

The Cumberland Catch Up

Autumn Edition 2024



Cumberland *View*

Welcome to the autumn edition

A warm hello to our residents, families and friends.

In this edition, you'll find our latest autumn activities and events, as well as our upcoming events for winter, which include celebrating the Kings Birthday, Christmas in July, Cumberland View's Annual Arts and Craft Exhibition and as always, some fabulous entertainment from our performers, and our Intergenerational Program with St. Justin's Primary School.

To stay up-to-date with all the fun we have at our home, please remember to like and follow our Facebook page where we post every Friday what we've been up to for that week.

As always, 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

Greetings to our Cumberland View community,

As we move into winter, it is an opportunity to think about how we can all stay healthy, warm and safe. Staying up-to-date with vaccinations is one way to keep yourself and your loved ones safe. All residents and their next of kin have been provided with consent forms for the flu vax, so, if you haven't done so already, please consider having the vaccine ahead of winter setting in.

The Leisure and Lifestyle team have an excitement-packed events calendar for the next three months, so there will be something for everyone to enjoy. Our catering team will be moving the weekly BBQ to preparing a weekly roast for residents in the main dining room. The new menu is now up and running and the feedback has been very positive.

I hope you enjoy reading the latest edition of the newsletter and remember, if there is something you would like to contribute to the next newsletter, please let me know.

Joe Ciccarone,
Facility Manager.



Autumn highlights

Over the autumn months, residents kept busy with our regular activities plus some highlight events, including our annual Easter egg hunt, our intergenerational program, and a visit from the Glen Waverley Ballet School.

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

Easter Egg Hunt

We had a wonderful time searching for hidden treasures over Easter.

The Easter egg hunt was a big hit with smiles and giggles as each egg was found and placed inside the treasure bag.

Each brightly coloured plastic egg was either filled with chocolate or a cute fluffy bunny.

It was a fun trip down memory lane.



Ballet

Jacinta from the Glen Waverley Ballet School introduced her preschool ballet students and we were instantly smiling and excited to meet them. They went through their steps and delighted us with their arabesques and plies. We haven't stopped talking about how cute and talented the students were. We look forward to welcoming them back soon.



Intergenerational program

The wonderful students from grade 5 at St. Justins Primary School have visited us twice in May. We played games and shared a chat and afternoon tea.

On the second visit they impressed us with an aerobics performance full of music movement and colour. It is a pleasure to spend time with the students as part of our intergeneration program.

We can't wait for another visit.

Flavours of Cumberland View.

For many of us, food is such a joyful part of our daily life, and the quality of our food contributes to our overall physical and mental well-being. At Cumberland View Aged Care, residents enjoy the variety of foods on the menu as crafted by our wonderful Head Chef, Sumith, and the kitchen team.

Sumith has been Head Chef at Cumberland View since September 2021, and has formed special relationships with many residents to prepare and deliver high-quality food at every meal.

Sumith tells us that the design of the menu consists of two options for lunch; including one protein, or a light, vegetarian option, and dinner consists of three options, including sandwiches. Sumith says, 'Each choice is based on nutrition, taste and of course feedback from our residents.' He also tells us that the kitchen cater for all dietary requirements including significant cultural dishes.

'Our highest priority is residents' choice and feedback when choosing a new menu,' he says. 'We send out a list of 10 possible meals for our new fresh menu and the top six votes are then offered during a special "tasting session" held in our concert area. It's a great chance for face-to-face feedback.'

For Cumberland View resident, Margaret Hull, having built a relationship with also helps ensure that her and other residents are receiving high-quality meal options as well as the comfort knowing who is cooking and delivering their meals. 'I really enjoy the food here at Cumberland View because it is just like my home cooking,' Margaret says. 'Many of the recipes are the same ones I cooked before coming here to my new home. I love the variety of food offered, the wonderful atmosphere in the dining room and the happy chit chat over good food with great people.'

Our kitchen team work closely with the leisure and lifestyle department to create a menu for each unique themed day or event happening throughout the year such as Christmas, Easter, Australia Day as well as smaller in-house themed days like Pancake Tuesday. Sumith says, 'Feedback on these special days is most welcome,' so that he and his team can prepare the menu in line with resident preferences.

For Margaret, eating a meal is also about socialising with other residents at the home. 'My favourite meal is a meal shared with friends,' she



says. 'It's a lovely and relaxing time.'

When asked what she likes most about the food at Cumberland View, Margaret replies, 'I can honestly say I have never had a meal I didn't like since moving in.' 'As for my favourite, well I don't have a sweet tooth, I don't have a savoury tooth, I have a food tooth, I like all kinds of food,' she jokes.

To see more of all the wonderful food enjoyed by residents, be sure to follow us on Facebook or contact us on (03) 9795 9154 to find out more.

We will remember them.

On ANZAC Day, we took the time to remember all who have served for our country. While those who participated in active service were heavily impacted by the sites of war, often the effects were felt by family members as well.

Cumberland View Aged Care resident, Gladys Clayton, tells us about her husband and father who were both members of the navy. 'My Father was a naval officer in the first world war,' she says. 'My husband was on the corvette HMAS Bathurst in the second world war and travelled to the Coral Sea, Singapore, East Indies, the Red Sea, Alexandria, the Suez Canal and more.

Growing up as an only child, Gladys recalls that her father was often away from home, but when he was home, he was a strict father. Gladys said he would say things to her as a young girl, such as, 'Jump to it girl,' and her mother had to remind him she was not part of his naval ratings.

Gladys tells us that later when she met her husband, Roy, he was well-liked by her father because of their mutual naval backgrounds. 'I think Roy was a bit in awe and fear of him when he first met his future father-in-law,' says Gladys. 'I also think I became a good Headmistress because I knew how to run a tight ship and keep it ship shape.'



Gladys recalls that Roy never spoke about his active service saying, 'I know it was a terrible time for him.' She said that he wanted everything to go back to normal and only chose to remember in his own time and space. 'He was too much of a gentleman to speak of such things to me, but I do remember him experiencing night terrors which we never spoke about.'

Gladys tells us that Roy became an active member of the Doncaster RSL where he also served as president for a period of time. 'The RSL was his place to honour his memories along with his friends who had experienced similar situations,' says Gladys. 'He and his friends there were a great support for each other. They always marched together on ANZAC Day, and he was proud to do this with his fellow service men.'



Noticeboard

Welcome to our new residents

Carmela Folino
Colin Campbell
Nancy Campbell
Ronald Welsford
Margaret Abblitt
Noel (Pauline) Spinosa Cattela
Siva Kanagasabapathy
Jega Sivabalasunderam
Elizabeth Andrews
Helene Coad
Jeanette Dunlop
Joyce Kennedy
Mary Haigh
Bill Morgan
Giuseppina Cozzi
Colin Thomson
James Cammell
Kumi Cammell
Elaine McLeod

Hairdresser

Our wonderful hairdresser, Sylvia, is here every Tuesday, Thursday and Friday from 9.30 am. 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.

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.

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.

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.

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.



Coming to Cumberland View: Gabriel Gaté



This June, we are very excited to welcome internationally renowned Chef and author, Gabriel Gaté.

On Thursday 6 June at 1.30 pm, residents are looking forward to an afternoon of healthy eating with Mr Gaté followed by delicious tastings from his cooking demonstration and a Q&A.



Born in the Loire Valley of France, Gabriel Gaté is a chef with an international reputation as a cookery author, teacher, and television presenter.

He moved to Australia in 1977 and has since established himself as one of the country's leading communicators on cooking and food.

Gabriel has presented cookery shows on television for the past 40 years, most recently he produced and presented 'Taste Le Tour with Gabriel Gaté,' which screened on SBS for 15 seasons during the Tour de France.

As an author of 23 cookbooks with over 1 million copies sold, Gabriel Gaté is the highest-selling male cookery writer in Australia.

Watch the livestream

On the day, we invite you to watch the livestream of the event on our Facebook page. To watch, simply follow the link below or scan the QR code.
<https://www.facebook.com/cumberlandview>



Meet the Team: Mira

In this edition, we get to know a wonderful and much loved member of our caterin team Mira, whose been a part of the Cumberland View family since 2011.

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

What I love the most about working at Cumberland View is that it is my second home and I feel really happy here. I have been working here as part of the kitchen team for 13 years . I love the supportive team environment and the friendly staff are like a family. The residents are my main focus and are always in my heart. I feel inspired because I have the responsibility for helping plan the menus, making sure they are delicious but also fuffill the residents' nutritional needs.

What do you enjoy doing in your spare time?

You will mostly find me outside, I love the outdoors; camping, fishing, boating and caravanning. When I am at home I love to try out different recipies from different cultures which really interest me. I also enjoy sewing and making my own dress designs. I have a Bichon frise dog named "MJ" and a parot called "Peachy" who both keep me very, very busy.

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

For a holiday I would go to Rome to the Vatican and site see all the beautiful artifacts in the



Vatican museum.

I would also travel Australia by car so I can see every part of this wonderful country.

I usually go home to the Philipines to see my family and I was there in January for my parents 60th wedding anniversay.

I would go there any chance I get because we always have a wonderful reunion with my parents and my five brothers and 2 sisters.

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

Sunil Sharma
Hashika Jain
Ramandeep Ramandeep
Shikha Sharma
Cheryl Fernandez
Sincy Joy
Amandeep Kaur

Catering

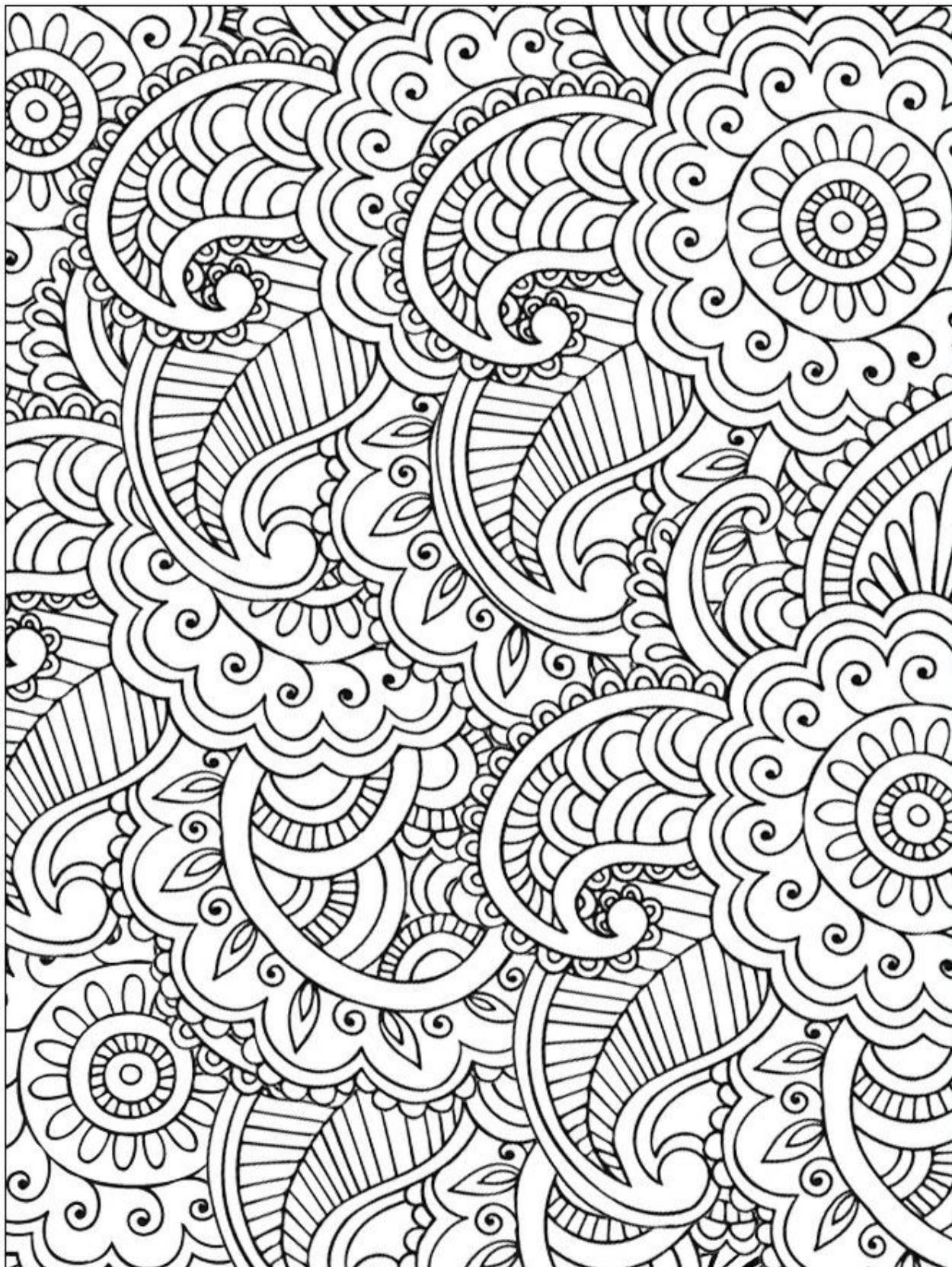
Sarah Ahmadi
Agustina Corigliano
Lisa Paton
Tracey Rickard
Chandrakumar Thusyanthy

Personal Care Assistants

Swathi Badwaj
Ranajalie Bandara
Choul Chietleith
Charity Jelimo
Veerpal Kaur
Gloria Kipkorir
Shelly Lata

Colouring in

Did you know that colouring is a healthy way to relieve stress as it calms the brain and helps your body to relax? Grab your favourite pencils or textas and enjoy this therapeutic colouring in activity.



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.

Sudoku 1

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

Riddle:

I'm like a doll, But I'm not for playing;
I stand up straight, but if windy
I may be laying; I'm well-known
and famous for having no brain; I
work outside both day and night in
sunshine or in rain. What am I?

Random Trivia

Have a guess at the answers to each of the following trivia questions. Try not to look at the answer page at the end of the newsletter.

1. Who starred as 'Samantha Stevens' in the US sitcom, Bewitched?

2. Harper Lee is the authour of which famous 1960 novel?

3. Whose face is on the Australian \$10 note?

Sudoku 2

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

4. In what year did the Berlin wall fall?

5. 'Chiquitita' is a famous song by which artist/band?

6. In which year was the first Melbourne Cup run?

7. True or False. Melbourne hosted to Olympic games in 1965.

8. Dr Jonas Salk invested which vaccine in the 1950s?

9. Brexit refers to which country leaving the European Union?

10. The Australian Football League (AFL) consists of how many teams?

Autumn recipe: Lemonade scones

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 the winter, we hope you enjoy making these delicious, warm and hearty Lemonade Scones.



15 min prep | 15 min cooking | makes 8

Ingredients

300 g self-raising flour
55 g caster sugar
125 ml thickened cream
125 ml lemonade
40 ml milk

Method

Step 1

Preheat the oven to 220° celcius.

Step 2

Place the flour, sugar, and 1/2 teaspoon of salt into a large bowl. Add the cream and lemonade and mix to form a soft dough.

Step 3

Turn out onto a lightly floured workbench and knead lightly until well combined. Press the dough with your hands to a thickness of about 2 cm.

Step 4

Use a 6 cm round cutter to cut out 8 scones, place on a baking tray and brush the tops with some milk. Re-roll scraps to make a few extra scones.

Step 5

Bake for 10-15 minutes until lightly browned.

"The secret of success in life is to eat what you like and let the food fight it out inside."

– Mark Twain

Upcoming events in winter

We have many exciting events and activities planned during the cooler months ahead at Cumberland View including our annual Arts and Craft Exhibition, King's birthday celebrations, and Christmas in July. Be sure to check out our monthly activities and events calendar available at reception or from the lifestyle team. We encourage all residents to participate in our activities, and perhaps try something new. We will continue our walking group and we encourage all residents to get outside on those beautiful winter days when the sun is shining!

Stay tuned for the next edition, or stay up-to-date by following us on our Facebook page.

Cumberland View Art Exhibition

We are very excited to host our annual Arts and Craft Exhibition this June.

With beautiful pieces crafted by our talented residents, our exhibition aims to celebrate the artistic expression and rich life experiences by our residents and show what they've been so diligently working on.



King's birthday celebrations

On Monday 10 June, we will celebrate the King's birthday in style here at Cumberland View. Our wonderful kitchen team will prepare a traditional English high tea with a selection of sandwiches and sweet treats to be enjoyed. It wouldn't be a high tea if none of this wasn't washed down with a hot cup of tea or coffee.



Christmas in July

We look forward to hosting our annual Christmas in July celebrations at our home.

Our kitchen team will prepare a warm, hearty feast for all to enjoy and we will decorate the main areas with some festive decorations while listening to traditional Christmas carols and showcasing our favourite Christmas movies.



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.

Sudoku 1

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

Riddle:

I'm like a doll, But I'm not for playing;
I stand up straight, but if windy I may
be laying; I'm well-known and famous
for having no brain; I work outside
both day and night in sunshine or in
rain. What am I? A **scarecrow**

Random Trivia

Have a guess at the answers to each of the following trivia questions. Try not to look at the answer page at the end of the newsletter.

1. Who starred as 'Samantha Stevens' in the US sitcom, Bewitched?

Elizabeth Montgomery

2. Harper Lee is the authour of which famous 1960 novel?

To Kill a Mockingbird

3. Whose face is on the Australian \$10 note?

Banjo Patterson

Sudoku 2

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

4. In what year did the Berlin wall fall?

1989

5. 'Chiquitita' is a famous song by which artist/band?

ABBA

6. In which year was the first Melbourne Cup run?

1861

7. True or False. Melbourne hosted to Olympic games in 1965.

False. It was 1956

8. Dr Jonas Salk invested which vaccine in the 1950s?

Polio vaccine

9. Brexit refers to which country leaving the European Union?

United Kingdom

10. The Australian Football League (AFL) consists of how many teams?

18

Stay tuned for winter

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.