

The Cumberland Catch Up

Spring Edition 2024



Celebrating community, capturing stories and keeping connected.

Contents

A MESSAGE FROM JOE	3
COMMUNITY HAPPENINGS	4
SPRING HIGHLIGHTS	5
A MESSAGE FROM JANINE	9
MEET THE TEAM	10
MEET THE RESIDENT	11
CHEFS CORNER	12
NOTICEBOARD	13
GAMES CORNER	14
GAMES CORNER ANSWERS	16
STAYED TUNED FOR NEXT EDITION	18



Message from Joe

Hello Cumberland View community,

Welcome to the spring edition of our Newsletter. With the cooler months behind us, we look forward to the long sunny summer days. December marks the re-introduction of the terrace BBQs and a host of opportunities for residents and their loved ones to enjoy the numerous outdoor spaces dotted around the facility.

Over the next few months you will notice tradespeople working on many projects around the facility with the aim of creating an even better living environment for all of you.

With the warmer weather, I would also like to remind everyone to make sure they stay sun smart. Make sure you are applying sunscreen and wearing a hat when going outdoors.

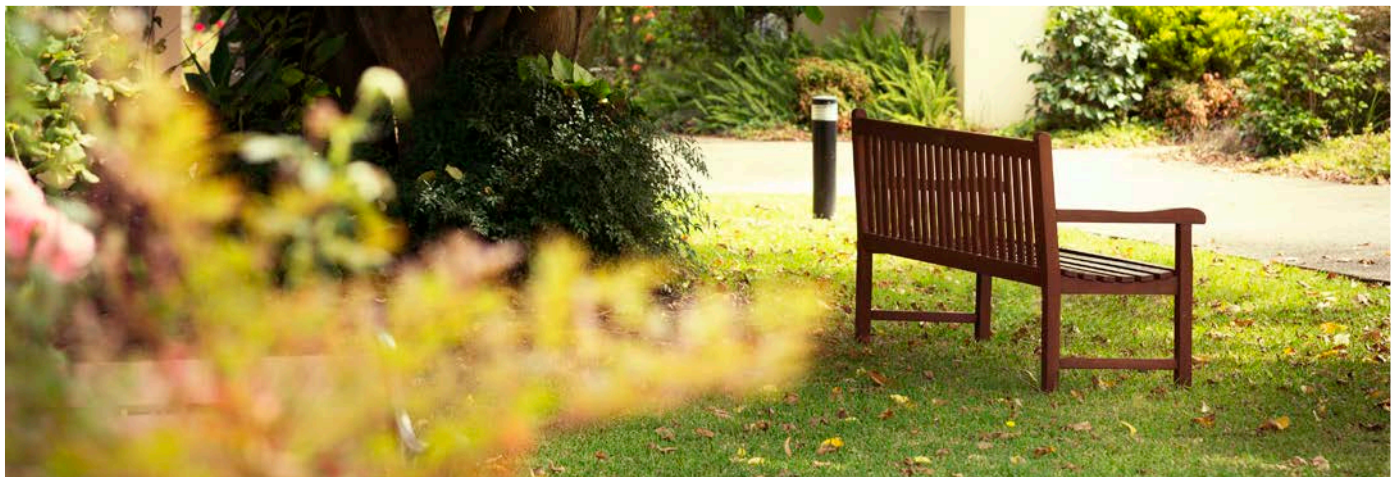
Hydration is also very important so the team will make sure that there is always easy access to cold drinks wherever you are in the facility.

We are proud to bring you our wonderful newsletter in a digital interactive format. If opening online, please note you can enlarge text for easier accessibility and whenever you see the video icon please click on it to play the video.



I hope you enjoy reading this newsletter.

Joe Ciccarone
Commercial Manager



Community Happenings

Dear Residents and Families,

What a fantastic spring we've had at Cumberland View! Over the last few months, we've been delighted to see so many of you enjoying our vibrant activities, special events, and opportunities to connect with one another. From festive celebrations to creative projects and memorable outings, it's been a season to cherish.

September: We started spring with plenty of fun and laughter. Some of the highlights included:

- A wonderful visit from Caulfield Grammar students, where we painted, planted seedlings, and enjoyed live music together.
- Beautiful performances by Laurel McKenna, Jack the Music Man, and Winston, filling our home with song and joy.
- A scenic bus trip to Sylvan Dam and collaborative crafting by our Crafty Cumberland group.
- Themed events like "Talk Like a Pirate Day," where we walked the plank, and plenty of AFL-inspired fun to celebrate the season.

October: Was bursting with energy, with plenty of opportunities to celebrate and come together:

- Residents and staff got into the AFL Grand Final spirit, enjoying an Italian buffet and a fun-filled 50s Rock 'n Roll party featuring live music by Carol.

- Oktoberfest brought a German buffet prepared by our talented chef, Sumith, complete with traditional beers—prost!
- We marked the birthday of our very own "Victoria's Oldest Man" (Rev. Bill Morgan) with a special visit from Bulldogs legend Chris Grant, family, friends and even Channel 7 News!
- Halloween was a magical affair with Max the Magician, while Diwali brought light, love, and dancing to our community.

November: As the weather warmed up, so did our activities:

- We embraced the spring racing carnival fashion and festivities.
- We danced the afternoons away with live performances, including the Skylarkers, and were dazzled by spectacular ballroom dancing.
- Morning walks, crafting, icy poles, and refreshing drinks helped us make the most of the beautiful spring days.

We are so proud of the vibrant community we share here at Cumberland View. Thank you to everyone who joined in the fun, brought your energy to our events, and shared these special moments with us.

Here's to a wonderful summer ahead!

Warm regards,
The Cumberland View Lifestyle Team

Spring highlights

Rev Bill Morgan - "Victoria's Oldest Man"



We celebrated Rev. Bill's 109th Birthday with a Special celebration shared with friends, family and a Special Guest – Chris Grant from the Western Bulldogs with a lovely presentation of a signed jumper and scarf which was all captured by Channel 7 News.



Celebrating Diwali



We had a lot of fun celebrating Diwali. Our staff were invited to dress in national costume or bright colours to bring joy, light, happiness and prosperity to our residents across the Diwali festival.

Diwali is a time to celebrate the triumph of light over darkness and we certainly did that with a special afternoon tea with our staff put on a display of dancing with joy in our hearts. So much fun was had by all.

Spring highlights

Max the Magician

'Max the Magician' enthralled with his marvellous magical tricks.

Residents and staff alike were amazed at his ability to read our minds and make things appear and disappear. We are still scratching our heads to figure out just how he did it.

We are delighted to announce that Max the Magician will be back next year with more magical moments to mesmerise us all.



The Spring racing carnival

The Spring racing carnival was a sea of flowers and fashion. Our Oaks day fashions on the field displayed an array of fascinating fascinators, and smartly dressed gentlemen.

A tiara and sash was awarded to our best dressed lady and a golden trophy for our best dressed gentleman. The celebrations were so much fun with a horse racing dice games, a chicken and champagne luncheon and our Melbourne Cup sweep winners all presented with prizes.

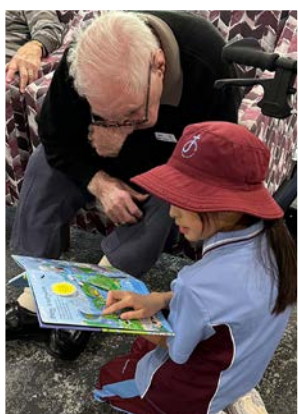
Spring highlights

Intergenerational program

We are so appreciative to spend time with students from many schools as part of our intergenerational program.

Thanks to Jacinta's school of ballet and the cuteness overload of the tiny dancers. Mansfield School Orchestra treated us to lovely musical memories on their way home from a tour. Caulfield Grammar school helped us celebrate world saxophone day with a wonderful performance, they also planted seedlings, created zen gardens and painted with us. St. Justin's primary school grade 5 students came and shared books and their hopes and dreams for the future.

Thanks so much to the wonderful schools who shared their time and for making us smile.



Community Happenings



From Big Breakfast, Crafty Cumberland group, bus rides, morning walks, music concerts, Italian Buffet lunch, coffee outings, Oktoberfest, a 50's Rock n Roll party, Happy Hour with friends, a spot of pool, Grandparents Day, Halloween, ballroom dancing, menu tasting session to some exercise (disguised as a fun drumming session!). Click below for Cumberland View Aged Care Spring 2024 - in movie form!





Message from Janine

Hello Cumberland View Residents, families and friends,

4 weeks to go before Xmas, where has the Year gone, but it isn't over yet as we look forward to our Xmas celebrations here. Our Lifestyle Calendar is full with many special days and events to look forward to, all which culminates in our 2024 Xmas party on Tuesday December 24th @ 2:45pm, all are welcome, please just let us know if you would like to attend so that we can organise the catering. Tom Diaco will be entertaining us for the afternoon.

We start December off with a wonderful Exhibition from the Glen Waverley Model Train Club, followed by a performance by the amazing Lorenzo, we are blessed to welcome the wonderful students from Caulfield Grammar and St Justins for Xmas Carolling, as well as the St Justins Youth Parish and the Mulgrave Church Choirs who are coming to sing Carols for us as well.

For a fun event we are having a "Xmas Pass the Parcel" afternoon, expecting lots of laughs and fun, families and friends are welcome to join in and watch the fun evolve while sharing Happy Hour drinks and nibbles.

Then to welcome in the New Year we will be having our New Years Eve Party on the 31st December starting at 1:30pm for Entertainment with Alex Matthews and Welcoming in the New Year at Happy Hour @ 3:00pm again family and friends welcome to join us, just let us know so that we can cater for everyone.

Please don't forget to check out our Facebook page to keep up to date on what we've been up to for the week, and to see some lovely photo's taken during our days, don't forget to leave us a like as well.

I am already well into the planning of the 2025 Calendar and we have lots to look forward to in the New Year, starting in January with a performance from Ricky Elvis (our Elvis Presley impersonator), a lovely Australia Day celebration with a Cover Band performing Seekers songs and then celebrating the Chinese New Year, so keep your eyes out for the January program.

I'd like to take this opportunity to wish you and yours a Very Happy, Safe fun-filled festive season and wishing you all the best for 2025.

Janine Linnert
Lifestyle Coordintor & the Lifestyle Team.

Meet the Team: Ish Rathnayake

In this edition we get to know Ish Rathnayake, our Administration Manager.

What do you enjoy the most about working at Cumberland View? I love helping people. When families first look into aged care it can be very daunting. I love to offer a gentle approach to what to expect about the runnings of Cumberland View including finances and paperwork. I get so much satisfaction by knowing I've made this journey a little easier for the resident and their family.

What do you enjoy in your spare time? I love the gym and come and go every morning before my children wake up which saves the whole weekend for my family. I go to gym for a few reasons: my mental health ;to energise me and as a good balance to my love of food. My family and I love hiking camping and getting out in nature. As a family we join other families and walk the 1000 steps every fortnight.

If you could travel anywhere in the world, where would it be? This is an easy answer, I will always go to Sri Lanka. My parents live in west Sri Lanka and so my connection is strong. We always make sure we have a holiday with my parents and explore other parts that we have never been. I love it in Kandy where the food , temple, people and relaxed atmosphere make a great place for family to share time together. There are so many places I've yet to see and look forward to exploring on my next holiday.



On Friday 18 October we held our Spring Open Day.

Sumith and his team prepared the delicious afternoon tea. Although the weather was a little temperamental (that's Spring for you!)

We had a wonderful turnout. The Ice Cream cart from Luvlee Gourmet (and Coffee cart) was definitely a hit!



Meet the Resident: Charlotte

We chatted with Charlotte who shared some lovely memories as a child growing up in a beautiful East German town called Magdaburg.

She remembers her mother as a gentle kind and caring woman who was always singing. She would brush Charlotte's hair and braid it. Her parents were madly in love. Charlotte had one brother and two sisters and they were a musical family. Charlotte herself used to play the harmonica and piano accordion.

Charlotte became a nurse and one of her scariest and proudest moments in life was saving 9 patients by digging them and herself out of a bombed hospital ward where they were trapped.

Charlotte and her best friend decided to come to Australia as nurses to Western Australia for 2 years but fate had other ideas. The ship they were on bypassed Perth and landed instead in Melbourne where she met her husband, married, had a beautiful daughter.

Australia became her new home. Charlotte has an immense love of gardens born from arriving in Australia and seeing so many species of flowers without the frost and snow of Germany. She passed this love of gardens to her daughter grand children and now great grandchildren. Charlotte shared that she loves the gardens at Cumberland View and spends most morning in the garden courtyards admiring the variety of plants.



Walking is very important to Charlotte and she shares a cheerful hello to anyone she passes as she walks.

At Cumberland View Charlotte has many friends and says there is always something different to do, lots of food and the staff are a lot of fun. Her favourite activities are the morning walking group and any of our musical concerts which she says reminds her of the beautiful music from her childhood.

Charlotte's advice on turning 102 early next year is "stay active and be happy."

Chef's Corner

We held another menu tasting session this Spring, thank you to the residents for your valuable feedback. Our head chef, Sumith, designs the menu based on nutrition and resident preferences.

Below is his Shepherd's Pie recipe, perfect to cook in a big batch and freeze in portions (for up to 3 months). Give it a go and you'll see why its a favourite.



SHEPHERD'S PIE

Serves 25

1.5kg lean cooked lamb
50gm poly unsaturated, light margarine
4 onions thinly sliced
½ cup (60gm) plain flour
1 teaspoon dry mustard
4 tablespoons freshly chopped mint
3 cups (750mls) chicken stock
2 tablespoons chopped parsley
1 tablespoon Worcestershire sauce

POTATO TOPPING:

8 large potatoes cooked
½ cup soy calcium enriched hot milk

METHOD:

Lightly oil an ovenproof tray with melted margarine. Preheat the oven to hot 210°C. trim the meat and mince finely with a sharp knife or mincer. Melt the margarine in a pan, add the onion, and cook until brown. Sprinkle with flour and mustard. Gradually add the stock and stir until smooth. Bring to the boil, reduce the heat and simmer for 5 minutes. Stir in the lamb, mint, parsley, Worcestershire sauce and black pepper. Spoon the mixture into a tray.

TO MAKE THE POTATO TOPPING:

Mash the potatoes slightly and then add the hot milk.

Mash until the potato is smooth, free of lumps and creamy, adding more hot milk if necessary.

Pipe or spread the potato over the meat and bake in a moderate oven for 1 hour until the potato is golden brown.

Serve hot. Or allow to cool, portion into freezer safe containers, label it with the contents and date. Consume within 3 months.



Noticeboard

A very warm welcome to our new residents

Helena Van Kesteren

Sandra Mchoul

Ed Crawley

Wayne Lehmann

Ghita Cetraro

Lenis Russo

Erika Lambie

Yvonne Abeyratne

Vayle Hallam

Heather & Algemon Stonehewer

Michael Wallace

Jan & Randal Richards

Jean Sale

Heather Quixley

Anna Krause

Jessie McKay

Carmel Hoogeveen

Vita Terlato

Adelaide & Dennis Falken

Sheila Symms

Ross Vevers

Helen Mc Rae

Shirley Howden

Scenic bus drives

Once a month 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.

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.

Hot breakfasts

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

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.

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.

We are here for you

If you'd like more information on the above services, please contact Janine Linnert:
lifestyle@cumberlandview.com.au

Games corner 1

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

Games corner 2

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

Games corner 1 - Answers

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

Games corner 2- Answers

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

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

