

# The Cumberland Catch Up

Spring Edition 2022



Cumberland *View*

# Welcome to the spring edition of The Catch Up

Hello residents, families, and friends,

Welcome to the spring edition of *The Cumberland Catch Up*. Let's hope the weather continues to warm up as we have now started our morning walking group heading outdoors, so please come and join us, it's such a wonderful way to start your day.

In this edition, you'll find the latest stories and activities, along with some upcoming events for summer, such as our Christmas decorating day, Christmas concerts, and of course Christmas day itself. We also have exciting activities to look forward to in the new year.

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

I'd like to take this opportunity to wish each and every one of you a joyous, safe, and happy Christmas, and all the best for 2023.

Janine Linnert,  
Leisure and Lifestyle Coordinator.



## Message from Joe, Facility Manager

Dear Cumberland View community,

Welcome to the spring edition of The Catch Up.

It was a long and dreary winter and it looks like the weather is slowly starting to improve. The gardens are coming into full bloom, and I hope you all take the opportunity to get out into the courtyards and enjoy the warmer weather.

I am pleased to inform you that we have purchased new BBQs and our chef, Sumith, will use them to cook up a storm over the next few months.

Over the last few months, we are very lucky to have welcomed our wonderful new staff members into the Cumberland View community.

I hope you enjoy reading this publication and please take time to express your appreciation to the Leisure and Lifestyle team who have put it together.

Warm regards,  
Joe Ciccarone, Facility Manager.



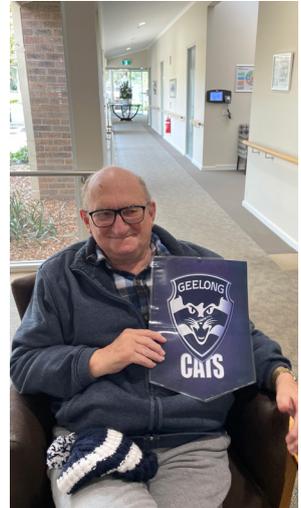
# Spring highlights

Over the spring 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.

## AFL footy and Grand Final day

Residents enjoyed participating in the football tipping competition hoping to reach the final siren with their picks on top. The leader board was watched closely as lifestyle staff updated the points each week.

We celebrated our winners on 'Wear your football colours day' and each footy tipper received trophies with team colours and a certificate of participation. Congratulations to Graeme, Barbara, and Margaret.



## Olivia Newton John tribute

In a tribute to Olivia Newton John we decorated the concert area in 'Grease' style with a "sock hop" diner and juke box. Staff dressed the part as members of the 'Pink Ladies'. Everyone loved listening to Olivia's greatest hits and singing along while watching the Grease movie.



## Spring racing carnival week

We invited residents to join the cup sweeps and the winners were grinners.

Champagne high tea along with variety of spring carnival inspired horse racing games got us in the mood to then cheer on the fashions on the field where fashions stakes were high and the roses in full bloom.



# World Alzheimer's Day

September was World Alzheimer's Month, and this year's theme, 'Know Dementia, Know Alzheimer's' highlights the importance of support for people living with dementia, and their families, following a diagnosis.

The experienced team at Cumberland View Aged Care provides a successful, diverse, and engaging program to support residents who live with all forms of dementia, including Alzheimer's.

On World Alzheimer's Day, our Lifestyle Assistant, Marianne, shared the story of her drive for helping others living with Alzheimer's and how working at Cumberland View Aged Care fulfils her passion.

'Every September, I am reminded about Alzheimer's, a subject very close to my heart. My father was diagnosed with Alzheimer's and my family, and I were scared as we didn't know too much about the disease. It was the fear of not really knowing what this meant for his future, or ours. Like many of us, I turned to the internet for information, but it was overwhelming how much was out there.

To prepare for the future, my sisters and I undertook education through Dementia Australia, the University of Tasmania, and other online courses, and I became passionate about helping my dad through his journey. The more I learned about Alzheimer's, the more I wanted to help others with their dementia journey too. I completed my Certificate IV in Leisure and Lifestyle while working at Cumberland View Aged Care and love my role and all the residents I help care for.

Our Carter Wing includes specialised dementia care, and we are passionate about enhancing daily experiences for our residents by using the person-centred approach. All activities are carefully designed to empower and enrich the lives of all our residents.



At Cumberland View, there's so much more to the care and support provided than just mind games and activities. Understanding sundowners and strategies to ease anxiety are part of the way we structure our day. We are sure to incorporate music, art and social interaction through games as well as doll and pet therapy.

It is the simple things that give me joy in my work, a smile, a connection and a memory shared. Any family who experiences dementia knows how heart breaking and hard it can be. If you'd like to further educate yourself, I recommend doing the courses, Understanding Dementia and Preventing Dementia which are a free online tool through the University of Tasmania.

If you find yourself in the same situation and need more information, feel free to come chat to our friendly staff here at Cumberland View.'



# Combatting loneliness

Connection and a sense of belonging in a community are significant factors in our overall health and wellbeing which includes our friends, family, faith or interests and a continued participation in society. For many seniors, experiencing isolation and loneliness can lead to mental health problems and a decline in overall health.

At Cumberland View Aged Care, we have a strong community of residents, families and staff with a shared vision of enhancing the lives of residents. With a large focus on community, residents are supported and encouraged to connect with others inside and outside the home. The lifestyle activity program has been carefully designed to include social, cognitive, and physical engagement, in which residents are encouraged to participate in as many or as few get together as they like.

It can be daunting entering an aged care home where you know no one, so welcoming new residents into our home and ensuring they feel they belong is a key focus. When new residents enter our home, we host an afternoon tea, Welcome to New Residents, which is the first step for new residents to feel included in our loving community.

Our wonderful resident, Melva, shares her experience from when she first joined the Cumberland View Aged Care community.

'Before living at Cumberland View my family were worried about me living by myself. Although I had many family visits, it wasn't every day and it wasn't realistic. Moving out of my home was a big step and the end of a chapter, but it needed to happen.

Since living at Cumberland View, being able to have support at any time during the night has eased my worry. I was feeling vulnerable at home but this has since gone since moving in to Cumberland View as there are always residents



and staff around to provide support when I need it.

The first day I arrived the lifestyle staff showed me all the wonderful activities available. At first, I was shy and kept to myself but with encouragement I started to join in and now I attend most activities. There is a 'new residents afternoon tea' and when it was my turn, I was the only new person, so I was the guest of honour. I felt so welcomed. I have made new friends and meet them daily for coffee and cake.

Activities like 'Memory Box', 'Crafty Cumberland' and the 'Knitting group' are so social and enjoyable; we chat just as much as we knit. I had stopped knitting when I was living at home, but when I heard there was a knitting group at Cumberland View, I took it up again. The admin staff are also very helpful with queries when I ask and they can help me contact family should I need to. I still see my family just as often as before but am so pleased I made the decision to move here.'



# World Diabetes Day

A diabetes diagnosis can be life changing, but with the right support it can be very manageable. For many older people who might be struggling to manage their condition at home, moving to aged care means they have the best possible support they need to continue to live well. Cumberland View Aged Care takes a holistic approach to support the health of all residents, including those living with diabetes.

It's important to assess every aspect of the person living with diabetes. From exercise, diet, medication, and insulin management. The team at Cumberland View take the time to speak to residents to better understand their needs and preferences so that they receive the support they need to manage their condition.

Zoe, one of the wonderful, registered nurses at Cumberland View Aged Care shares her experience of supporting residents at the home with their diabetic management.

'As a nurse, it is very important to monitor residents with diabetes because the illness is life changing, but with the right support, it is very manageable. Testing for blood glucose levels (BGL), as well as being alert to any behavioural changes that a drop or increase in BGL can cause are key. Supporting someone with diabetes is not just a nursing responsibility but requires a multidisciplinary team.



Consulting with nursing, clinical care, dieticians, GP reviews and documentation are all part of following industry standards in care. Continuous education and keeping up to date with the latest online modules for training are intrinsic to providing the care required to safely monitor residents living with diabetes.'



## 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

“

If you change the way you look at things, the things you look at change.

”

- Wayne Dwyer

# Noticeboard

## A very warm welcome to our

### New residents

Patricia Meisinger  
Carmel Trusler  
Helena Grygorowicz  
Jeanette Kincses  
Catherine Logan  
Margaret Standfield  
Margaret Hanna  
Valerie Whitney  
Bernard Whitney

### New staff

**Clinical Care Coordinators**  
Kirandeep Mohal  
Paramjit Kaur

### Registered Nurse:

Brett Turner

### Enrolled Nurse:

Sanjeeta Shahi Thakuri

### Personal Care Assistants:

Bec Meloury  
Brittany Blake  
Jodi Wilson  
Stacey-Lee Kirley  
Achala Dissanayake  
Aaron Gimena  
Dominic Hearps  
David Higginbotham

## 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.

## 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.

## 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.

## 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.



# Christmas colouring

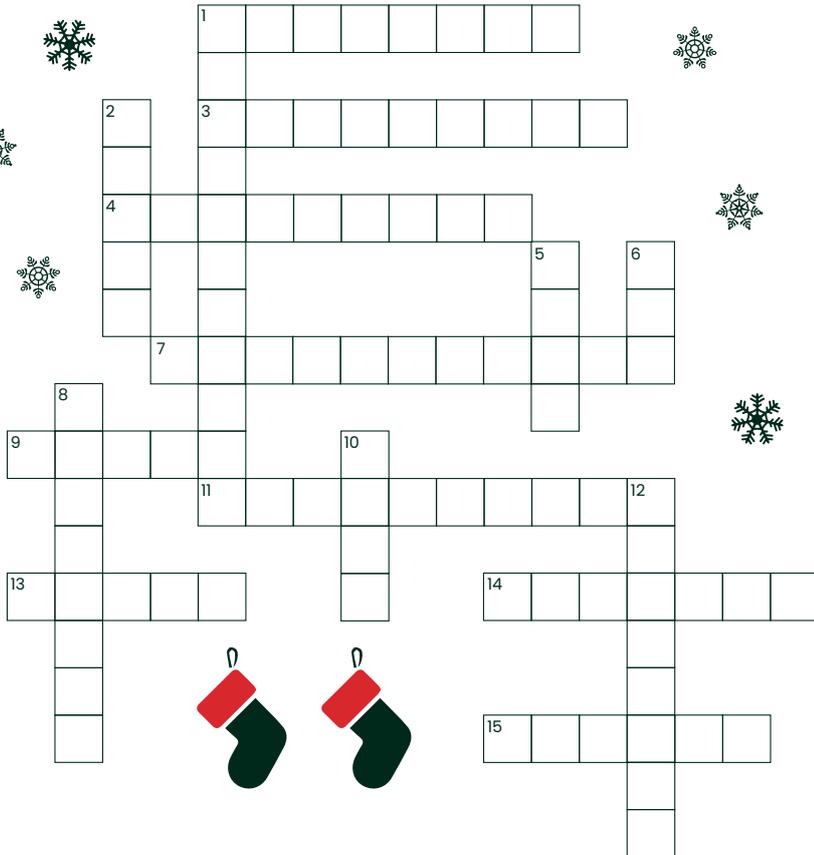
Use your favourite coloured pencils for this fun Christmas colouring in activity.





# Christmas games corner

## Christmas Crossword



### Across

- 1) The month of Christmas
- 3) Red and white striped peppermint lollies that can hang on the tree
- 4) Where Santa lives all year round
- 7) A special house that you make and decorate with lollies
- 9) One of the Christmas colours
- 11) Another name for Santa
- 13) Santa's little helpers
- 14) He was the most famous reindeer of all
- 15) You celebrate Christmas with these people

### Down

- 1) We put these on the tree and the outside of the house
- 2) The big jolly guy in the red suit
- 5) You put one up in your house and decorate it
- 6) One of the Christmas colours
- 8) Santa's wife
- 10) Another word for present
- 12) We hang these up for Santa to fill

### Christmas Riddle:

What can travel all around the world like Santa Claus and never leave its corner?



### Christmas word scramble:

n s t a a \_\_\_\_\_

s l h g i t \_\_\_\_\_

s e w n k f o s l a \_\_\_\_\_

o l s a c r \_\_\_\_\_

p r h l u d o \_\_\_\_\_

u c a t n k e c r r \_\_\_\_\_

r h t w a e \_\_\_\_\_

k s n o i c t g \_\_\_\_\_

m s s h r c i a t \_\_\_\_\_

### Sudoku

Difficulty: Hard

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



# 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. For every day in December leading up to the new year, write down one thing that you're grateful for. You may also wish to list some of your most special highlights from this year.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 Christmas Day
26 Boxing Day	27	28	29	30	31 New Years Eve	

What are you most grateful for this year?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

List your favourite highlights from 2022.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

**“The best Christmas gift is to realise what you already have”**

*- Unknown*

# Upcoming events in summer

We have many exciting events and activities planned in summer. With Christmas and the new year only a few weeks away, there is a lot for residents to look forward to.

## It's beginning to feel a lot like Christmas

There is not long to go till Christmas and residents and staff are already getting prepared with our crafters making table decorations for the dining room. The different terraces will again challenge each other for the best decorated. We will deck the halls and the sights and sounds of Christmas will be jolly. Also Allison Monkhouse has kindly offered to delight us with Santa, entertainment, treats, morning tea and other wonderful Christmas surprises in December so it really is beginning to feel a lot like Christmas.

## New Year's Eve

Celebrating the new year's arrival is all planned with live entertainment provided by Alex Matthews who will entertain our residents with a party and lots of merriment and good cheer. You may be able to hear renditions of Auld Lang Syne as far as the Dandenongs.

## Australia Day

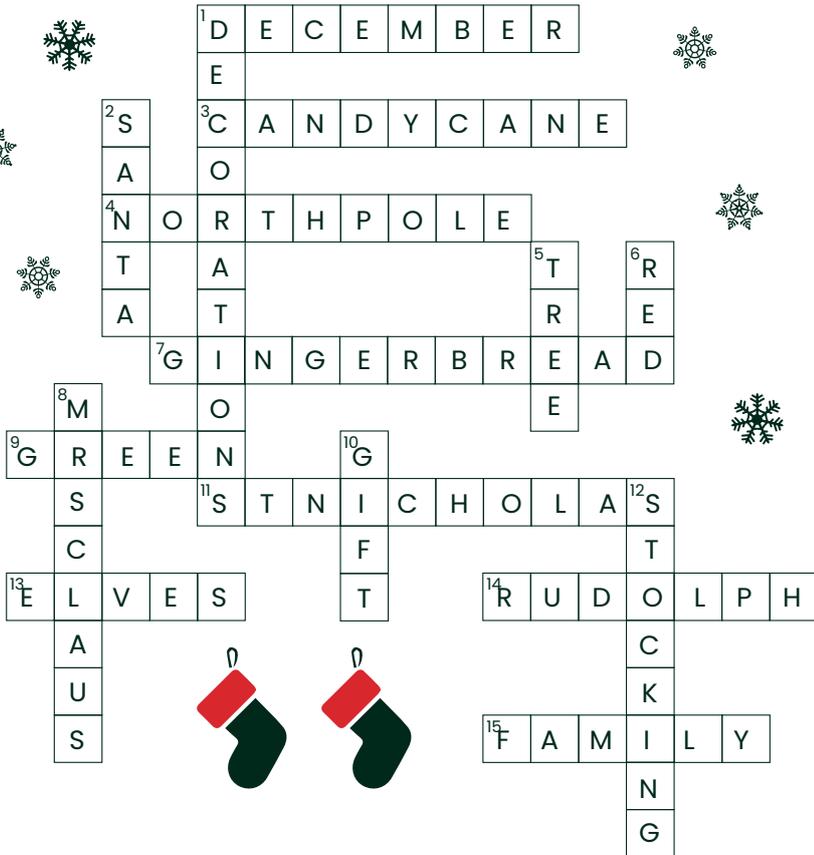
Australia Day celebrations are a favourite at Cumberland View. We decorate and have live Aussie themed entertainment provided by Coxy and his didgeridoo. Meat pies and sauce are a must as the Australian anthem rings out loud and proud. We will also enjoy some classic Australian songs to dance and sing along to.





# Christmas games corner answers

## Christmas Crossword



1 D E C E M B E R  
E  
2 S  
3 C A N D Y C A N E  
A  
O  
4 N O R T H P O L E  
T  
A  
5 T  
6 R  
A  
T  
R  
E  
7 G I N G E R B R E A D  
E  
8 M  
O  
9 G R E E N  
10 G  
S  
11 S T N I C H O L A  
12 S  
C  
T  
13 E L V E S  
T  
14 R U D O L P H  
C  
A  
U  
S  
K  
15 F A M I L Y  
N  
G

### Across

- 1) The month of Christmas
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- 8) Santa's wife
- 10) Another word for present
- 12) We hang these up for Santa to fill

### Christmas Riddle:

What can travel all around the world like Santa Clause and never leave its corner? A stamp



### Christmas word scramble:

- nstaa \_\_\_\_\_ santa
- slhgit \_\_\_\_\_ lights
- sewnkfosla \_\_\_\_\_ snowflakes
- olsacr \_\_\_\_\_ carols
- prhludo \_\_\_\_\_ rudolph
- ucatnkecrr \_\_\_\_\_ nutcracker
- rhtwae \_\_\_\_\_ wreath
- ksnoictg \_\_\_\_\_ stocking
- msshrciat \_\_\_\_\_ christmas

### Sudoku

Difficulty: Hard

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

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

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

