



SAVOURY MINCE

EASY, QUICK AND SUPER TASTY, YOU'RE BOUND TO LOVE THIS DELICIOUS MINCE DISH.

INGREDIENTS

- 1 Tablespoon olive oil
- 1 brown onion, finely chopped
- 500g beef mince
- 2 tablespoons instant beef gravy powder
- 1 cup tomato puree
- 400g desiree potatoes, peeled, diced
- 300g carrots, peeled, diced
- 200g button mushrooms, quartered
- 1 small pkt frozen peas & corn mixture steamed
- Rice medium grain to serve



METHOD

- STEP 1** Heat oil in saucepan over medium to high heat.
Add onion and mince.
Cook, stirring with a wooden spoon to break up mince, for 6 to 8 minutes or until browned.
Add gravy powder, tomato puree and 1 cup of cold water.
Stir to combine.
- STEP 2** Add potato and carrot.
Season with salt and pepper.
Cover and bring to the boil.
Reduce heat to medium to low.
Simmer, stirring occasionally for 20 minutes or until potato is just tender.
Add mushrooms and pea mixture.
Cook for 5 minutes or until heated through.
Serve with cooked rice.

WELCOME TO ISSUE 29 OF THE QUARTERLY OLDER PERSONS AND ABILITY SUPPORT SERVICE NEWSLETTER, OUR WINTER EDITION.

People have been asking about the upcoming changes to Home & Community Services (HACC). In the coming months, the Commonwealth Government will be explaining what My Aged Care will mean to you and how to access this service.

Winter is with us again, so don't forget to rug up, keep warm, look out for slippery paths and when driving, wet roads and restricted vision.

Please ensure that your smoke detector is working. Please remember to let a professional clean your gutters or contact us here for a HACC Property Maintenance service.

We have a great venue here in Colac, the Colac Otway Performing Arts Cultural Centre, (COPACC). The centre has many events happening all year round that includes Morning Melodies, films plus other great entertainment. During senior's week in October Colleen Hewitt will be performing. Contact COPACC for more information or visit our Website for upcoming events. A great place in winter, warm, cosy and inviting.

If you're over 65 and exercising on a daily basis, give yourself a pat on the back. Exercising can be done in the home, going for a walk, gardening, activities that involve moving around or using a fitness aid. Always ensure that you do this safely and always do a safety check of your surroundings. Thirty minutes a day is the recommended time, but you can do this over a day in 10 minute bursts. It really is about keeping the body active and healthy.



I continue to encourage you to contribute to this newsletter as it is a great way to promote any of your activities.

Terry Maisey - OPASS Coordinator



Volunteer Gwen Robertson with the CEO Sue Wilkinson enjoying a cuppa.

VOLUNTEERS WEEK

On Monday 9th May Colac Otway Shire Celebrated National Volunteers Week with a lovely afternoon tea at COPACC. We are very thankful to all of our Volunteers that help us with Meals on Wheels deliveries and transport around Colac, Birregurra, Geelong, Warrnambool, Ballarat and Melbourne.



COLAC OTWAY SHIRE IS NOW ON FACEBOOK



EMAIL NEWSLETTER

Would you like a copy of the OPASS newsletter emailed to you instead of coming via snail mail? It's easy, just give the office a ring and ask to be put on the list. Phone 5232 9420.

PRIVACY STATEMENT: The right to dignity and privacy, to voice concerns and to advocate. For further information please refer to your Client Handbook or discuss with an Older Persons and Ability Support Service Office on 5232 9420.

WELCOME NEW STAFF

We would like to introduce and welcome 5 new staff members to the OPASS team:
Lynn, Anita, Adam, Jordana & Nicole who bring a wealth of knowledge to our wonderful team.

HAVE YOUR DETAILS CHANGED? DO YOU HAVE A MOBILE PHONE?

With the common use of mobile phone's it is very helpful if we can contact you when you are not home for any of your services. Maybe your carer's name or phone number has changed? Please give the OPASS unit a call to let us know.

BOWEL CANCER AWARENESS MONTH RAISING BOWEL CANCER AWARENESS

Bowel Cancer Awareness Month is an annual initiative of Bowel Cancer Australia running throughout the month of June (1-30 June), to raise public awareness of a disease that claims the lives of 77 Australians every week.

Bowel cancer is the second most common type of newly diagnosed cancer in Australia affecting both men and women almost equally and is Australia's second biggest cancer killer after lung cancer.

TALK TO YOUR GP OR PHARMACIST TODAY ABOUT BOWEL SCREEN AUSTRALIA®

Bowel Cancer Awareness Month has a positive message – saving lives through early detection – as bowel cancer is one of the most curable types of cancer if found early.

For more information visit Bowel Cancer Australia's Bowel Cancer Awareness Month website.

www.bowelcanceraustralia.org/bowel-cancer-awareness-month

CARER GATEWAY

New Australian Government funded service support for carers.

The Australian Government has launched a new service to support Australia's 2.7 million carers.

The Carer Gateway provides information about the services and support available for people who care for someone with a disability or who are frail due to age. Carer Gateway will provide information for carers online and by phone.

Telephone: Carers can call 1800 422 737 Monday to Friday between 8am and 6pm for information about services and support available.

Website: A range of information, including practical advice on how to care, details about financial and respite support and how to adjust when caring ends can be accessed at www.carergateway.gov.au

This service does not affect how carers currently access their existing services.

HOME LIBRARY SERVICE / OUTREACH LIBRARY SERVICE

The Home delivery Library service is a free service within our shire for those who are unable to attend the library due to age, illness or ability.

A dedicated volunteer will deliver books, magazines or DVDs to you every 4 weeks and you can borrow as many items as you like.

For areas outside of Colac such as Cressy, Forrest, Gellibrand, Coragulac, Beeac, Birregurra, Beach Forrest and Lavers Hill, the outreach van visits and arrangements can be made to meet them at a designated point. The Library Outreach service timetable can be viewed on the new Colac Otway Shire website www.colacotway.vic.gov.au.

For further information or to arrange for an interview to determine what you preferred to read, call Mary on 52 314613 or 0408 525 538.



NEW COLAC OTWAY SHIRE WEB SITE

In May Colac Otway Shire launched a new web site, some of the things you can do are:

- *Make a payment* – Pay rates, general debtors and Home Care bills.
- *Rubbish Collections* – just enter your street and it will tell you when your collection date is.
- *Contact Council* members via email.
- *Burning Off* – information to assist you to conduct a safe burn off, including permit details.
- *Report an issue* – you can fill out a form to advise the council of an issue.
- *Latest News*
- *Upcoming Events*



There are too many things to list, you will also find lots of information on the OPASS unit, it's worth a look!

OUTDOOR/INDOOR ADULTS

Colac Outdoor / Indoors Adults is a program targeting older adults, encouraging engagement in a program of varied activities around our wonderful town. They meet at Bluewater in Hearn St Colac.

The next program starts on the 13th July, 9.30am. Cost is \$6.60 and you also get a cup of Tea or Coffee.

If you would like more information please call Bluewater fitness on 5232 9551.



GUTTERS AND SPOUTS

Now that winter is here maybe it's time to have your gutters and spouts cleaned. We can assist with help from a professional cleaning service. **PLEASE DO NOT ATTEMPT TO DO THIS YOURSELF.**

MORNING MUSIC

Feel like some toe tapping fun? On the 29th July 11am The Seekers Story, Athol Guy will lead you through the 50 year history of Australia's most celebrated musical group with song's that I'm sure you will remember, like Georgy Girl & Danny Boy. Free morning tea served at 10 am before each show. For more info please call COPACC on 5232 9418.



2016/2017 WASTE CALENDAR

Just a friendly reminder to cut out the 2016/17 waste collection calendar out of your Colac Otway Community Matters newsletter, that came in the mail in May. Please remember NO PLASTIC BAGS are to be put in the Yellow bin, all Recyclables are to be kept loose.

SOCIALIZE

Depression is more common in the winter months, and bad weather can mean social isolation for many seniors. Make efforts to spend time with family, friends and neighbours, and when weather makes visiting difficult, pick up the phone for a chat.

MEALS ON WHEELS

Meals on Wheels aims to assist the elderly and those with disabilities to remain living independently for as long as possible. Meals can be provided short term, or long term for people who for various reasons, are unable to prepare fresh nutritionally balanced food for themselves. For more information call the OPASS office on 5232 9420.



SENIORS WEEK INFORMATION COMING SOON TO A MAIL BOX NEAR YOU!