

# The Cumberland Catch Up



*Autumn*

Celebrating community, capturing  
stories and keeping connected.

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## Message from Joe

Greetings Cumberland View Community,

As we say goodbye to the wonderfully warm summer and Autumn that mother nature put on for us all, we now look forward to the crisp mornings and clear blue skies we are often blessed with in Melbourne Winters.



A reminder to everyone to stay warm and continue to drink lots of fluids, even in this colder weather to avoid becoming dehydrated.

As we all start spending more time indoors and near one another, the spread of colds, the Flu and COVID will be on the rise. Please consider having a COVID booster shot if you haven't had one for more than 12 months and consider having this season's Flu vaccination.

Janine and her team have a full calendar of events for the next few months to keep you all entertained and Sumith and his team will be keeping you well fed.

Happy Reading!





# Community Happenings Autumn

Here's a look back at our wonderful Autumn at Cumberland View.

## Filipino Dance Demonstration



This brought wonderful energy and smiles all around. Our heartfelt thanks go to the fabulous dancers who shared their culture and spirit with us. We also indulged in Shrove Tuesday pancakes and enjoyed a friendly BBQ under sunny skies – a perfect way to connect over delicious food.

## St. Patrick's Day

Our St. Patrick's Day celebrations were a hit, complete with themed drinks and green decor, and the sounds of Alex Kyle adding to the festive cheer. As always, we finished our week on a high with a wonderful happy hour – a time for good conversation, laughter, and great music.



## Our Furry Friend Milo

A special highlight was the visit from Milo the dog, who brought joy and plenty of cuddles to our residents. Thank you to Miracle Paws for facilitating such a heartwarming visit – it truly brightened our week.

## ANZAC Day

April also gave us time to pause and reflect as we came together for our ANZAC Day Service. We are deeply grateful to Mike Black from the Waverley RSL, who visits each year to lead our service with care and reverence. Together, we honoured those who have served and continue to serve our country.

# Community Happenings Autumn

## Sing, Dance, Move, Create!

Wellbeing and entertainment were in full swing with chair Tai Chi sessions led by Chris, live concerts with Laurel McKenna, and some toe-tapping fun dancing along to Alex Matthews. We also enjoyed a foot-tapping, energising drumming session with Jose. From grooving with the Golden Girls to enjoying soothing tunes by Boruch, our community was buzzing with activity.

From energising chair Tai Chi sessions with Chris to group walks and exercise classes, our residents embraced staying active together. Residents expressed their artistic side with drawing and craft activities.



## Easter Festivities

We celebrated Easter in style with egg hunts, shared gifts, and a spectacular Big Top Circus event that brought out everyone's inner child. A huge thank you to Hot Stuff the Clown and Max the Magician for entertaining us with laughter, wonder, and a touch of magic. These moments created beautiful memories for both residents and staff alike.



# Community Happenings Autumn

## Occasions to Celebrate

There were so many occasions to celebrate with birthdays, warm welcomes to new residents, and just because! It made for a fun-filled atmosphere with lots of laughter.



## Food, Glorious Food!

We also celebrated culture and cuisine with a crowd-pleasing Mexican food day and indulgent hot breakfasts that made mornings extra special. Our Kitchen Team also treated everyone to a delicious Italian Cultural Meal, full of flavour and love.



## Mother's Day

Mother's Day was a highlight, with a beautiful celebration honouring the wonderful women in our community.

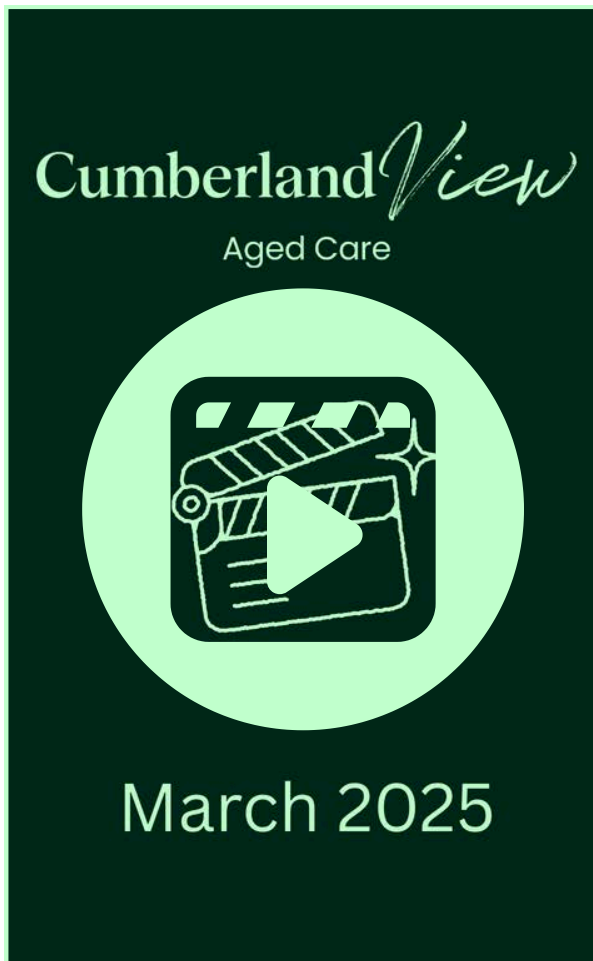
## Hatching Chicks

We welcomed a delightful clutch of baby chickens, with new chicks hatching daily – a heartwarming experience that brought joy to all who visited them in the Concert Area



# Autumn Highlights

March was full of music, movement and connection at Cumberland View. We enjoyed **Filipino dancing**, flipped pancakes for **Shrove Tuesday**, fired up the **BBQ**, and grooved through **concerts, Tai Chi**, and **happy hour fun**. A huge thank you to our residents, families and volunteers—your energy and support made March one to remember!





# Autumn Highlights

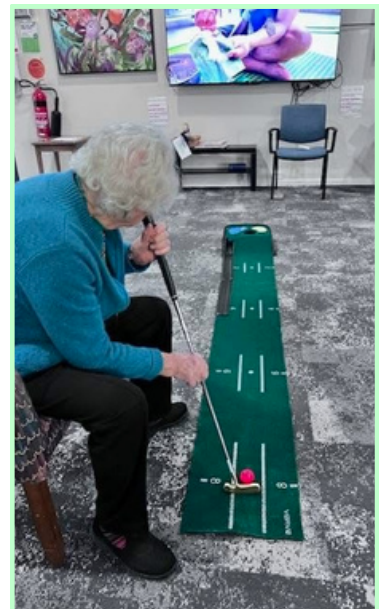
April was bursting with activity, joy and reflection. We celebrated **Easter** with egg hunts and **circus fun**, welcomed **Milo the dog** for cuddles, and **honoured ANZAC Day** with a moving service led by Mike Black. From **crafting** and **cooking** to **concerts** and **cultural meals** – it's been a month full of heart, laughter and connection.





# Autumn Highlights

May wrapped up with joy, rhythm and plenty of cuddles! We welcomed **baby chicks** to our Concert Area, celebrated **World Tai Chi Day** with Chris, and **drummed up fun** with Jose. **Milo the Therapy Dog** returned for room visits, bringing comfort and smiles. With concerts, walks, and themed food days, May was truly full of life, laughter and community spirit.



## Message from Janine

Hello to All, our Cumberland View Residents, Families and friends,

Goodbye Autumn Hello Winter, As we head into the cooler months it's time for Lifestyle to prep for these cosy months ahead, we've thoroughly enjoyed our Autumn Activities, and we thank everyone who joined in with such enthusiasm, activities included some new Entertainers such as **"The Golden Girls"** and **"Max the Magician"** with 'Hot Stuff' the clown for our **"Circus Day"**, we had Cultural events as well, which included a performance from a **Filipino Dance Group**, and a **Mexican Themed Lunch** served in our Main Dining Room, we also started our **Dog Therapy** visits from Miracle Paws and the gorgeous Milo who won the hearts of not only the residents but staff as well, on Milo's first visit he was in the Concert Area for a meet and greet, then it was off to Carter for some more pats and hugs, Milo has also been doing Room Visits and we look forward to seeing Milo here every month.



As we look ahead to winter we're excited to share a wonderful calendar of events that are sure to warm the heart and soul. Our first new event will be a bi-monthly **High-Tea** with all the trimmings, such as 3-tiered cake stands and fine bone china tea sets, this will be on **Wednesday 25th June @ 2:45pm** in the Café Area, we will have many **Exercise and Active games** to keep us warm and feeling good. Our Carter **cooking sessions** are very popular and now that we are heading into the cooler months we will be adding some home-made soup recipes to our ever-growing Recipe List. Just a reminder there is **Hot Chocolate, Tea, and coffee available 24/7** from our Coffee Machine found in the Café area. We look forward to welcoming back the children from **St Justins**, for some interactive games, sure to bring fun and smiles to brighten our day. **Jose** will be here in July for our **Drumming Session** which will not only keep us fit and well but bring so much joy and smiles, as we drum and sing along. August we get to sit back and relax and listen to the dulcet tones of the **beautiful harp** played by **Susan Graham** and then serenaded by the fabulous **Lorenzo**. So stay tuned, stay warm and thank you to everyone for being a valued part of our community. Let's make this Winter a season of good times, warmth, fun, enjoyment, and experiences.

Warm regards,

Janine, Lifestyle Coordinator and the Lifestyle Team.



# Meet the Team

## Leisha

Leisha has been working at Cumberland View since the 31st of March of this year and has fast become a friendly face around the home.

Leisha forms part of our new cleaning team and loves working here, sharing that everyone has been so welcoming, friendly, and helpful. Leisha loves getting to know the residents and staff alike. She loves keeping things spotless and you will see she always has a smile on her face. She is a true people person.

Leisha grew up in Wodonga with 2 sisters and a brother and moved to Melbourne to support her father. When Leisha is not working here you will find her out an about with four special friends who she met as part of her mothers' group when her first child was born.

Leisha is the mother of two and mother to a beautiful fur baby called Milo. Milo is a much-loved 12-year-old Staffy-Kelpie cross dog who loves to go for walks.



Leisha's most treasured time is time spent with her family, and she enjoys going to the movies with her son to see the DC and Marvel movies.

Music from the 80's & 90's is her jam and Leisha has big plans to work out using her new home gym to the classic tunes.

I asked Leisha if she could go anywhere on holiday where would it be and who would she take? Her answer, "Hawaii with my family because it just looks so beautiful, what a dream location".

Welcome to Cumberland View Leisha. Please say hello to Leisha and all our team as you pass them working hard keeping our home sparkly and clean.

## Chef's Corner

We held another menu tasting session this Autumn, thank you to the residents for your valuable feedback. 



Our head chef, Sumith, designs the menu based on nutrition and resident preferences.

### Steak and Kidney Pie

300 gram lamb's kidneys, trimmed, quartered

1 tablespoon Worcestershire sauce

2 tablespoon vegetable oil

1 kilogram gravy beef, trimmed, cubed

1/4 cup plain seasoned flour

2 onions, chopped

2 garlic cloves, crushed

1 cup beef stock

1 cup water

1 /2 cup red wine

*(optional add mushrooms)*



### Method

1. In a bowl, combine kidneys and sauce. Heat half oil in a heavy-based saucepan on medium. Saute kidneys, until lightly browned. Set aside.
2. Heat remaining oil in same pan. Dust beef in flour, shaking off excess. Cook in batches, 5-6 minutes, until well browned. Transfer to a plate.
3. In the same pan, saute onion and garlic for 3 minutes, until tender. Return kidneys and beef to pan with stock, water, wine. Bring to boil. Reduce heat to low. Cook, covered, for 1 hour. Uncover and simmer for 30-40 minutes, until sauce thickens.
4. Preheat oven to very hot, 220°C. Spoon meat and gravy into a 6-cup oven proof dish.
5. Roll out pastry to 5mm thick. Cut to cover top of dish. Brush with egg. Cut 3-4 slits in top of pie. Place on oven tray. Bake 10 minutes. Reduce oven to moderate, 180°C. Bake for further 15-20 minutes, until crisp and golden. Serve with vegies of choice.



# Meet the Resident

## Gwen

Gwen has made Cumberland View Aged care living her home since January this year and she has very quickly become an integral part of our community.

Gwen was born in Footscray and attended Footscray primary School followed by Williamstown High school having lived in Oakleigh, Cheltenham, and Mt. Eliza before coming to Cumberland View.

Gwen worked at the Herald newspaper as a secretary after attending Stotts business college where she learnt to type and boy – did she learn to type. Gwen was photographed on the front page of the Herald in 1954 as the fastest typist in Melbourne winning the competition hands down.

Hundreds of people came to see her show case her talents seated in a window at the exhibition buildings.

Gwen loves being at Cumberland view which she says has made her life so much easier, the food is great and takes her dietary requirements into account and the variety of dishes is amazing. Gwen is involved in so many of our lifestyle activities and golf putting takes her back to when she and her husband, Jim, learnt



to play together at Creswick near Ballarat. Gwen played golf putting last month in our Concert area and only missed one. Gwen was involved with the Mt. Eliza uniting church choir for many years singing at aged care homes and so just loves when our entertainers come to sing.

She attends our Wednesday devotions, goes on our scenic bus rides, and loves both craft classes and book club. Gwen shared her love of reading came when she spent many years in bed unwell as a child from 5 to 10 years of age. A family friend, Beryl, a primary school teacher would bring Gwen books to read, and she still has an A.A. Milne book as a keepsake. Gwen is quick with a welcoming smile and a friendly chat so say hello when you see her at exercises or one of the many classes and activities she's attending.

# Quality Corner

## Upcoming Changes to the Aged Care Standards; What you need to know – and what it means for you.

The government is introducing **new Aged Care Quality Standards** as part of a **refreshed Aged Care Act**. These changes are all about making sure that aged care services continue to provide **safe, high-quality** and **respectful care** – with **your dignity, choices** and **well-being front and centre**.



### What's changing?

The updated **Quality Standards** go into more detail about what good care looks like. They're designed to make sure you stay at the heart of your care, with stronger guidance for things like clinical care, food and nutrition, and making sure your personal preferences are always respected.

Here are the **seven updated standards**:

1. **The person** focuses on your rights, dignity, choices and individuality across all the standards
2. **The organisation** how providers support and deliver care
3. **Care and services** your care is focussed on who you are and what's important to you
4. **The environment** you feel safe, comfortable & supported where you live
5. **Clinical care** you get the clinical care that is right for you
6. **Food and nutrition** prioritising enjoyable, tasty and nourishing meals
7. The **residential community** fostering connection, inclusion and community life

The **new Aged Care Act** brings with it a clear **Statement of Rights**, setting out the rights everyone has when accessing aged care services. These rights are designed to make sure your care is respectful, fair & centred around you.

The Statement of Rights include the right to:

- independence, autonomy, empowerment and freedom of choice
- equitable access
- quality and safe funded aged care services
- respect for privacy and information
- person-centred communication & ability to raise issues without reprisal
- advocates, significant persons and social connections.

We'll continue to share more updates as the changes get closer, and of course, we're here to answer any questions or talk through what this means for you.



# Recognition Night 2025



On Friday 23 May, we gathered at Hyatt Place for a very special evening – a celebration of dedication, commitment, and care.

We celebrated those who have shown unwavering loyalty and passion for over a decade **recognising team members with 10, 15, and even up to 22 years of continuous service.**

These incredible milestones reflect the deep commitment and care that define the Cumberland View community.

We were also thrilled to have Lindsay Bender, co-founder of Tingari Group, join us on the night. Lindsay shared his personal story of how he first became involved in aged care and expressed heartfelt appreciation on behalf of the owners for the dedication and impact of our team.

Guests were treated to delicious canapés, a beautiful three-course meal, and flowing drinks, all shared in great company.

The evening was filled with laughter, heartfelt moments, and a creative twist – a one-of-a-kind

crossword puzzle competition that had everyone thinking on their feet and working as a team! Congratulations to the winning table who took home beautiful floral bouquets.

We're so proud of our team and everything they do each day to support our residents and families. This night was all about celebrating you – and so well deserved!

CumberlandView

*A night that's  
all about You xo*



Reward & Recognition  
Night 2025

# Noticeboard

## **A very warm welcome to our new residents**

Patricia Dam

Peter Kelsey

Olive Kelsey

Vera Corken

Isabella Macdonell

Peter Salkunas

Nijole Salkunis

Genevieve Rame

Yvonne Spinosa-Cattela

Catherine Despotidis

Helga Stadler

Anna Noble

Terry Matthews

## **New Display Board**

Take a look at our new electronic display board near the dining area.

Not only do we display photos of some of our favourite people and lifestyle activities but also the standards of care that we pride ourselves in offering to all who work and live at Cumberland View.

## **Hot breakfasts**

Come and join our hot breakfasts on a Tuesday and Friday in the dining area. Sumith our chef and the team are happy to provide a scrumptious breakfast of choice including the traditional bacon and eggs and omelettes made to order.

## **Scenic Bus Ride**

Once a month we go on a mystery bus tour. We go to beautiful places around Melbourne like the beach, mountains, and lakes. While we relax and take in the view we eat ice-cream- couldn't get better than that. Make sure you get your name on the list by speaking to our friendly lifestyle team.

## **New Cleaning Staff**

You may have noticed a few new friendly faces around lately. Please welcome our new cleaning team Leisha, Radhmani, Mayushi, Ajith, Lynette, Chamodi, Narelle, Binitia and Carlo.



# Noticeboard

## 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.

## Happy Hour

Wind down for the week with a fresh beverage. Join us in the dining room every Friday at 4 pm and enjoy a glass of wine, beer or non-alcoholic beverage of your choice. All residents are welcome.

## Physiotherapy

We have an excellent physiotherapy team on site five days a week. If you would like to book in to see one of a lovely physios, please ask a friendly staff member at reception to book you in.

## Library Service

We have a mobile library service that picks up and delivers library books to residents' rooms. We also have our fully stocked library with both paper and audio books. If you would like to use this service, please speak to one of our friendly team.

## Men's Group

Our Men's Group meets Thursdays at 3:30pm in the Stott Lounge Area. Come join in for a chat, have a drink with mates, and meet other residents too. All are welcome.

## Resident meetings

Join in for a chat & laughter, and find out all the latest happenings. Our residents meeting is held the second week of the Month on Tuesdays (sometimes Monday) at 2pm in the concert area. All residents welcome.

## We are here for you

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

Games corner

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



## Games corner

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

Afternoon  
 Bicentennial  
 Central  
 Clock  
 Daylight  
 Eastern  
 Equinox

Fortnight  
 Hour  
 Hourglass  
 Meridian  
 Mountain  
 Pacific  
 Prime

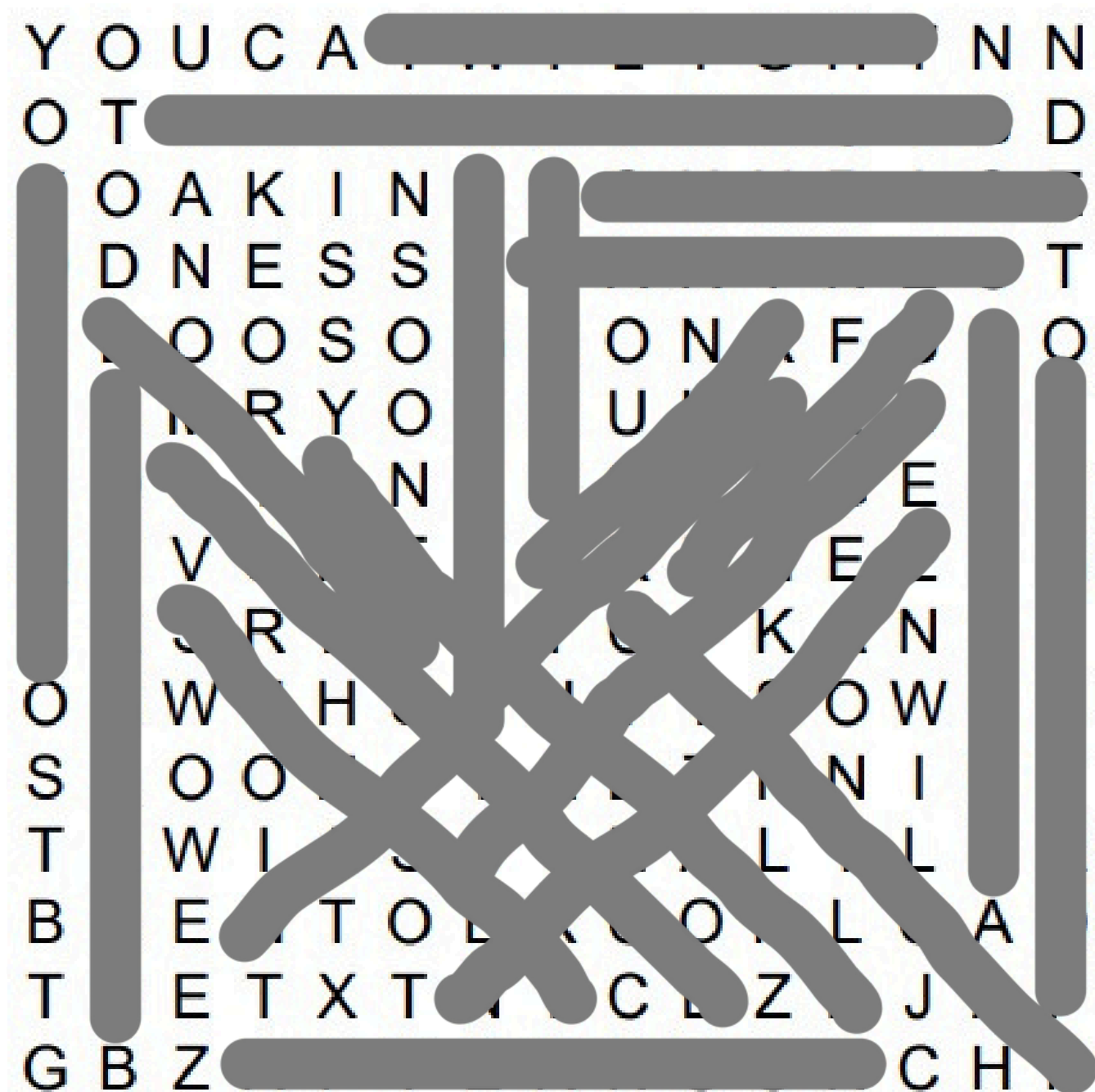
Savings  
 Solstice  
 Standard  
 Sunrise  
 Sunset  
 Twilight  
 Zulu

## Games corner answer 1

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



## Games corner answer 2



## Stay tuned for Winter

### **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](mailto:lifestyle@cumberlandview.com.au).