

# The Cumberland Catch Up

Winter Edition 2022



Cumberland *View*

# Welcome to the Winter Edition of the Catch Up

Hello residents, families, and friends,

We hope you've been keeping well this winter and have avoided all of the nasty bugs that seemed to have circulated in the community.

In this edition of *The Cumberland Catch Up*, you'll find the latest stories and activities that have been happening at the home, along with some upcoming events for spring.

We encourage our wonderful community to follow us on Facebook as this is where we share our daily activities and events.

If you have any feedback on what you'd like to see included in upcoming editions of the newsletter, please email: [lifestyle@cumberlandview.com.au](mailto:lifestyle@cumberlandview.com.au).

Keep safe, well and happy.

Janine Linnert,  
Leisure and Lifestyle Coordinator.



## Message from Joe, Facility Manager

Hello everyone,

Welcome to the Winter Edition of *The Cumberland Catch Up*. We hope it provides you with lots of helpful information and a few smiles too.

Weather and COVID-19 permitting, there are many activities enjoyed by all residents.

Since the last newsletter, Chef Sumith has introduced many of the new dishes that residents sampled and provided feedback on. The salmon, barramundi, and lasagna have been big hits. Sumith has continued to work in the background to create more delicious new dishes. These have been presented to residents with lots of wonderful feedback coming in.

Our gardeners have been working hard to bring the gardens back to life and I am sure you will agree they have done a fantastic job.

We look forward to spring to watch our gardens blossom.

Warm regards,  
Joe Ciccarone, Facility Manager.



# Winter Highlights

Over the winter months, our residents have been keeping busy with our regular activities plus some highlight events full of laughter and fun. Don't forget to like our page on Facebook to keep up to date with all the latest happenings at our home.

## Teddy Bears Picnic

Back by popular demand after last years success, residents enjoyed an indoor picnic with their childhood teddy bear on Monday 11 July. It was a fabulous afternoon tea for residents and their teddy bears where special memories were shared. We were lucky to be joined by Alex Matthews who provided us with live entertainment for what was a very delightful and fun afternoon.



## Christmas in July Celebrations

On Tuesday 12 July, residents gathered in the dining room and enjoyed a festive roast lunch cooked by Chef Sumith and our kitchen team, to kick off the Christmas in July celebrations.

We then spent the afternoon listening to Kamahl play for us in the concert area whilst the ever-so-helpful Christmas elves (aka lifestyle team) served up Christmas style beverages.



## International Beer Day and Happy Hour

On Friday 5 August we celebrated International Beer Day during our regular happy hour session. Residents were able to sample the tastes of different beers from around the world and even have a glass if they loved a particular beer.

Residents also enjoyed a selection of other beverages, including non-alcoholic drinks with some nibbles whilst listening to music on the big screen.

It was the perfect winter's happy hour to end a big week with friends.



# ANZAC Day

## The story of Norman Kaye during World War I

On ANZAC Day, we shared the story of Norman Kaye, who served during World War I. Norman's son, Colin, is one of our wonderful residents here at Cumberland View Aged Care and has done extensive research on his father as well as the memories he recalls from his father's experience during active service.



Norman Kaye enlisted in Footscray in the 22nd Battalion on 5 October 1916 at the age of 22. Norman enlisted with two of his cousins, both who also served in the same Battalion. Norman's two brothers, Charles and Arthur, were involved in active service at the same time. Sadly, Arthur was killed in September 1917 whilst serving in Passchendaele, France.

At this time, it was Norman's second attempt at enlisting as the first time he was told he was too small in his chest measurements, but these rules were relaxed as numbers were needed. Norman stood at 5 foot 7 and ½ inches tall and weighed only 10 stone. He served in France and Belgium, and during times of leave, they were sent to English barracks not knowing anyone other than their fellow soldiers.

In 1918, Norman was awarded the Military medal for Bravery. The statement below is from when he received his award:

'Deed for which No. 6376 Corporal N.E. Kaye, MM. 22nd Battalion was awarded the Military Medal.

At Hearleville on 18 August 1918, during minor operations this man was No.1 on a Lewis gun.

During the advance he showed great coolness by walking in front of the attacking wave firing his gun from the hip. Arriving at the objective he was the first to enter the enemy trench and in the face of heavy opposition used his gun with great effect.'

In the photo below are Norman's three medals which Colin proudly displays of his father.

After the first World War, Norman returned to Melbourne where he worked as a carpenter. He was married in 1926 and began to raise his family at that time.

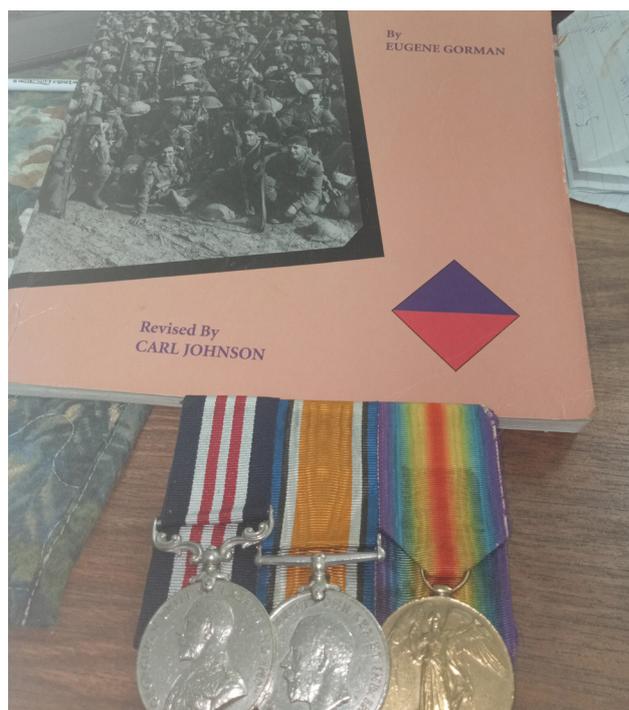
Colin recalls that his father rarely talked about the time he served overseas but his father did have flashes of memory making a quick remark here or there about things he remembered like trying to light cigarettes in the trenches.

Another memory Norman had was a regarding food and water supplies when Norman and his fellow soldiers went looking for water and they had to break ice in a shell hole to access some.

Norman served a total of three years in active service and went on to live a happy life. Sadly, he passed away at the young age of 61 from bowel cancer.

We thank Colin for sharing his father's incredible story.

Lest We Forget.



# International Nurses Day

On International Nurses Day, we celebrated the wonderful and hard work of our nurses. We thank them for caring for us, helping us and being there for us.

We are blessed to have highly trained and skilled nursing staff to care for our residents. Today, we share the story of Manpreet, our Nurse Unit Manager here at Cumberland View Aged Care.

**Why did you choose to do nursing as your chosen career?**

I always loved helping others and held high regards towards this noble profession, so I decided to join it. It was the best decision of my life.

**What does nursing mean to you?**

Nursing to me is providing utmost love, care and compassion to the ones who require healing. I am fulfilling my life purpose through my job.

**What do you enjoy most about working at Cumberland View Aged Care?**

The staff, the residents and the environment. Cumberland View Aged Care is my second home and the staff members are like my family. I feel very privileged to work with a beautiful group of people, who despite all the challenging times, stayed together and continued to thrive.



**What is most challenging about being a nurse?**

Keeping everyone safe and healthy during the pandemic.

**What is your most special nursing memory?**

So many, but the one that always makes me emotional was being hugged by a beautiful lady few moments before she passed away.



## Read more stories

Access our news page via our website for all the latest updates at Cumberland View.

## 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

“  
It's not the years in your life that count. It's the life in your years.  
”

- Abraham Lincoln

# Winter Warmers at Cumberland View

Whilst we are now heading into spring, it has still very much felt like winter with the nearby Dandenong Ranges draped with mist, and the mornings still fresh. Our team are focused on ensuring the health and wellbeing of residents during the cooler months and that days are full of fun with many wonderful activities planned.

## Exercise

Keeping active is not only important for physical health, but also increases social connection. The walking group have chosen to get their steps up indoors as walking outside in the frosty mornings is not so inviting.

Residents brightened up their mornings by walking the terraces, sharing a warm smile and a 'good morning' to other fellow residents and staff they saw along the way. They often like to break out into song to spread cheer to everyone at the home. Residents also enjoyed participating in our morning exercise classes to warm them up for the day ahead.

## Arts and Crafts

The 'Crafty Cumberland' group get together weekly for craft. Residents express their creativity using a variety of artistic techniques whilst chatting and laughing with friends. The knitting group, run by one of the lovely residents, meets weekly to knit and purl their way to create some warm winter woollies. At times, the chit chat flows faster than the knitting needles.

## In the kitchen

The kitchen team serve up a variety of breakfast options daily for residents to choose from and on Wednesday mornings residents enjoy our very popular hot 'winter warmer' breakfast. All menus and food served to residents are designed in house and homemade with love.



On the chilly winter days, residents enjoyed a hot chocolate, coffee or tea and cake with other residents making this a great way to relax and catch up on all the gossip.

## Keeping calm and having a laugh

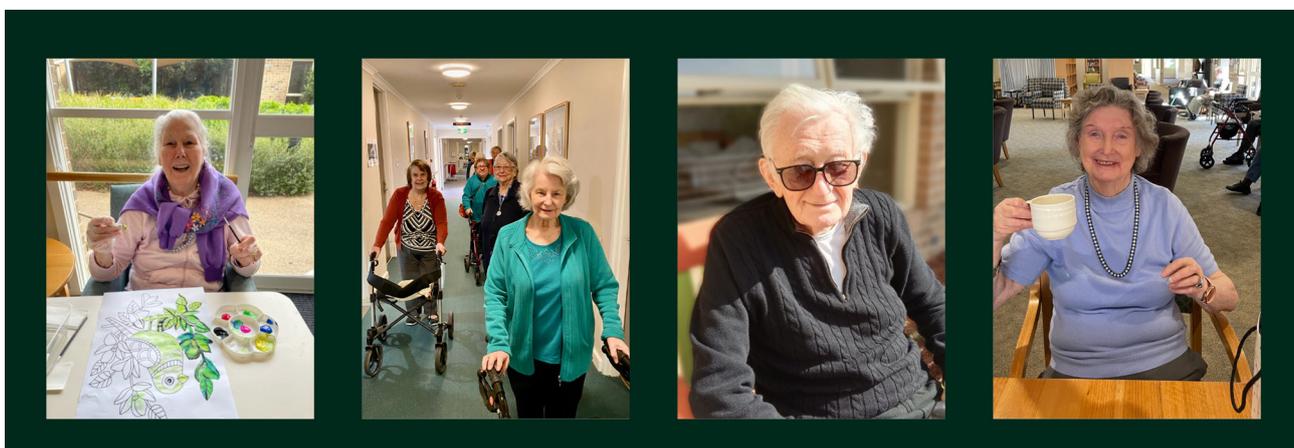
Laughter is the best medicine and for residents at Cumberland View, this could not be more true. The memory box group meet weekly, and the sharing circle resembles a big warm hug as residents reminisce and share their most precious stories from past and present.

The men's group meet a couple of times per week where loud laughter can be heard reverberating around the lounge area as old stories are told and refreshments are enjoyed.

There is no better way to warm the heart on a cold day than having a laugh with friends.

Residents always keep active to promote well-being throughout winter months.

Don't forget to keep an eye on future editions of *The Cumberland Catch Up* to see the wonderful activities and events the residents get up to or follow the Facebook page for daily updates.



# World Music Day at Cumberland View

At Cumberland View Aged Care, music is highly valued as it plays a huge role in our moods, emotions and well-being. The residents at Cumberland View enjoyed celebrating music and the role it plays in society on World Music Day on 21 June 2022.

Residents look forward to attending our weekly concerts performed by regular artists, Steph Renouf, Jack the music man, Laurel McKenna, and Mel Manuel. Music is part of our everyday activities whether it be live musicians, live zoom concerts or listening to music played in our lounge area. Residents are encouraged to participate in our variety of music activities including our 'beat it movement and music' sessions, seated Tai Chi while listening to slow paced, relaxing music, or join us in the lounge area for YouTube concerts where various artists are showcased.

Not only are residents regularly entertained with great music at the home, but some residents have musical talents of their own. Residents are encouraged to share music with others and to play for their own enjoyment. Ken and Joan are two wonderful residents at Cumberland View and have kindly shared their musical story and what music means to them.



He is very proud of his extensive music collection. 'Music just makes me feel good', he says. 'During leave from the army in 1954, I remember I walked past a pawn shop and saw a harmonica and mouth organ in the window. I had never tried these before and wanted to give them a go'. It wasn't long before Ken discovered he had a natural talent for the harmonica. Ken shares that music means so much to him which also allowed him to follow his hobby for music and become a ballroom dance instructor. 'Music gives me purpose, I love it, put it that way', he says. Ken is a regular member at our music concerts and is most happy when he is in the presence of music and dance.

Our resident Joan has been singing since Sunday school choir. Growing up, she was part of two choirs, one in Oakleigh and one in Melbourne where she also made lifelong friends. She performed weekly at nursing homes for over twenty years. Joan says she can play a little bit of the piano, but prefers to sing. Residents who know Joan, know she will break into song at any given moment because of the joy it brings her, and this is something she loves to share with others. Joan is the first person to arrive for any concerts and is one of the most enthusiastic participants too. Joan's favourite song is the hymn, 'Abide with me' because the words are lovely, and she loves to sing it out loud for other residents to listen.

Sharing musical moments on World Music Day was wonderful. However, our residents always embrace lots of playing, singing and dancing, proving every day is music day at Cumberland View Aged Care.



Ken loves everything to do with music. He regularly has music on his in room or you'll find him playing on his keyboard.

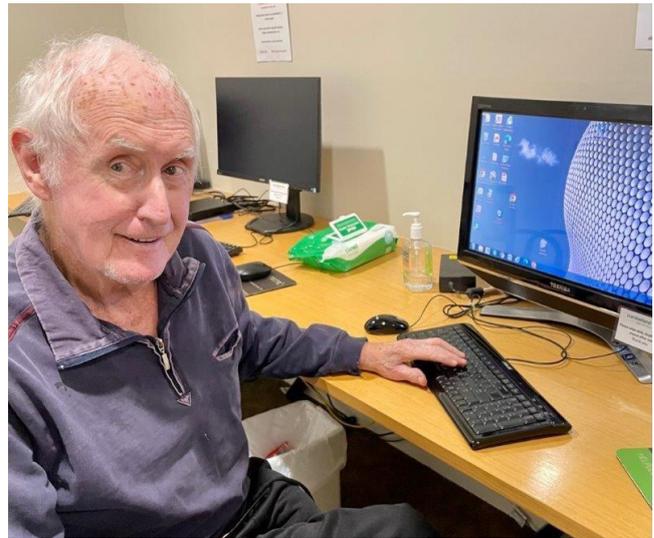
# Hello High Tech at Cumberland View

The world-wide COVID-19 pandemic deeply affected most of us and for many, being apart from family and friends was the hardest part.

During lockdowns, the team at Cumberland View Aged Care were sad that they had to close the doors to keep residents safe, but the lifestyle team were quick to find ways to ensure residents stayed connected to their loved ones.

With many opportunities for residents to video call their loved ones through Zoom or FaceTime, they were able to keep up to date with everything happening in the lives of their families. For many, social media and technology was very foreign, but the team helped navigate the way through the challenges.

Janine Linnert, Lifestyle Coordinator, said, 'The residents had the biggest smiles when they saw and heard their loved ones. It has all been worth it for the laughter, tears of joy – singing happy birthday or seeing the newest family member being welcomed into the world'.



'At Cumberland View, we love posting all our fun events and activities on our Facebook page for families and friends to see. It's always nice to get feedback from relatives of residents how much they look forward to scrolling through our photos,' said Janine.

The lifestyle team regularly share the Facebook page on the big TV screen in the concert area for residents to see and photos are greeted with lots of laughs and cheers of recognition amongst the group.

Once a week, the lifestyle team offers 'Hello high tech' classes for residents and they also make room visits assisting residents with their smart phones, iPads, tablets, and Google nests to help with sending or receiving text messages and/or emails. One resident learned how to sort photos into albums on a smart phone and now loves to look back on such happy memories so quickly and conveniently.

Our residents love to take a trip down memory lane with our activities such as, 'Welcome to the world and places of interest' which takes the residents on a trip down memory lane. Using Google Maps to explore, residents love to visually see old neighbourhoods, childhood homes, schools, or favourite travel destinations and share many wonderful stories with other residents.

The computer nook has become popular with the Internet savvy and the smart TVs in lounge areas ensure residents can enjoy documentaries, movies, and armchair travel sessions whenever they like.

To ensure you keep up to date with all the latest happenings at Cumberland View, be sure to follow our Facebook page.



# Aged Care Employee Day

## With our wonderful Lifestyle Coordinator: Janine

On Sunday 7 August, we celebrated Aged Care Employee Day by honouring Australia's residential, home and community aged care workers. This year's theme #ThanksforCaring recognises everyone involved in caring for older Australians.

This year, we asked our wonderful Leisure and Lifestyle Coordinator, Janine, to share her aged care journey and what working at Cumberland View means to her.

**What made you want to pursue a career in the aged care sector?**

I had always wanted to pursue a career in nursing during my school years, but I also thought I'd like to study occupational therapy too. For years, I wanted to work in a role where I was care giving.

Sadly, I lost both my parents when they were in their 60s, so I never got the opportunity to care for them, but I am grateful I now get to care for others in my role here at Cumberland View.

**What do you like most about your role and working at Cumberland View?**

I have been at Cumberland View for 12 years now which says something. My role is varied every day and brings me a lot of joy. The simplest things in my role like seeing the residents laughing and happy, stopping to have a chat or a simple hello always makes my day.

I also love the many friendships I have built with our lovely residents and my colleagues as the home is filled with such kind and caring people. My role is very rewarding, and I'm blessed to work in such a lovely environment.

**What's the most challenging thing about working in aged care?**

One of the challenges I face in my role is saying goodbye to residents when they pass away.

Whilst this is difficult, I feel blessed to have played a small role in their life.

**What is a special memory you have from working at Cumberland View?**

I feel lucky to say there have been many wonderful memories from working at Cumberland View.



From forming friendships with other staff members, getting to know the residents, and hearing their incredible life stories to seeing the enjoyment residents have from events and activities at the home, I feel my role is truly unique.

One special memory was when a resident was having a down day and she reached her hand out to me and said, 'I'm so glad you're here'. I knew then that this was the right job for me.

# Noticeboard

## A very warm welcome to our

### **New residents**

Maria O'Loughlin  
Mary Hick  
Elizabeth Hunter  
Francas Thompson  
Heather Di Mingo  
Joyce Sebo  
Joan Sullivan  
Les Sullivan

### **New staff**

#### **Registered Nurses:**

Ayusama K  
Rizgul S  
Malkit K

#### **Personal Care Assistants:**

Rachel T  
Sukhman Deep K  
Riak A  
Xiaoying L  
Glann C

#### **Enrolled Nurses:**

Tajinder K  
Mansh G

#### **Cook:**

Jennifer N

## 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.

## Happy Hour

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.

## 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)

## 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.

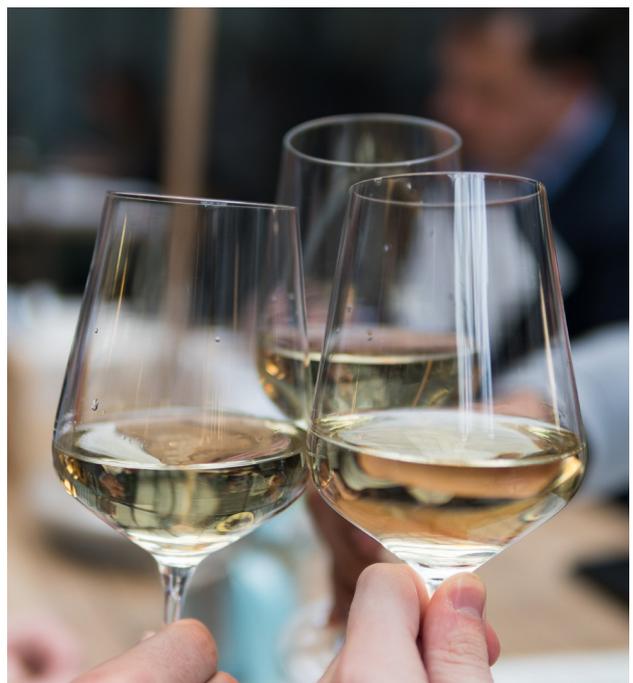
## Hairdresser

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.

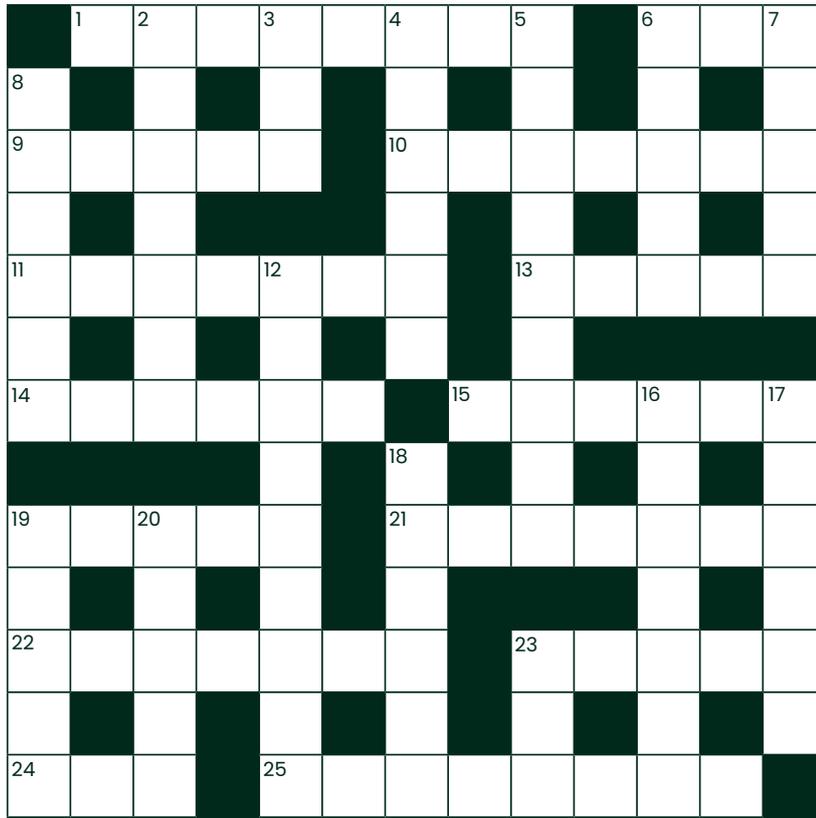
## Men's Group

Our Men's Group meets twice a week on Mondays at 4.15 pm and Thursdays at 4 pm in Madeline. Come join in for a chat, have a drink with mates, and meet other residents too. All are welcome.



# Games Corner

## Crossword



### Across

1. Sweet police found in a ditch (4,4)
6. Time to get some sausages (3)
9. Odd bits of brass in bowl (5)
10. Different sort of saviour (7)
11. A group on leave (7)
13. Nobleman meeting youth leader ahead of time
14. First born of Israel destined for central role? (6)
15. Sweet smell - and something annoying (6)
19. Wrongful acts for children? That's about right (5)
21. Quandary for dreadful dim male (7)
22. Have faith in cover held back by cover (7)
23. In a labyrinth I found corn (5)
24. Half of Sicily is like this (3)
25. Animal skin to be treated (8)

### Down

2. Something chewed with yellow sauce (7)
3. Mafia boss found in river (3)
4. Birds talk wildly to Poles (6)
5. Everlasting variety for Peter and Paul (9)
6. Love affair for one like Othello, we hear (5)
7. Written work from Midwest, for example (5)
8. Burning a baker's first loaf (6)
12. Sister involved with sad calamities (9)
16. Disney film turning on Italian child (7)
17. Burial places depicted by a poet (6)
18. Redhead almost breaking stick (6)
19. Container, as provided for instruments (5)

Did you know that during WWII, crossword puzzles were banned in Paris as it was believed they could be used to pass cryptic messages along to the enemy.

## Sudoku

Difficulty: Easy

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

Difficulty: Hard

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

# Upcoming events in Spring

We have many exciting events and activities planned in Spring. From the AFL Grand Final celebrations to Halloween and Melbourne's Spring Racing Carnival, there's lots residents can look forward to.

## AFL Grand Final

Our AFL Grand Final event is one you won't want to miss. Join us in the concert area for pre-game celebrations and enjoy some special treats including footy franks, party pies and chips, all to be washed down with a drink of your choice. We will also be presenting trophies to the winners of this years footy tipping competition, before tuning into the game on the big screen.

## Halloween

This year we are creepin' it real with our witch and famous Halloween celebrations, so grab your broomstick and join us for an afternoon of fun. With spook-tacular decorations lacing the concert area, join in on the Halloween style games and watch eerie-sistible movies.

## Spring Racing Carnival

Pick a winner by joining in on our free Melbourne Cup sweep to celebrate this years Spring Racing Carnival. Our Fashions on the Field is open to everyone so dress up in your best race-goers outfit, take photos under our beautiful floral archway and join us for a wonderful afternoon tea flowing with drinks of your choice.





## Stay tuned for spring

### 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).