Q, W, H, E, G, J, W, H, W, N, L, F, X, H, U, N, O; Q, H, Z, L, C, A, N, T, M, C, V, C; O, O, Z, Y, C, O, M, O; J, O, L, L, Y; I, H, U, W, T, A, C, R, H, P, G, S, O, Z, I; T, D, W, G, T, V, Q, U, X, N, G, V, T, C, J, A, T, J, E, S; F, X, X, E, K, T, A, H, D, L, J, S, H, Z, E, Y, D, N, A, C; I, J, E, M, I, S, T, L, E, T, O, E, D, S, W, F, U, Y, U, J; G, R, O, U, Y, C, E, X, C, I, B, B, Y, R, D, V, H, R, V, L; G, S, X, Y, D; S, V, N, Q, M; E, E, R, T; M, U, I, D, R, R, Q, U, I, G, S, M, Y, T, L, C; S, Y, S, V



bells candles candy cane cards celebrate chimney Christmas
 elves gift giving greetings holiday jolly joy merry mistletoe
 north pole reindeer Rudolph Santa season
 sleigh stocking tree



Christmas games corner answers

Sudoku

Fill in the puzzle so that every row across, every column down, and every 3 by 3 box contains the number 1 to 9.

Difficulty: Medium

6	5	9	3	1	4	2	8	7
1	8	7	6	5	2	4	3	9
2	3	4	8	9	7	5	1	6
4	2	6	1	3	5	9	7	8
8	7	1	9	4	6	3	5	2
5	9	3	2	7	8	6	4	1
3	1	2	5	8	9	7	6	4
7	6	5	4	2	1	8	9	3
9	4	8	7	6	3	1	2	5

Clues

1. Seek a 2 in the centre block of squares
2. Finish the centre block of squares
3. Search for 2s everywhere

Difficulty: Hard

6	8	4	1	5	9	7	3	2
7	5	1	8	3	2	9	4	6
9	2	3	6	7	4	1	8	5
1	9	2	3	6	5	8	7	4
8	4	5	2	1	7	6	9	3
3	6	7	4	9	8	2	5	1
2	3	9	7	4	6	5	1	8
5	1	6	9	8	3	4	2	7
4	7	8	5	2	1	3	6	9

Christmas word scramble

tr a s _____ star

ft g i s _____ gifts

s e w n k f o s l a _____ snowflakes

o l s a c r _____ carols

g e r b n i d r e g a _____ gingerbread

e m r y r _____ merry

r h t w a e _____ wreath

k s n o i c t g _____ stocking

t o o e i c a d r s n _____ decorations

h e s g l i _____ sleigh

e t s l m o e t i _____ mistletoe

Christmas Riddle:

Why didn't the stocking eat
Christmas dinner?
- it was stuffed!



Stay tuned for summer

Thank you

We would like to issue a heartfelt thank you to relatives and volunteers who support us day in and day out. You make such a difference and we very much appreciate your time and energy.

Can you contribute?

Contributions to our newsletter are encouraged and appreciated. Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception or email us at lifestyle@cumberlandview.com.au.

From all of us at Cumberland View, we wish you a merry Christmas, and a safe and happy new year.

