

The Cumberland Catch Up

Autumn Edition 2022



Cumberland *View*

Welcome to The Cumberland Catch Up

Hello residents, families and friends,

Happy Easter to all.

I'm the new Leisure and Lifestyle Coordinator here at Cumberland View Aged Care and I am happy to welcome you all to our new publication, The Cumberland Catch Up.

This is where we provide updates and information on upcoming events we have planned at the home.

I look forward to receiving any feedback or suggestions of what we can include in our future newsletters.

Keep safe, well and happy.

Janine Linnert,
Leisure and Lifestyle Coordinator.



Message from Joe, Facility Manager

Hello everyone,

Welcome to The Cumberland Catch Up, we hope it provides you with lots of helpful information and a few smiles too.

The last two years have flown by in the blink of an eye with COVID-19 always at the forefront of our mind. Thankfully, things have started to return to normal.

We are pleased that we have been able to see so many of you regularly visiting. It really lifts the spirits, not only of our residents, but of our staff members as well. In the coming weeks and months, we hope to have fewer restrictions on visiting hours, which will be a relief for all of us.

The Aged Care sector has really suffered through the pandemic, however, we have been lucky to keep many of our staff and recruit some lovely new team members. We ask that when you do see a new face, that you introduce yourself and make them feel like part of the Cumberland View family.

We have also launched an initiative to offer traineeships to people who want to pursue a career in aged care.

In other exciting news, we are also planning to give the facility a facelift.

The first phase is happening in the gardens. We have a new gardening contractor to bring the open areas back up to their former glory, with a big cleanup and planting exercise.

As restrictions ease further, we hope we are able to invite families to tend to the gardens if they choose. The next phase of the facelift includes a re-imagining of the reception area and main concert area. We will also replace the carpet in the hallways of the Napier, Stott and Carter Terraces.

We are looking to engage with volunteers again, providing another social outlet for residents. We will provide further news on this once we have the program up and running.

If you have any concerns, compliments or fabulous ideas for us in the future, please speak to our lovely team at reception.

Wishing you all a safe and happy Easter.
Kind regards,

Joe Ciccarone,
Facility Manager.

Activity Spotlight

Activity spotlight on concerts

Residents enjoy a variety of live and Zoom concerts from our regular entertainers including Steph Renouf, Laurel McKenna, Alex Matthews, Mel Manuel, Jack the music man and many more that provide hours of music, songs, dancing and good times.



Activity spotlight on garden time

The weather throughout summer and autumn has been beautiful, and the residents have been spending time soaking up the sunshine outdoors.



Activity spotlight exercise with 'Beat it' sessions, movement to music and chair Tai Chi.

Residents enjoying our many and varied exercise classes which include our 'Beat it' sessions with Jo and the Leisure and Lifestyle team.



Quarterly Quote

“

Wisdom has long ears
and a short tongue.

”

– Swedish Proverb

Keep up to date

Make sure you like us on Facebook to keep up to date with all the fun we have here at the home. We share birthdays, stories, upcoming events, celebrations and more.



Like us on Facebook

Valentine's Day

Ian and Marjorie are our wonderful residents here at Cumberland View. On Valentine's Day, they kindly shared with us their beautiful love story from when they met to now.



How long have you been together and how did you meet?

Marjorie: We met at a dance in Carnegie at the local RSL hall on 8 March 1947. We were introduced by one of my girlfriends. I was 15 years old at the time and Ian was 17 years old. We were married 65 years ago on 22 August 1956.

What is your most memorable moment together?

Marjorie: Our first kiss which happened 12 months after we met. It was like magic, just like I thought it would be.

Ian: When I came into the RSL hall and saw Marjorie in a pink dress at the far end of the hall. She was standing with other people but I thought to myself 'I am going to take that girl home tonight'.



Describe a tough time you've been through together.

Ian: I had a bad fall in 1964 when I fell from scaffolding and fractured my skull and suffered from a concussion too. Marjorie had our three children to look after whilst I was in hospital on the other side of Melbourne.

What do you love most about each other?

Ian: Marjorie is a very a loveable and friendly person with the same young spirit as when we first met.

Marjorie: I love that Ian is so thoughtful and kind.

What's your secret to a long and happy marriage?

Ian and Marjorie: Be honest with each other and always enjoy being together in both the busy times and quiet moments.



ANZAC Day Story

This ANZAC Day, we honour the experiences of our residents who have been involved in active service.

We will be sharing the story of our wonderful resident Ken and the time he served under the 1st Battalion Royal Sussex under the British Empire. He was 22 years of age at the time.

Keep an eye on our Facebook page on ANZAC Day for the full story as well as images from our tribute event.



ANZAC Day Fact

Did you know that there is no town called Gallipoli? It is actually the name of a region. Visitors to Gallipoli usually stay at nearby towns to attend the dawn service, such as the town of Eceabat and Kilitbahir.

Read more stories

Access our news page on our website for all the latest stories and events at the home. [Click here to our news page.](#)

Poem to Share

'Hope' is the thing with feathers

by Emily Dickson

'Hope' is the thing with feathers
That perches in the soul
And sings the tune without the words
And never stops - at all

And sweetest - in the Gale - is heard
And sore must be the storm
That could abash the little Bird
That kept so many warm

I've heard it in the chilliest land
And on the strangest sea
Yet - never - in Extremity,
It asked a crumb - of me.

Share your poem

Do you have a poem you want to share with us? Send your poem to Janine Linnert at lifestyle@cumberlandview.com.au or speak to our friendly team at reception.



Noticeboard

A very warm welcome to our

New residents

Berice Ough
Lorna Firth
Jean Duncan
June Sanderson
Robert Lanaton
Joan Cross
Lynda Edwards
Melva Pittard
William Field
Patricia Elliott

New staff

Sherry W
Sandeep S
Madhu M
Kathy V
Peter P
Shiromi L

In Memoriam

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

Marjorie C
Keith V
Julie S

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.

Library Service

We have a mobile library service that picks up and delivers library books to residents' rooms.

If you would like to use this service, please speak to one of our friendly team members at reception.

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.

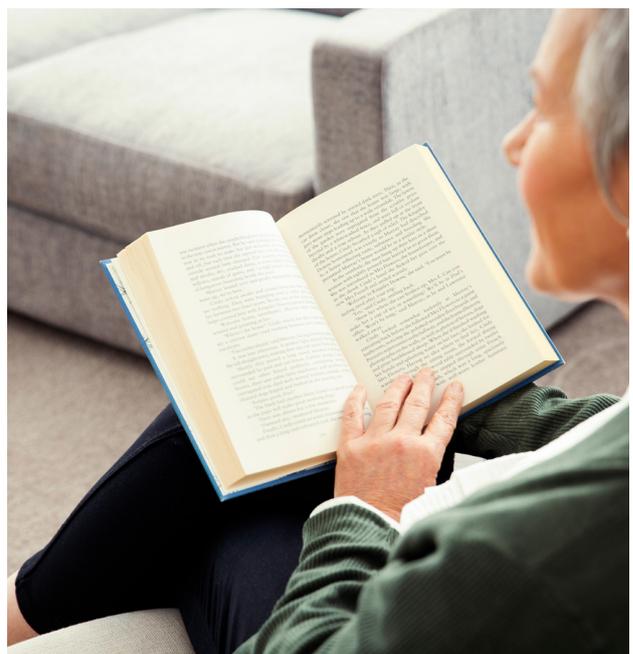
Scenic bus drives

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



Upcoming events

We have lots of exciting events coming up at the home. We have our regular weekly services and activities including our hairdresser, mens club, bingo and happy hour to end the week.

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 April Fools Day Happy hour 4pm	2 Bingo 3.15pm
3	4 Henny Penny Hatchings 2pm Men's group 4pm	5 Hairdresser 9.30am	6 Devotions 10:30am	7 Hairdresser 9.30am Men's group 4pm	8 Hairdresser 9.30am Happy hour 4pm	9 Bingo 3.15pm
10	11 Residents meeting 2pm Men's group 4pm	12 Hairdresser 9.30am	13 Devotions 10:30am	14 Hairdresser 9.30am Men's group 4pm	15 Good Friday Hairdresser 9.30am Happy hour 4pm	16 Easter Saturday Bingo 3.15pm
17 Easter Sunday	18 Easter Monday Men's group 4pm	19 Hairdresser 9.30am	20 Devotions 10:30am	21 Hairdresser 9.30am April birthdays celebration 2.45pm Men's group 4pm	22 Hairdresser 9.30am Happy hour 4pm	23 World Book Day Bingo 3.15pm
24	25 ANZAC Day tribute 2pm Men's group 4pm	26 Hairdresser 9.30am	27 Hairdresser 9.30am Devotions 10:30am Armchair travel 4pm	28 Hairdresser 9.30am Men's group 4pm	29 Hairdresser 9.30am Happy hour 4pm	30 Bingo 3.15pm

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Men's group 4pm	3 Hairdresser 9.30am	4 Devotions 10:30am	5 Hairdresser 9.30am Cinco de Mayo celebration 2.45pm Men's group 4pm	6 Hairdresser 9.30am Mother's Day tea celebration 2.45pm Happy hour 4pm	7 Bingo 3.15pm
8 Mother's Day	9 Men's group 4pm	10 Hairdresser 9.30am	11 Devotions 10:30am	12 Hairdresser 9.30am International Nurses Day 2.30pm Men's group 4pm	13 Hairdresser 9.30am Happy hour 4pm	14 Bingo 3.15pm
15	16 National Volunteers Week afternoon tea 2.45pm Men's group 4pm	17 Hairdresser 9.30am	18 Devotions 10:30am	19 Hairdresser 9.30am Men's group 4pm	20 Hairdresser 9.30am Happy hour 4pm	21 Bingo 3.15pm
22	23 Men's group 4pm	24 Hairdresser 9.30am	25 Devotions 10:30am	26 Hairdresser 9.30am Beat It Music 3.15pm Men's group 4pm	27 Hairdresser 9.30am Happy hour 4pm	28 Bingo 3.15pm
29	30 Men's group 4pm	31 Hairdresser 9.30am				

Legend: Unique event/activity Public holiday

Upcoming events

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Devotions 10:30am	2 Hairdresser 9.30am Italian Day 2.45pm Men's group 4pm	3 Hairdresser 9.30am Happy hour 4pm	4 Bingo 3.15pm
5	6 Men's group 4pm	7 Hairdresser 9.30am	8 Devotions 10:30am	9 Hairdresser 9.30am Men's group 4pm	10 Hairdresser 9.30am Happy hour 4pm	11 Bingo 3.15pm
12	13 Queen's birthday high tea & activities Men's group 4pm	14 Hairdresser 9.30am Scenic bus drive	15 Devotions 10:30am	16 Hairdresser 9.30am Men's group 4pm	17 Hairdresser 9.30am Happy hour 4pm	18 Bingo 3.15pm
19	20 Men's group 4pm	21 Hairdresser 9.30am	22 Devotions 10:30am	23 Hairdresser 9.30am Movement to Music 3pm Men's group 4pm	24 Hairdresser 9.30am Happy hour 4pm	25 Bingo 3.15pm
26	27 Men's group 4pm	28 Hairdresser 9.30am	29 Devotions 10:30am	30 Hairdresser 9.30am Men's group 4pm		

Henny Penny Hatchings

Monday 4 April 2022, Concert Area

The Henny Penny Hatching program is an 11 day incubation program where our residents get to experience the hatchings of chicks.

At the end of the program, chicks will return to Henny Penny Hatchings for adoption.

Residents Meeting

Concert Area

Residents meet in the concert area every month to meet the faces of new residents and discuss upcoming activities and events.

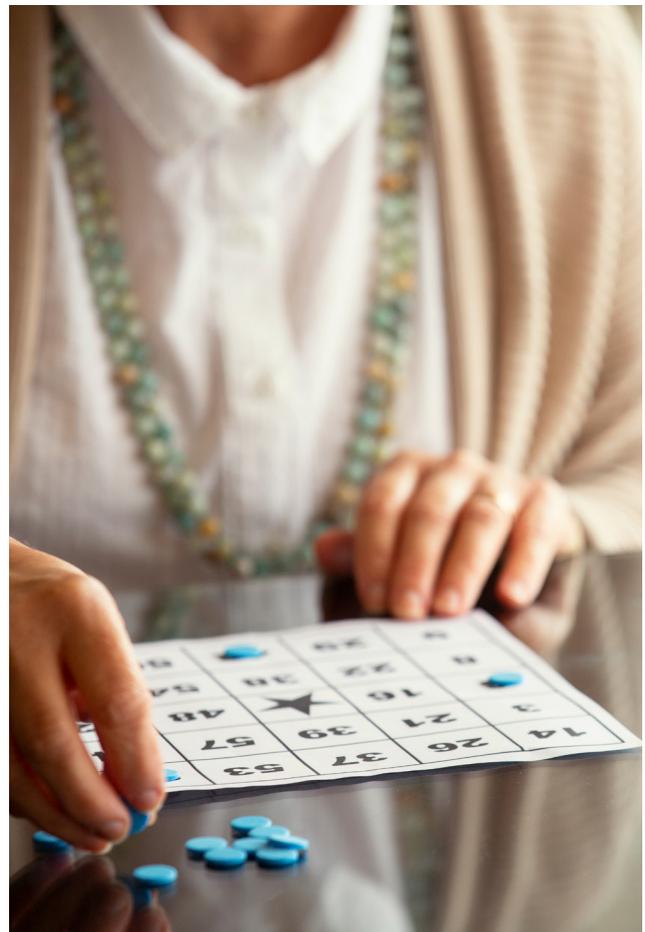
ANZAC Day Tribute

Monday 25 April 2022, Concert Area

This ANZAC day, we pay tribute to those who have served and continue to fight for our country. Join us in the concert area for our special tribute.

Grab your activity program copy

Contact the team at reception for a copy of the full activity program, or pick one up at the Leisure and Lifestyle office.



Laughing Matters

The Barber

Barber:
How would you like it sir?

Man:
Could you cut it very short on one side and not at all on the other, with a sort of crooked fringe at the front and big tufts pulled out at the back?

Barber:
Oh dear, I don't think I can manage that sir.

Man:
Why not? You did it last time.

Did you know?

The average person laughs about 13 times in a single day.

The Diamond Ring

The enormous diamond ring a woman wore on a luxury cruise attracted much attention from fellow passengers.

"It's the Beaumont diamond," she told her table companions, "and like the notorious Hope diamond, it carries a terrible curse."

"What's the curse?" they asked.

"Mr. Beaumont," she explained.

The Captain

A pacific cruise liner was passing a small deserted island and the passengers saw a ragged and bearded man, running up and down the beach waving wildly.

"Who on earth is that?" someone asked the captain.

"I really don't know", he replied "But he certainly enjoys our visits.

He carries on like that every time we pass this way!"



Stay tuned for the Winter Edition of The Cumberland Catch Up

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.