

The Cumberland Catch Up

Summer Edition 2024



Cumberland *View*

Welcome to the summer edition

Hello residents, families, and friends,

I hope you all had a wonderful Christmas and New Year, and had a lovely time spent with your loved ones.

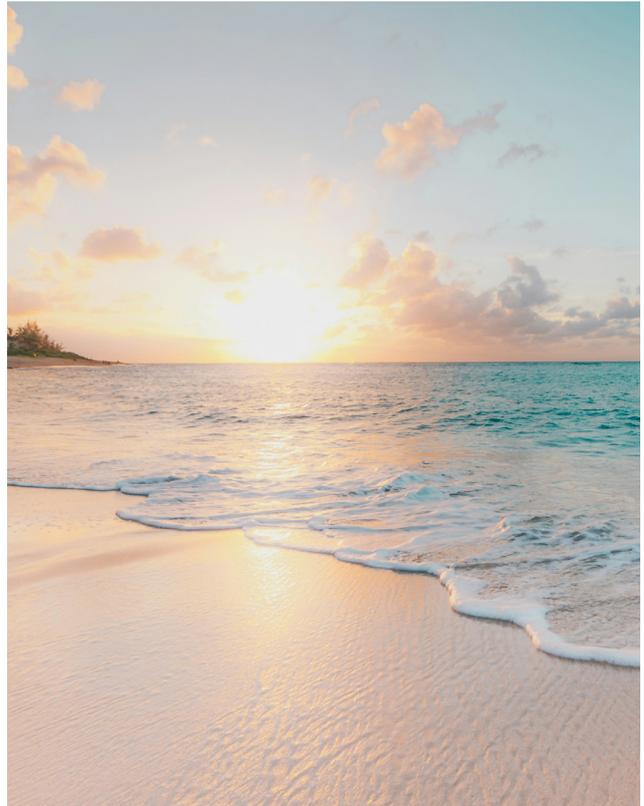
In this edition of the Cumberland Catch Up, you'll find our latest summer stories and activities, as well as upcoming events for autumn, including St Patrick's Day, Easter, and Mother's Day.

We have many activities to look forward to this year, including our annual art exhibition, luncheon outings, and a 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.

Kind regards,

Janine Linnert,
Leisure and Lifestyle Coordinator.



Message from Joe, Facility Manager

Dear Cumberland View community,

Welcome to the summer newsletter. I hope you all managed to spend time with loved ones over the festive season.

It's been a busy time at the home, and all the renovations are now completed. Our café is fully operational, with a new coffee machine available to our residents at anytime during the day.

The Leisure and Lifestyle team are looking forward to engaging our residents with a fun lineup of performers, outings, games, and so much more as we head into autumn.

The clinical team are working with the doctor's clinic to provide the latest COVID vaccine booster to all residents who wish to receive it. We also urge all family members and friends to consider receiving it, to keep both themselves and their loved ones safe.

Happy reading.

Joe Ciccarone,
Facility Manager.



Summer highlights

Over the summer months, residents kept busy with our regular activities plus some highlight events, including Christmas, Australia Day, and Valentine's Day.

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

The festive season

Christmas was as pretty as a picture, with the concert area and each terrace decorated by our staff.

Santa visited twice with presents for everyone, and we kept dancing and celebrating until the new year. Our hearts were filled with the spirit of love, family and friendship.

A big thank you to our kitchen staff for filling our bellies with delicious prawn cocktails, pumpkin soup, ham, turkey, salmon, roast potatoes, minted peas, honey carrots, pavlova with mixed berries, and Christmas pudding. It truly was a festive feast.



The joy of music with Margaret Dennis

Once again, Margaret Dennis entertained us with a fabulous range of musical styles from every era. With lots of enjoyment and laughter, we all danced, clapped and sang along to her music.

Margaret will be returning to Cumberland View Aged Care on 2 June and 30 September to perform to residents.

Australia Day

Australia Day celebrations wouldn't have been the same without some Aussie traditions. Residents sunk their teeth into meat pies and cupcakes decorated with Australian flags, while we listened to some great Aussie songs by entertainer Marion Faye.

The sounds of 'Aussie, Aussie, Aussie, Oi, Oi, Oi' filled our home, and Marion sang all our favourite Australian tunes, finishing with the Australian National Anthem. Our concert area was decorated with Australian flags, iconic vegemite posters, our coat of arms, and beach scenes. We were happy to raise a glass to our wonderful country.



Valentine's Day

Valentine's Day wouldn't have been the same without all the hearts and flowers surrounding our home.

Residents enjoyed having a lovely afternoon tea listening to beautiful romantic music, and we indulged in our love for movies by watching the romantic film, *Sleepless in Seattle*.



Home is where the heart is

Strong family connections are important in our lives, and as we grow older, having a close-knit family becomes even more special. Cumberland View Aged Care resident, John Christie, openly shares his love for his family where he enjoys spending time with his children and grandchildren.

'I was born in the UK, and during the war my mum, my brother, and I lived with my grandparents as my dad was with the Royal Army Medical Corps,' John says. Reflecting on his early years, John recalls travelling by ship to meet his father who was stationed in Greece. 'Dad boarded the ship greeting us with the news that we were staying aboard, and we went to live in Egypt instead.' John tells us that he remembers going to school in Egypt, and how different it was from the UK. One of his most vivid recollections of his time there, was when he saved a girl from drowning in the Nile delta. 'I was awarded a silver cross for that,' he shares.

As a young boy, John travelled with his family around Australia and back to the UK, attending a total of 23 different schools before university. 'My understanding of the world around me was greatly influenced by this travel, as was my ability to starting anew,' he says. This was especially important in 1973 when cyclone Tracy wiped out his home and workplace in Darwin.

John and his family had returned to the UK as he was finishing his master's degree, and upon returning to Darwin, he and his wife Christine decided to move to Melbourne where they settled in Glen Waverley. 'I have three lovely children: David, Helen, and Jane,' John says. 'David and Helen were born in Darwin, and Jane in the UK. I love that Christine and I were able to give our family a solid base in Glen Waverley, without further moving about.'

For John, balancing work, family, and personal life was important, and he remembers looking forward to the weekends when he could spend quality time with his family.

Now living at Cumberland View, John still looks forward to spending time with his family, which includes his grandchildren. 'I love the noise, laughter, and chatter,' he shares. 'I have been blessed with 8 grandchildren, Ava and Joel, Daniella and Jessica, Matthew, Eliana, Isaac, and Caitlyn. I am very proud of my children and their families.'



John tells us that he has made some very good friends since moving to the home. 'To me, family means blood relations, but I feel part of a community here, and I look forward to seeing my friends each day.'

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



Noticeboard

A very warm welcome to our new residents

Muoi Tran
Shirley Braybrook
Anne Bready
Kumi Cammell
Valmai Hall
Helen Wise
Maria Dalzotto
Saveta Micheli
Kristina Lamerand
Raymond Lamerand
Geoffrey Farlow
Dulcie Kendt
Joy Scanlon
Edward Gomes

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.

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

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.

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.

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.



Meet the Team: Rachel

In this edition, we get to know Rachel, a lovely and wonderful member of our housekeeping team.

Rachel moved to Melbourne from China in 2006, and has been working at Cumberland View for eight years. Her role involves looking after our residents' laundry, ensuring everything is clean and tidy. Beyond her duties, Rachel brightens everyone's day with her friendly conversations and smile.

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

When I pick up and drop off the laundry, I get to share my passion for helping people. I love talking with everyone. The staff and residents are so nice, and I love chatting with them, it helps me improve my English. I believe that God helped me find this job that just fills my heart with joy each and every day.

What do you enjoy doing in your spare time?

In my spare time I enjoy cooking for my husband and son. I also talk with my friends from our church community. We have a lovely white and brown Jack Russell dog whom we adore and who also keeps me busy.

My biggest passion is being part of a Chinese dance team where we perform dances in our traditional dress. We perform for communities and aged care homes.



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

I am planning a trip to New Zealand. My parents live there and I'm lucky as I get to travel and see them every few years. My brother still lives in China, but soon he will be coming to New Zealand too, it will be such a wonderful family reunion. I have not seen my brother since I visited him in China in 2012. My parents are really looking forward to having us all together, it will be so special.

New staff members at Cumberland View

A very warm welcome to our new staff members. If you see them around the home, please be sure to say hello and introduce yourself.

Registered Nurses

Amandeep Kaur
Deepshikha Sharma
Ashu Tosh Luther

Cook

Hiroshi Walimuni Dweage

Personal Care Assistants

Elizabeth Mwaura
Kirandeep Kaur
Karmbeer Bajwa
Naimo Abdi
Gagandeep Singh
Puspaganthie Pather
Marielle Caro
Karen Halliwell
Lona Samson
Lindah Jepleting
Sabir Khan
Angeli Umagap
Shilpa Chandel
Sukhmanpreet Kaur
Deborah Nugent
Mandeep Kaur
Menchie Malong

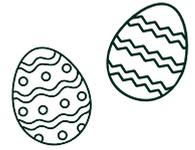


Easter colouring

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



Easter games corner



Easter Word Search

H O W P V Q Q S A W K J O O E I S C J R
G B V U Q S P U I D N E E S T M I R E B
A R U E O N S J S R Q L N P T N I T D W
Q H T N A R F E Y I X L A D G H S R Q H
A L P F N D P R E S Y Y W I J A L L J H
Y T D W G Y A S I D Q B R T E A L S Q T
A L C K B C P E C C T E Q E S T T A U P
I C U L F Z V K V A J A W D V C H U J L
Q H O T C R O S S B U N S O P O Y T K H
T O R Q W I Y Q U K J S S D H C A U L O
J C G E R U S O P G E O E A F E T M A E
L O U R I A B H T W K Q D J E P F N U I
P L I W Y O G A O Z R C Q A G B W Y S Q
C A K D Q S K Z S E X G L J G F E C P U
R T B I P T D H E K M U T N H O V Q T R
E E Y Q E P S W L C E M H Y U S Q P I A
G D I O Q Y C A R R O T S I N A E C D W
S S L E R R D X V B R U I R T N S A T E
X V F X X E K T A H D L J S H Z E Y D A
Y N Q M E E R T A H A Z F A Q U I G D S



basket carrots bunny easter chocolate autumn
egg hunt jelly beans hot cross buns

Easter games corner

Sudoku

Fill in the puzzle so that every row across, every column down, and every 3 by 3 box contains the numbers 1 to 9.

Difficulty: Easy

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

Difficulty: Medium

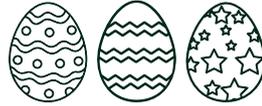
					1		4	
		4	2		9	6		
9	8		4	5			7	
	3	9	1		8			
				9	3	2	8	
8		6					9	
3	9	2	7	6	4			
	6					4		7
	4							

Easter Riddle:

Where do Easter bunnies go for new tails?

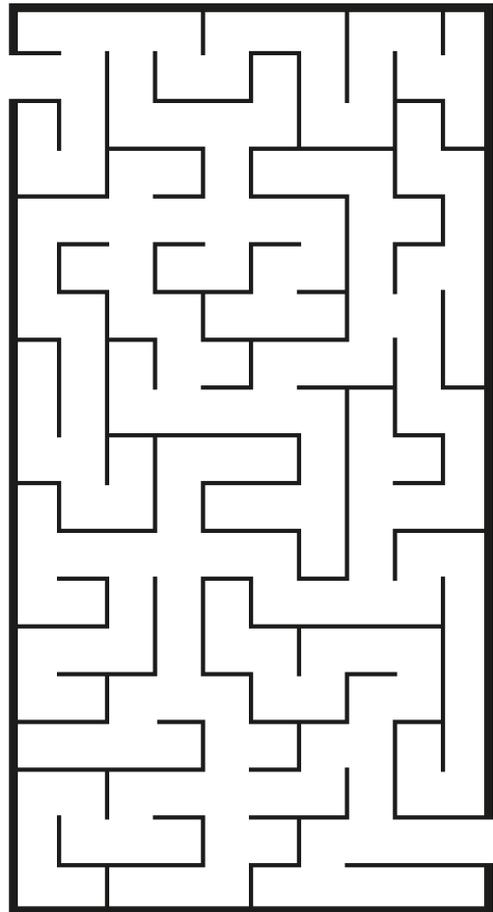
Easter Egg Hunt

How many Easter eggs could you find in this edition of the Cumberland Catch Up? (not counting the ones on this page)



Easter Maze

Help Hoppy Floppy find his Easter egg basket.



Chef's corner - Hot Cross Buns

Food is one of the highlights for residents here at Cumberland View Aged Care. Our head chef, Sumith, designs the menu based on nutrition and resident preferences, so that all residents are satisfied.

Just in time for Easter, we hope you enjoy these hot cross buns.

Happy baking!



2 h 25 m prep | 25 m cooking | makes 12

Ingredients

4 cups plain flour

2 x 7 g sachets dried yeast

1/4 cup caster sugar

1 1/2 tsp mixed spice

Pinch of salt

1 1/2 cups currants

40 g butter

300 ml milk

2 eggs, lightly beaten

Flour paste

1/2 cup plain flour

4 to 5 tbsp water

Glaze

1/3 cup water

2 tbsp caster sugar

Butter, to serve

Method

Step 1

Combine flour, yeast, sugar, mixed spice, salt and currants in a large bowl. Melt butter in a small saucepan over medium heat. Add milk. Heat for one minute, or until lukewarm.

Add warm milk mixture and eggs to currant mixture. Use a flat-bladed knife to mix until dough almost comes together. Use clean hands to finish mixing to form a soft dough.

Step 2

Turn dough out onto a floured surface. Knead for 10 minutes, or until dough is smooth.

Place into a lightly oiled bowl. Cover with plastic wrap. Set aside in a warm, draught-free place for 1 to 1 1/2 hours, or until dough doubles in size.

Step 3

Line a large baking tray with non-stick baking paper. Punch dough down to its original size. Knead for 30 seconds on a lightly floured surface until smooth.

Divide into 12 even portions. Shape each portion into a ball. Place balls onto lined tray, about 1cm apart. Cover with plastic wrap. Set aside in a warm, draught-free place for 30 minutes, or until buns double in size.

Preheat oven to 190°C or 170°C fan-force.

Step 4

Make flour paste: Mix flour and water together in a small bowl until smooth, adding a little more water if paste is too thick. Spoon into a small snap-lock bag. Snip off one corner of bag. Pipe flour paste over tops of buns to form crosses.

Bake for 20 to 25 minutes, or until buns are cooked through.

Step 5

Make glaze: Place water and sugar into a small saucepan over low heat. Stir until sugar dissolves and bring to the boil. Boil for 3-4 minutes. Brush warm glaze over warm hot cross buns.

Serve warm or at room temperature with butter as desired.

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 the Irish lilt of Alex Kyle's singing voice as he entertains us with all things Irish on St Patrick's Day.

We'll be embracing the spirit with green food, beer, and refreshments during our happy hour, while also enjoying a lucky armchair journey to the Emerald Isle.

Easter

Our Easter celebrations will kick off with the arrival of Henny Penny Hatching on 12 March. They will be staying for two weeks for residents to watch the chickens hatch and grow.

On 21 March at 10:30 am, Alison Monkhouse will visit us with much-loved entertainer Lorenzo and the Easter Bunny. All are welcome so please come along.

Mother's Day

Mother's Day is a special occasion to celebrate the love, care, and support our mothers have given us throughout our lives.

As part of the celebrations, Alex Matthews will perform on Friday 10 May at 3:30 pm during our Happy Hour, and on Monday 13 May at 10:30 am, Laurel Mackenna will perform a tribute to all mums.



Easter games corner answers

Easter Word Search

H O W P V Q Q S A W K J O O E I S C J R
G B V U Q S P U I D N E E S T M I R E B
A R U E O N S J S R Q L N P T N I T D W
Q H T N A R F E Y I X L A D G H S R Q H
A L P F N D P R E S Y Y W I J A L L J H
Y T D W G Y A S I D Q B R T E A L S Q T
A L C K B C P E C C T E Q E S T T A U P
I C U L F Z V K V A J A W D V C H U J L
Q H O T C R O S S B U N S O P O Y T K H
T O R Q W I Y Q U K J S S D H C A U L O
J C G E R U S O P G E O E A F E T M A E
L O U R I A B H T W K Q D J E P F N U I
P L I W Y O G A O Z R C Q A G B W Y S Q
C A K D Q S K Z S E X G L J G F E C P U
R T B I P T D H E K M U T N H O V Q T R
E E Y Q E P S W L C E M H Y U S Q P I A
G D I O Q Y C A R R O T S I N A E C D W
S S L E R R D X V B R U I R T N S A T E
X V F X X E K T A H D L J S H Z E Y D A
Y N Q M E E R T A H A Z F A Q U I G D S



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egg hunt jelly beans hot cross buns

Easter games corner answers

Sudoku

Fill in the puzzle so that every row across, every column down, and every 3 by 3 box contains the numbers 1 to 9.

Difficulty: Easy

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

Difficulty: Medium

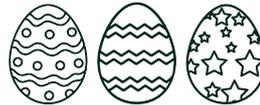
7	2	5	3	7	1	8	4	9
1	7	4	2	8	9	6	5	3
9	8	3	4	5	6	1	7	2
2	3	9	1	4	8	7	6	5
4	5	7	6	9	3	2	8	1
8	1	6	5	2	7	3	9	4
3	9	2	7	6	4	5	1	8
5	6	8	9	1	2	4	3	7
7	4	1	8	3	5	9	2	6

Easter Riddle:

Where do Easter bunnies go for new tails? – to a retail store!

Easter Egg Hunt

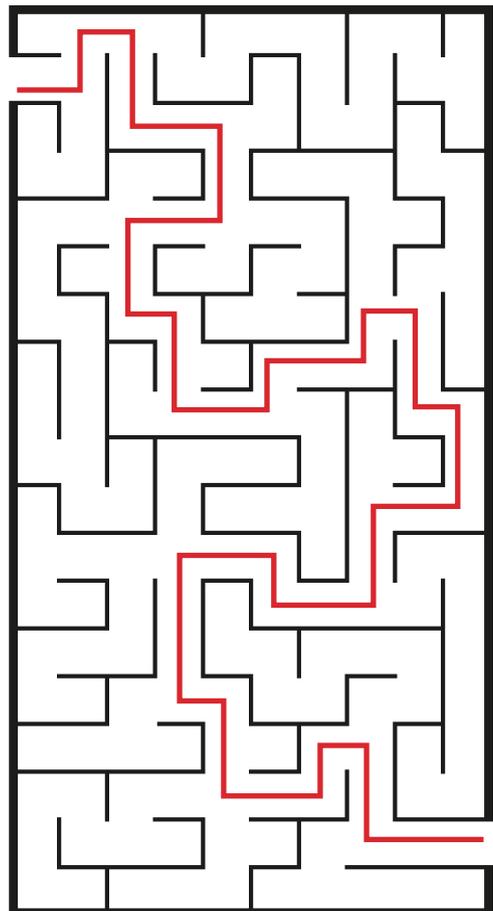
How many Easter eggs could you find in this edition of the Cumberland Catch Up? (not counting the ones on this page)



13

Easter Maze

Help Hoppy Floppy find his Easter egg basket.



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.