

# The Cumberland Catch Up

Winter Edition 2023



Cumberland *View*

# Welcome to the winter edition

Hello residents, families and friends,

Can you believe it's August and only four months till Christmas, and seeing as I'm mentioning the festive season, we had a fabulous time celebrating Christmas in July with a festive meal of roast turkey and ham with all the trimmings. We sang some carols by the Christmas tree with lights twinkling above with Doug D'Rose as our live entertainment. It's been a great couple of months, with plenty to do and some wonderful things to see, such as the cutest little ballet dancers from Jacinta's School of Ballet going through their steps.

We also have a lot to look forward to as we hurtle towards the end of the year, with one of our busiest months September quickly approaching. It's the end of the AFL footy season, so bring on the grand final with our presentation to the footy tipping winners.

Recently we have increased the number of scenic bus drives. It has gone from once a month to once a week and on every Monday, each terrace gets the opportunity to go on the bus to many different locations such as the beach, mountains, city or parklands. A wonderful opportunity for our residents to enjoy the outdoors.

If you have any suggestions or feedback on what you'd like to see included in this newsletter please email [lifestyle@cumberlandview.com.au](mailto:lifestyle@cumberlandview.com.au), and don't forget to have a look at our Facebook page to see what we've been up to for the week.

Kind regards,

Janine Linnert  
Leisure and Lifestyle Coordinator.

## Message from Joe, Facility Manager

Welcome to the winter edition!

First on our agenda is the common area flooring replacement project, scheduled from August to October. This endeavour will renew our shared spaces, bringing a touch of elegance and comfort. Your patience during this period is appreciated, as we strive to create a more pleasant environment for everyone.

With spring also comes the thrill of Australian rules football finals. We know how much many of you enjoy the energy and competition of the season, and we're arranging special viewing sessions so that everyone can share in the excitement.

The aromas of sizzling barbecues will soon fill the air once again as we recommence our cherished lunchtime BBQ tradition. This season, we're thrilled to introduce new, more substantial salads to our menu. Created with fresh, seasonal ingredients, these delightful additions promise to tantalise your taste buds and provide nourishing options for all to enjoy.



Together, let's embrace the promise of spring with growth, joy, and community connection. We look forward to sharing this wonderful time with all of you.

Warm regards,  
Joe Ciccarone, Commercial Manager

# Winter highlights

Over the winter months, our residents have kept busy with our regular activities plus some highlight events including our scenic bus trips, teddy bears picnic, ballet performances and King Charles' birthday celebrations.

Don't forget to like our page on Facebook to keep up to date with all the latest happenings at our home.

## Scenic bus trips

Our scenic bus trips offer the opportunity to get out and about in our chilly weather without leaving the comfort of a warm seat or needing to put on your winter woollies. We have recently added extra trips to our schedule and now leave every Monday. We go to different locations each time and there is always a place to stop and admire the view and enjoy an ice cream, courtesy of our kitchen.

It's a lot of fun with sing along as we head home again.



## Ballet entertainment

Jacinta's school of Ballet entertained us for a delightful afternoon of dancing.

Our tiny dancers were not only adorable but very talented too.

They practiced for their upcoming dance exams and put a smile on all our faces.

The cuteness scale was very high indeed.



## Teddy bears picnic

If you go down to Cumberland View you're in for a great surprise. Our Teddy Bears Picnic was so much fun. Residents were encouraged to bring along their own bears to join in the bear themed picnic and games to follow. We even had a bear playing bingo.



## King Charles' birthday

King Charles celebrated his birthday and we didn't miss out either. We held a lovely high tea with wonderful food and entertainment. Residents enjoyed bowling and curtseying to the cardboard life size cut out of the King wishing him a very happy Birthday.



# Nurturing our nature at Cumberland View

With our planet slowly choking on plastic, it is important that we acknowledge the sustainable efforts at Cumberland View Aged Care in light of World Environment Day on Monday 5 June 2023.

Our home loves to 'recycle, upcycle and renew' and our initiatives help to ensure that we leave the smallest carbon footprint possible. Janine Linnert, Leisure and Lifestyle Coordinator explains that the home is 'always looking for better ways to be environmentally intelligent.' 'We limit our single use plastics in our kitchen and use instead bamboo or wooden utensils when required.'

In our craft sessions, we reuse and repurpose many items which not only helps the environment but pushes our imaginations to their limits as to what residents can create,' says Janine. 'We receive donated items that would otherwise be put into landfill and repurpose them in a crafty way.'

For resident, Jeff Walker, being an environmental warrior is a passion he's committed his life to. Jeff says that environmental sustainability means 'being conscious of the many variable sources of CO2 production associated with our lives because of economic development and taking appropriate action whenever we can and encouraging others to do the same.'

Throughout his life, Jeff says he has always done his bit to ensure the sustainability of our planet by recycling household products and encouraging others to do the same. He has been actively involved in politics championing environmental strategies like growing and harvesting seaweed to feed cattle which reduces methane gases.

'As well as these initiatives my passion is the pittosporum weed,' says Jeff. 'When I was a child 80 years ago, there was a single pair of Pittosporums (Undulatum) trees in the village of Menzies Creek, 50 kilometres east of Melbourne, in the Dandenong Ranges.' '70 years later, there were 6-8,000 hectares. It is an aggressive weed tree, so having completed an Agricultural Scientist degree at Melbourne University, this was curious,' he says.

As the tree originated in central Queensland and then migrated down the east coast to Victoria, Jeff explains it then mutated and then spread west to Margaret River and then the rest of the world. 'We researched the growth and biology of the tree, published a booklet and won a \$300,000 Grant from the Federal Environment Minister,



Greg Hunt to commence control work and determine the likely cost of that control,' recalls Jeff as a major highlight in his career.

When asked what he liked most about the environmentally friendly initiatives while living at Cumberland View, Jeff responds, 'It is great to see individual rooms being kept at an environmentally friendly 22 degrees Celsius,' and that the 'Single use jugs rather than plastic milk bottles is the latest and welcomed change that I have seen.'

# What's cooking at Cumberland?



**For many of us, enjoying our food is more than just fulfilling our hunger, it's about the experience, the joy, and the relaxing comfort we feel when we eat.**

For residents at Cumberland View Aged Care, not only do they get to enjoy the delicious and nutritious food from the menu as created by Head Chef, Sumith, and the kitchen team, but they also get to help craft the menu so that every meal is catered to their preferences.

Chef Sumith says that he takes careful preparation to create the menu but the purpose of his planning ensures that him and his team can deliver food that is appropriate for the resident's dietary demands and medical conditions as approved by allied health professionals, while ensuring they feel satisfied after every meal.

'I think the most important aspect of being a chef in an aged care facility is ensuring that all food served is safe and nutritious while maintaining a dining environment that is relaxed and inviting,' says Sumith.

'I take great care when preparing their meals and we take all resident feedback with current and new menu items and try to improve our techniques and meal variety. Likewise, we use fresh ingredients that are in season and maintain a great relationship with our suppliers to ensure we only get best quality ingredients for our residents.'

Sumith says that the trick to being able to cater to so many different palates is through collaboration from him, the kitchen team, and residents. 'Through feedback from monthly resident meetings, quarterly food surveys and collaboration with families and allied health professionals, we are able to identify trends and food preferences of our residents,' says Sumith.

'Likewise, we are very lucky to have proactive consumers and relatives who provide constructive feedback and offer suggestions on how we can continuously improve our flavours and service.'

To find out more about nutritional wellness at our home, please speak to our friendly team on (03) 9795 9154.

# Aged Care Employee Day: Meet Mo

Monday 7 August was Aged Care Employee Day where we celebrated Australia's residential, home and community aged care workers.

This year's theme, #ThanksForCaring, recognised everyone involved in caring for older Australians. This year, we asked our wonderful Lifestyle Assistant, Mo, to share his aged care journey and what working at Cumberland View means to him.

## Why did you want to pursue a career in aged care?

Working in aged care is one of the most rewarding careers in the health care sector. Aged care work offers the opportunity to make strong and meaningful connections with the residents as well as their close family and friends. There's nothing more rewarding than walking into a room full of people smiling and knowing you are part of the reason.

## What do you like most about your role and working at Cumberland View Aged Care?

I chose to work in aged care following my personal experience of caring for a loved one at home. It's really heartwarming to be in somebody's life and be able to help make a positive difference, not only each day but their overall quality of life.

Aged care gives you the opportunity to meet a wide variety of people.

## What is most challenging about working in aged care?

An aged care role can be physically challenging providing residents with assistance. We even face emotional challenges such as mental health issues, grief, and loss.

Working with residents often for an extended period of time creates a strong bond. When we lose a resident and the emotional experience faced by family and friends.



## What is a special memory you have from working at Cumberland View Aged Care?

There are lots of special memories working in aged care. One of them is going to work knowing you will have a positive impact on the community.

It gives me the opportunity to meet a variety of people and make a great difference in their quality of life.

I love to see small miracles such as residents with dementia remembering their loved ones or someone recovering from stroke and learning to talk.



# Meet the team: Di - Business Administration

With many staff members in our home, we'd love to take the opportunity to get to know them a bit more.

In this edition, we get to know our wonderful Business Administration Officer, Di. If you see her around the home or if you make a visit to reception, please make sure you say hello.

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

I have enjoyed meeting and working alongside both residents and staff. As I'm new to Cumberland View Aged Care, it has been great getting to know everyone here.

**What do you enjoy doing in your spare time?**

I don't really get a lot of spare time as my husband has dementia, in saying that, I do love walking our dog. My dogs name is Brutus but I love all dogs. I find my walks take a little bit longer than expected because I pat all the neighbourhood dogs as I go. I really enjoy going out for a coffee with my daughter and parents. The coffee has to be a long black and good.

**If you could travel anywhere in the world, where would it be?**

I am actually going to Japan in October, this is a trip I have wanted to do for a few years. My first stop will be Tokyo for five days of exploration.



The highlight of this long awaited trip will be a four day trek along the Kumano Kodo trail. The trail has stunning views of the sacred Kumano mountain range, situated south east of Osaka. I cant wait.



# Noticeboard

## A very warm welcome to our new residents

Margaret Whiting  
Valerie Clisby  
Yoke Ying Hoh  
Marlene Smith  
Paul Mathys  
Johanna Meyer  
Mavis Ruglen  
Arthur Ough  
Margaret Sheahan  
Jack Cleghorn

## 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 for residents to choose from.

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

## 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.

## 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.

## 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.

## 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.



# Spring colouring

Grab your colouring pencils, and enjoy this therapeutic and calming colouring-in activity.



# Upcoming events in spring

With many exciting events coming up in spring, residents will be entertained around the clock. We have the AFL grand final to look forward to as well as the Melbourne Cup Carnival. Stay tuned for the next edition, or stay up-to-date by following us on our Facebook page.

## AFL Grand Final

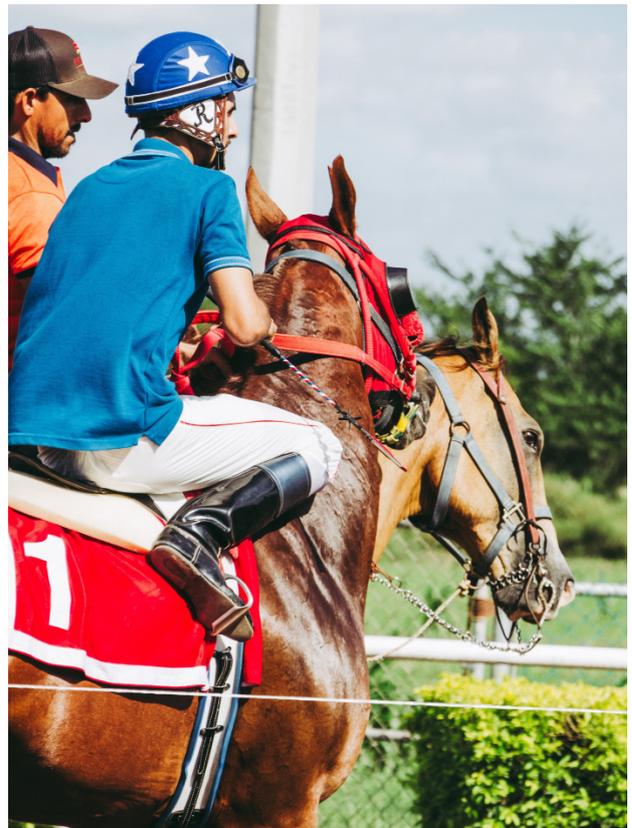
One highlight we always enjoy in September is the AFL football grand final. Our footy 'happy hour' party is an event not to be missed as the season long footy tipping competition is celebrated with first, second and third awards and the participation certificate ceremony.

## Special guest performer - Geoff Walker

We are very much looking forward to a visit and special performance by musician, Geoff Walker. Geoff plays the didgeridoo and will showcase a variety of styles and techniques. He will also entertain us with Australian ballads, and recitals of a collection of Banjo Patterson's famous poetry. There is sure to be movement at Cumberland as the word gets around that Geoff is coming.

## Melbourne cup carnival

The spring racing carnival will be so much fun in November. We will have Melbourne cup sweeps and fashions on the Cumberland field under our rose arch. We will celebrate all things horses, racing and roses with a scrumptious afternoon tea. We have a few different games to play which will be sure to get us in the mood while we look beautiful in our fascinators and cup inspired outfits.



# Chef's corner

Food is one of the highlights for residents here at Cumberland View Aged Care, particularly throughout the winter months where everyone feels like warm, hearty food.

Our head chef, Sumith, designs the menu based on nutrition and resident preferences, so that residents are satisfied.

A resident favourite from winter is our Roast Leg of Lamb, served with seasonal vegetables.



## Roast Leg of Lamb

10 mins prep | 10 mins cooking

### Ingredients

2 kg leg of lamb, in net

1/4 cup olive oil

1 tbsp fresh chopped rosemary

2 garlic cloves

2 teaspoons mustard paste

Salt and pepper

### Method

#### Step 1

Preheat oven to 200°C/180°C fan forced. Lightly grease roasting pan. Place lamb in pan. Combine oil, mustard paste, rosemary and garlic in a bowl. Rub half the oil mixture over lamb. Season with salt and pepper. Roast for 15 minutes.

#### Step 2:

Reduce oven temperature to 180°C/160°C fan forced. Roast lamb, basting with remaining oil mixture every 20 minutes, for 1 hour 15 minutes for medium or until cooked to your liking.

#### Step 3:

Remove lamb from oven. Cover loosely with foil. Stand for 10 minutes. Carve.



## 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).