



3 INGREDIENTS CHEESE CAKE

INGREDIENTS

- 1 kg yoghurt
- 1 tin of condensed milk
- 1 pkt of biscuits (Marie or digestive)

METHOD

- STEP ONE:** Mix yoghurt with condensed milk
- STEP TWO:** Crush biscuits
- STEP THREE:** Put biscuit crumbs into a glass oven proof dish and spread out evenly
- STEP FOUR:** Pour yoghurt mixture on top of biscuit crumbs and microwave for 5 minutes.
- STEP FIVE:** Cool and eat

- *When yoghurt cooks the biscuit crumbs go hard, no butter required
- *Light yoghurt can be used
- *When the yogurt cooks it turns into a soft cream cheese when cooled



WELCOME TO ISSUE 31 OF THE QUARTERLY OLDER PERSONS AND ABILITY SUPPORT SERVICES (OPASS) NEWSLETTER, OUR AUTUMN EDITION.

Welcome to 2017. We sincerely hope that you had a pleasant Christmas and New Year's catch up with family and friends.

This year will be a busy time for OPASS as we implement the many change requirements around My Aged Care referral and assessment, service delivery for people over 65 years old and people under 65 years old. The Commonwealth Home Support Program (CHSP) caters for people over 65 years old and 50 years for Aboriginal and Torres Strait Islanders.

For people under 65 years old applying for HACC Services, you will need to demonstrate that you are not eligible for services from the National Disability Insurance Scheme (NDIS). If you do not meet the NDIS criteria, a referral to the OPASS office on PH:5232 9420 is available for the Home & Community Care (HACC) Program. This is a limited service, requiring a comprehensive assessment with services depending upon funded hours available.

Other changes to the Commonwealth Home Care Package (HCP) Program include the introduction of Consumer Directed Care. To find out more about how you access the appropriate aged care services that will meet your needs, visit the My Aged Care website at: www.myagedcare.gov.au or call My Aged Care on PH: 1800 200 422.

Colac Otway Shire Older Persons & Ability Support Service has current programs to support your Home Care Packages by providing case management, domestic support, personal care support, respite in the home and outside the home, property maintenance, garden maintenance and home modification (these are defined in the funding model,) transport, meals and purchase of continence and mobility aids. The package is designed to meet your requirements and changing needs and the OPASS unit has the ability to support these requirements. For further information, please contact our Case Manager on PH: 5232 9420.

Most of the readers of this newsletter have had contact with our 36 Community Care Workers. A big THANK YOU to all Community Care Workers who work through all sorts of weather, from early morning to late evening, assisting and supporting you in your home.

DID YOU KNOW?

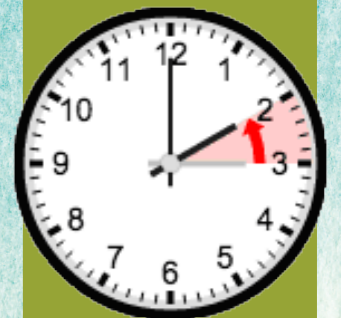
From March 2016 to end of February 2017 (12 months) there were 712 clients that used our service for Home Care, Personal Care & Respite Care. The Community Care Workers made 31,801 visits to your homes over this 12 month period. So well done to our very dedicated staff.

HAPPY EASTER FROM ALL OF US AT COLAC OTWAY SHIRE.

Terry Maisey - OPASS Coordinator

DAYLIGHT SAVINGS

Daylight saving ceases on Sunday 2 April 2017. Move your clock backward one hour at 3am daylight saving time. It's a good idea to do this before you go to bed on Saturday 1st April.



Remember this is the best time to change your smoke alarm batteries. Our property maintenance can do this for you if needed, just ring the office on 5232 9420

TRAVELLING CON MEN

Travelling con men are dodgy tradesmen who knock on doors of homes and small businesses, offering to do maintenance work. They offer to do jobs such as driveway resurfacing, painting, roof repairs and carpet cleaning at a cheap rate.

Often they pressure people by offering 'today only' specials. Travelling con men ask for cash before starting work and frequently disappear as soon as you pay them. If they do any work, it is often unfinished or of a poor standard.

If they are in your area please record as much information as you can, such as their name and vehicle registration and report them to Consumer Affairs hotline 1300 133 408 or Crime stoppers 1800 333 000.

RIDDLE ANSWER

Quietly get off the merry-go-round and go home



VOLUNTEERS LUNCH

On Wednesday 15th March 2017 we said a big Thank You to our committed volunteers that assist with Meals on Wheels and Transport. They enjoyed a beautiful lunch at Colac Botanic Café.

Here is a lovely photo of Gwen, Rowin, Marg & Claire.

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.

CANCELLATION OF SERVICES

If you need to cancel Home care, Personal care, Respite, Transport or MOW'S make sure you do so by 2.00 pm on the day prior. We ask for your support so costs can be kept to a minimum. Please call 5232 9420.



EASTER 2017

Friday 14th April
Good Friday (Public Holiday)
Saturday 15th
Easter Saturday
Sunday 16th
Easter Sunday
Monday 17th
Easter Monday (Public Holiday)



ANZAC DAY

ANZAC DAY 2017
Tuesday 25th April
(Public Holiday)

All Personal Care will continue as normal but times may change due to reduced staff over Easter and Anzac day.

FAREWELL TO LEE NICHOLLS AND CCW'S

We will be sadly saying goodbye to Lee who has been our Case Manager for the Home Care Packages Program. She has been working with the Colac Shire for 7 years. Wishing her much joy & happiness as she begins a new chapter in her life. Thank You.

Also we say farewell and thank you to Sue Stares who has been with the Shire for 16 years and Jenny Abbott for 5 years we wish them the very best in their retirement.

MY AGED CARE UPDATE

Last year we saw some big changes to how our services are funded. As of July 2016, people over 65 years old (or over 50 years old and are Aboriginal or Torres Straight Islander) are now funded by the Commonwealth Government under the banner of "My Aged Care".

To request new services, you will need to register with the Australian Government, Department of Social Services, My Aged Care on 1800 200 422.

When you make contact, have your Medicare, Pension Card and Phone Number details at hand.

If you need support, contact the OPASS Unit on 5232 9420 and we will assist you with this process.

SAFETY AND AWARENESS AROUND YOUR HOME

As times are changing around us, we no longer can take for granted that we can leave the house unlocked, keys in the car or possessions in an unlocked shed.

We need to be aware of people we don't know, cars that are unfamiliar and take notice when your dog is unsettled or things don't seem right to you.

Never let a stranger who has no identification into your home, even if they need to make a phone call, use the toilet or need a drink.

As you may have heard in the news there are a lot of 'scammers' and people who will take advantage of opportunities to make 'fast cash'. Please do not leave your car unlocked at home or down the street. We all need to be aware; look after yourself and your neighbors and report anything suspicious to the police.

Phone 000
Colac Police phone: 5230 0000
Crime Stoppers 1800 333 000
www.crimestoppers.com.au

SHINGLES / VACCINE

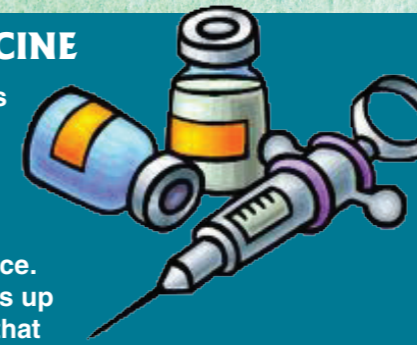
If you have had shingles then you know how painful it is.

Many older people suffer from shingles and some more than once. Shingles typically shows up as a painful, itchy rash that develops on one side of the body and if not treated quickly can lead to debilitating nerve pain.

As of November 1st 2016, the Pharmecetial Benefits Scheme made a vaccination free for people aged from 70 to 79 years.

As we age our immune systems decline. Shingles, which usually occurs after 50, is related to the childhood illness chicken pox.

People who live to 85 have a 50/50 chance of developing shingles. Ask your GP for help in this matter.



MEALS ON WHEELS

Meals on Wheels aim is to assist the aged 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.

GUTTERS AND SPOUTS

Before winter sets in, it may be time to have your gutters and down pipes cleaned. We can assist with this, by contracting a professional cleaning service through the Commonwealth Home Support Program to help you out.

Please do not attempt to do this yourself.

WORDS OF WISDOM

- If a problem is fixable, if a situation is such that you can do something about it, then there is no need to worry. If it's not fixable, then there is no help in worrying.
- If you harbor ill will, it has a negative impact on yourself. You may lose your appetite and good sleep.
- Peaceful living is about trusting those on whom we depend and caring for those who depend on us.



THE CARING ROLE

This program is for family carers who are ready to reflect on their new role and relationship with their family member living with dementia, and who can participate in a 4 week group program. While this program includes information about dementia, changes and communication, it also incorporates the loss and grief associated with becoming a carer. The program talks about how to create an environment to facilitate the caring role as well as maintaining and getting support as a carer. The program is offered as small group sessions where participants will be encouraged to share their experiences and be able to listen to and support others. The program runs over four weeks, with each session being 3 hours in duration.

Book early to avoid missing out please contact the Geelong office on 5229 6979.

When: Thursday 4th May
10.00am until 1pm beginning

Where: Alzheimer's Australia Vic
1/318 Pakington Street, Newtown

RANDOM FUN FACTS

- When hippos are upset, their sweat turns red
- A flock of crows is known as a 'murder'
- The average woman uses her height in lipstick every 5 years
- Cherophobia is the fear of fun
- Human saliva has a boiling point three times that of regular water
- The person who invented the Frisbee was cremated and made into a Frisbee after he died
- During your lifetime, you will produce enough saliva to fill two swimming pools
- An eagle can kill a young deer and fly away with it

RIDDLE FOR SENIORS

You're on a horse, galloping at a constant speed. On your left side is a sharp drop-off. On your right side is an elephant travelling at the same speed as you. Directly in front of you is a bounding kangaroo and your horse is unable to overtake. Behind you is a lion running at the same speed as you and the kangaroo. What must you do to get out of this highly dangerous situation?



THANK YOU

We would like to say a big thank you to the Ladies at the Cake Decorators Club for their beautifully decorated fruit cakes. These were delivered to our MOW's recipients and clients just in time for Christmas. This lovely photo is of Belinda and Val Carter.

