

The Cumberland Catch Up

Summer Edition 2023



Cumberland *View*

Welcome to the summer edition

Hello residents, families and friends,

I hope you all had a wonderful Christmas and new year spending time with your loved ones.

Well hello summer! Haven't we had some very high temperatures. As we move into autumn and things cool down, it's still just as important to stay hydrated.

In this edition, you'll find all the latest stories and activities from summer as well as upcoming events for autumn including St Patrick's Day, Easter, ANZAC Day and Mother's Day.

We have many activities to look forward to this year, including our art exhibition and our resident favourite, the annual Easter egg hunt.

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

Janine Linnert,
Leisure and Lifestyle Coordinator.



Message from Joe, Facility Manager

Dear Cumberland View community,

Welcome to the autumn Catch Up. Summer has certainly flown by and Christmas feels like a distant memory.

Over the last few months we have welcomed many new residents and staff members to the home. If you see some new faces, please take the opportunity to make them feel welcome.

The lifestyle team have kept everyone busy with some wonderful activities. This year we even celebrated La Befana in early January. La Befana is a character from Italian Folklore. She is an old lady that delivers gifts to children on the night of 5 January.

Valentine's day was fabulous and more recently the residents were treated to pancakes on Shrove Tuesday.

As Easter is fast approaching, I would like to take this opportunity to wish you a happy and safe Easter.

Warm regards,
Joe Ciccarone, Facility Manager.



Summer highlights

Over the summer months, our residents have kept busy with our regular activities plus some highlight events such as the festive season, and the new year which was brought in with 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.

Christmas and the festive season

We had a wonderful Christmas season here at Cumberland View. Residents enjoyed many live concert performances from Steph Renouf, Ricky Elvis and Tom Diaco who got us into the festive spirit. A highlight for many was the reading of *The night before Christmas* followed by a special Christmas morning where Santa spoiled us by leaving gifts for all.

Thank you to our staff for putting on a delicious Christmas morning tea where we celebrated the end of a wonderful the year, chatted to Santa and listened to the talented, Lorenzo.



New years eve

We brought in the new year in style as our new year's eve party was a fabulous night. We shared stories and memories, with one of the highlights was hearing about the tradition of Hogmanay from our Scottish residents.

We also enjoyed live entertainment from Alex Matthews which had residents tapping their toes, clicking their fingers and some dancing as we welcomed the new year.



Crafty Cumberland art show

On Friday 24 February we held our Crafty Cumberland art show. Over summer, residents were busy creating art pieces to share.

Our wonderful Leisure and Lifestyle Coordinator, Janine, cut the ribbon to commemorate the event, and was the judge of the three top art pieces.

Everyone who submitted a piece received an award and a wonderful time was had by all.



Valentine's Day with Joan and Les

They say a wedding is the perfect place to meet someone new and for Joan and Les that was certainly the case when they found themselves best man and bridesmaid at their mutual friend's wedding in 1956.



They had their first date at Hotel Australia in Martin Place, Sydney, and the pair had much in common as they had both served in the Air Force – Joan in the WAF and Les in the RAAF.

After a whirlwind courtship Les popped the question six months later and less than a year after they first met, they married, in January 1957. Shortly after they moved to Melbourne with the Air Force.

The couple recently celebrated their 66th wedding anniversary and with their apartment at Cumberland View full of flowers, it was the perfect time to reflect on their lifelong love story.

When asked what the romantic secret to their long and happy marriage was, they both agreed that coming from a military background and getting comfortable with moving homes every couple of years only added to the adventure.

Joan shared that her and Les' family were very close, and their support made sharing life's ups and downs much easier.

Les says that he and Joan just 'get each other' which has also been a key factor to a long and happy marriage.



When Joan was asked what a romantic surprise for Les would look like, she said she would like to take him to Pambula beach as that was always a romantic paradise. While Les said he would take Joan on the most luxurious cruise he could find, or a lovely trip back to the north coast of New South Wales.



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

“

Whoever is happy will make others happy too.

”

- Anne Frank

Noticeboard

A very warm welcome to our new residents

Hazel Maurice
Lynette Fowler
Betty Young
Geoffrey Randall
Joan Cridland
Mary Hartshorn
Chongjian Lu
Valerie Sanders
Doris and Jeffrey Walker

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. Upcoming dates for our bus drives in autumn are:

- Monday 20 March
- Monday 17 April
- Monday 8 May

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.

Hot breakfasts

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

We are here for you

If you'd like more information on the above services, please contact Janine Linnert: 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.

Resident meetings

Join in for a chat and laughter, and find out all the latest happenings at Cumberland View.

Our residents meeting is on the first Monday of every month at 2 pm in the concert area. All residents welcome.

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.



New staff members at Cumberland View

A very warm welcome to our new staff members

Registered nurses

Sneha Rajan
Sonia Peter
Navneet Sandhu
Zarqa Qadeer

Personal Care Assistants

Shivani
Menike Dissanyanke
Blair Xu
Lyn-Marie Spencer

Enrolled nurses

Sanjeeta Shahi Thakuri

Food Service Assistant

Ahn Troung

Admin Assistant

Hannah Maxwell

Leisure and Lifestyle Assistant

Zubera Syeda

Recently, we have had new uniform colours introduced at Cumberland View.

Each colour represents a different area of expertise in our staff. Please make sure you say hi and introduce yourself if you see some of the wonderful new faces at our home.



Cherry
Leisure and
Lifestyle



Teal
Personal Care
Assistants



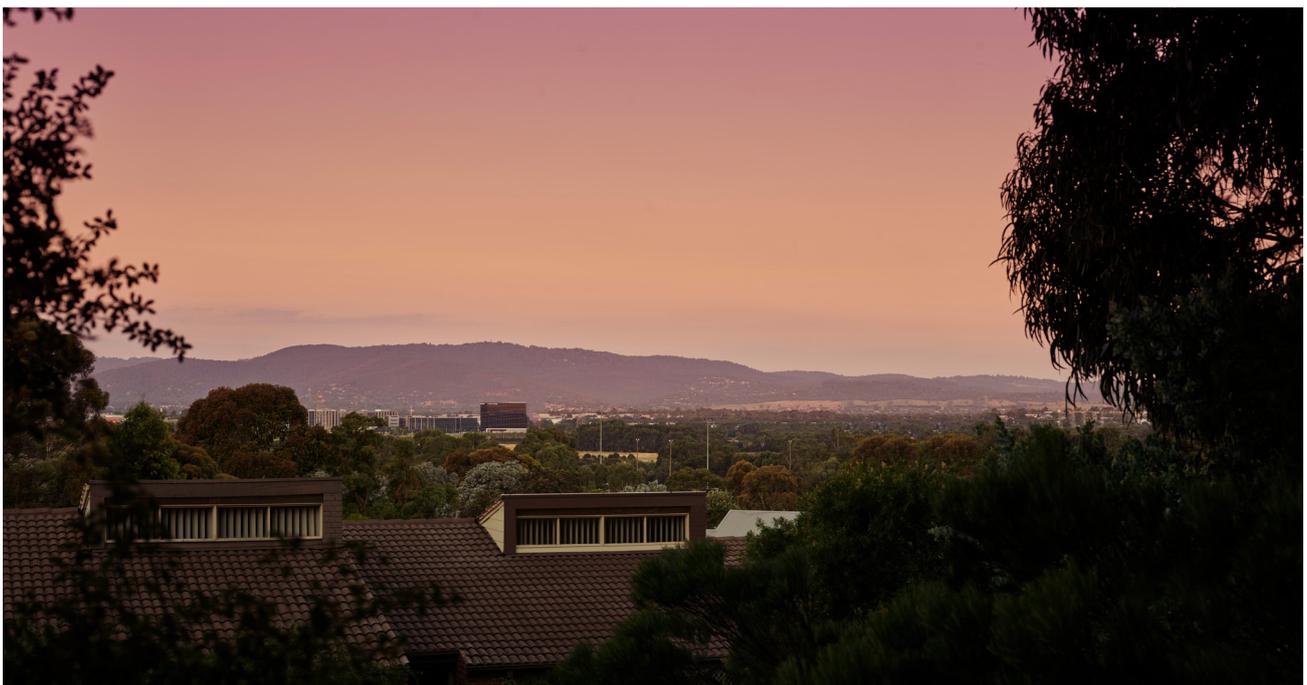
Electric blue
Registered and
enrolled nurses,
nurse unit
manager



Grape
Clinical
Coordinators



Mid blue
House keeping:
laundry and
cleaning



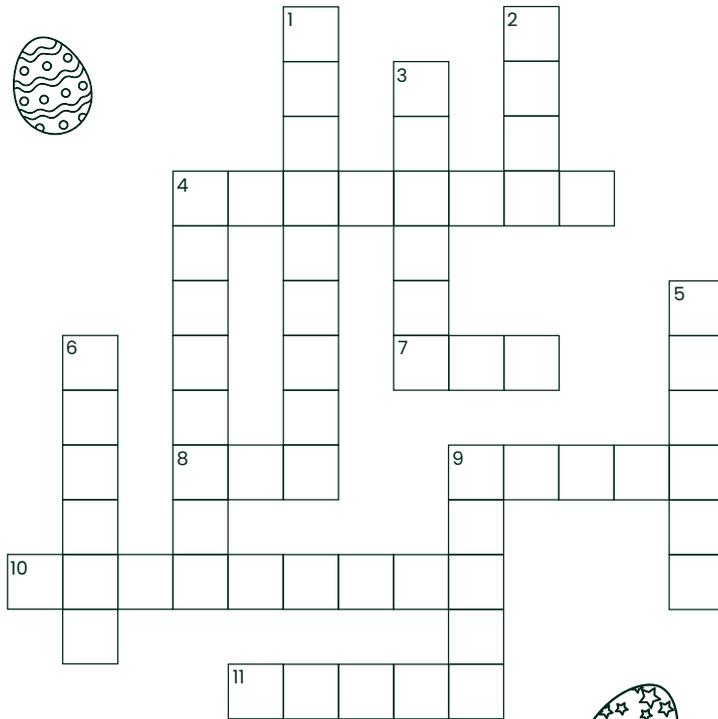
Easter colouring

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



Easter games corner

Easter Crossword



Across

- 4) You might do this to eggs for Easter.
- 7) A hen makes this.
- 8) Used to colour eggs.
- 9) The hen's baby.
- 10) Colourful lollies you may find in an Easter basket.
- 11) Peter Cottontail is one.

Down

- 1) Eggs might be made from this.
- 2) Look for eggs.
- 3) Easter day event.
- 4) Yellow or white spring flower that grows from a bulb.
- 5) Something the Easter bunny brings.
- 6) A pretty hat worn at Easter time.
- 9) Don't eat too much of this or you might get a sore tummy.

Easter Riddle:

What kind of stories does the Easter bunny like the best?

Easter word scramble:

- tsabek _____
- trarco _____
- nyunb _____
- eseart _____
- ctohclaoe _____
- mnauut _____
- gge nthu _____
- lyjel asebn _____
- oht srsco unbs _____

Sudoku

Difficulty: Medium

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

Upcoming events in autumn

We have many exciting events and activities planned during the autumn months including St Patrick's Day, Easter and Mother's Day. Stay tuned for the next edition, or stay up-to-date by following us on our Facebook page.

St Patrick's Day

We look forward to St Patrick's day here at Cumberland View. Sharing cultural experiences is a big part of our lifestyle program, and on St Patrick's day, we love to hear the many interesting stories from our Irish residents. With leaping leprechauns, green drinks flowing and some good jokes, this is an event you won't want to miss.



Harp meditation and chair yoga

Introducing a new relaxing activity for all to enjoy. The talented Susan Graham sings and plays the harp and ukulele. Her restorative meditation sessions will add much enrichment to residents and we look forward to these relaxing sessions.



Easter

Our annual service will be held in the concert area to reflect the significance of Easter. For those that are a little bit more competitive and love their chocolate, we will be holding a festive Easter egg hunt which is sure to be a lot of fun.

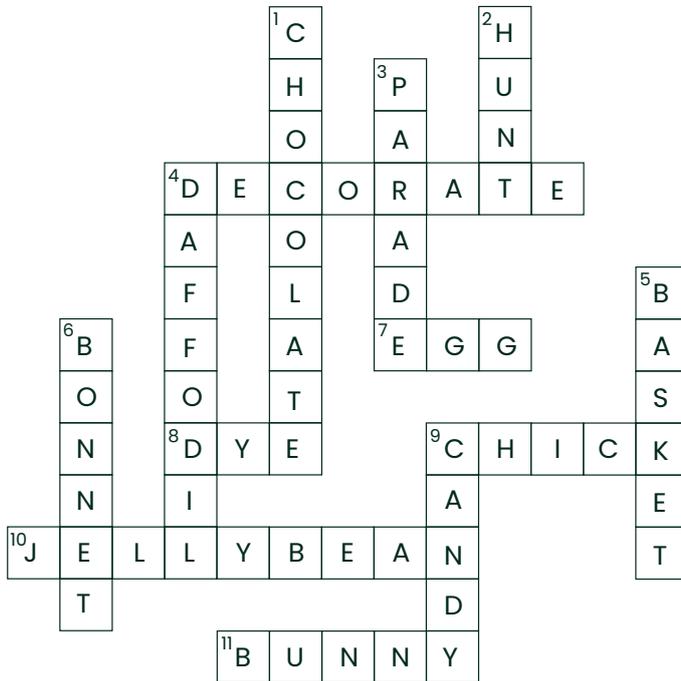
Mother's day

Mothers come in many forms, some are family and some are the family we create for ourselves. We invite all residents to attend our Mother's day high tea to celebrate all the wonderful mother figures in our lives, past and present.



Easter games corner answers

Easter Crossword



Across

- 4) You might do this to eggs for Easter.
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- 8) Used to colour eggs.
- 9) The hen's baby.
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- 9) Don't eat too much of this or you might get a sore tummy.

Easter Riddle:

What kind of stories does the Easter bunny like the best?
Stories with a hop-py ending

Easter word scramble:

- tsabek _____ basket
- trarco _____ carrot
- nyunb _____ bunny
- eseart _____ easter
- ctohclaoe _____ chocolate
- mnauut _____ autumn
- gge nthu _____ egg hunt
- lyjel asebn _____ jelly beans
- oht srsco unbs _____ hot cross buns

Sudoku

Difficulty: Medium

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

Stay tuned for autumn

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.