



Everybody loves a sweet treat and this lemon slice will be welcomed in the lunch boxes of kids and adults alike.

LEMON SLICE

INGREDIENTS

- 1/2 cup NESTLÉ Sweetened Condensed Milk
- 100g butter
- 200g granita biscuits
- 1 cup desiccated coconut
- 2 teaspoons finely grated lemon rind

LEMON ICING

- 2 cups pure icing sugar
- 20g butter, softened
- 2 1/2 tablespoons lemon juice

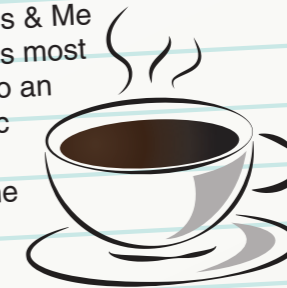
METHOD

- STEP ONE:** Grease a 3cm deep, 15.5cm x 25cm (base) slab pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.
- STEP TWO:** Place condensed milk and butter in a small saucepan over medium heat. Cook, stirring, for 5 minutes or until smooth and combined. Remove from heat.
- STEP THREE:** Using a food processor, process biscuits until fine crumbs. Transfer to a bowl. Add coconut and lemon rind. Stir to combine. Add hot butter mixture. Mix well to combine. Press mixture over the base of prepared pan. Cover. Refrigerate for 1 1/2 hours or until firm.
- STEP FOUR:** Make lemon icing: Sift icing sugar into a bowl. Add butter and lemon juice. Beat with a wooden spoon until smooth and combined. Spread icing over slice. Stand at room temperature for 30 minutes or until icing has set. Cut into pieces. Serve.

WELCOME TO ISSUE 35 OF THE QUARTERLY OLDER PERSONS AND ABILITY SUPPORT SERVICE (OPASS) NEWSLETTER.

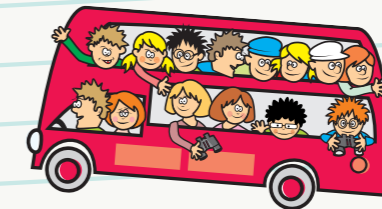
Winter is coming to an end and the consensus in the office is that it has been a cold one. Spring is about to commence and that means that seniors week in October is with us once again.

Our senior's week concert this year is being presented by the very talented Wendy Stapleton with her Dusty, Doris & Me melodies. Wendy Stapleton, one of Australia's most charismatic singers, brings her unique voice to an intimate performance that incorporates classic songs by Dusty Springfield, Doris Day and herself. The performance is at COPACC on the 8th October at 11 am. And there is more. We again have a really great morning tea before the performance at 10 am.



The cost for all of this is \$15, so not to miss out, book now at the Box Office on 5232 2077 or purchase your tickets at COPACC 95 - 97 Gellibrand Street, COPACC.

As we normally do over senior's week, we have some bus trips, morning teas and other activities. These details are about to be published so keep an eye out for this information.



In the coming weeks, we will be sending out a letter to inform you that OPASS is introducing a new time keeping system. The system is called Ezitracker. From your point of view there will be no change to your services, except our staff will be required to log in to our system when they arrive and log out when they leave. They will use their smart phone to do this.



Again I would encourage anyone to contribute to this Newsletter. You can do this by contacting the OPASS Office 5232 9420.

Terry Maisey - OPASS Coordinator

DAYLIGHT SAVINGS

Day light savings will commence on Sunday 7th October 2018. It's always a good idea to put your clocks forward 1 hour before you go to bed on Saturday 6th October.



Remember this is also a good time to change the batteries in you smoke alarms. Our property maintenance can do this for you if needed. Call the office on 52329420 or if you are a new client to this service call My Aged Care on 1800 200 422.



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.





“THANK YOU” LUNCH FOR OUR MEALS ON WHEELS AND TRANSPORT DRIVERS

As part of Volunteers Week 15th to 22nd April 2018, We had a lovely lunch at City Bowling Club in Colac. We said a big “Thank You” to our wonderful Volunteers who help with delivering Meals on Wheels and Transporting clients to Geelong, Warrnambool, Ballarat & Melbourne for Doctor’s appointments. This year we also welcomed the Positive Ageing Ambassadors who meet on a regular basis to discuss issues that impact on older people in the community. They also provide a significant contribution to the Seniors Week within their respective townships. If you are a new client to the Transport service please remember to register with My Aged Care, phone 1800 200 422.

This lovely photo of Colleen, Gwen, Joan, Lorraine, Rowin and Stuart having a great meal and lots of laughs..

GUTTERS AND SPOUTS

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, again if you are new to this service please call My Aged Care 1800 200 422.

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. If you are new to this service please call My Aged Care 1800 200 422



SPRING HAS SPRUNG, BRINGING WITH IT WARMER DAYS, TREES WILL BE IN BLOOM AND FLOWERS STARTING TO GROW!

Here are some interesting Facts about spring

1. The first day of spring is called the vernal equinox. The term vernal is Latin for “spring” and equinox is Latin for “equal night”
2. The first spring flowers are typically Lilacs, Irises, Lilies, Tulips, Daffodils and Dandelions.
3. On the first day of spring, a person at the North Pole would see the sun skimming across the horizon, beginning six months of uninterrupted daylight. A person at the South Pole would see the Sun skimming across the horizon, signalling the start of six months of darkness.
4. Spring signals the beginning of flower festivals in various cities and towns. Tesselaar Tulip Festival in Silvan nestled amongst the Dandenong Ranges from the 15th September to the 14th October, or closer to home The Warrion Flower Show on Wednesday 24th October 1pm – 8pm.
5. According to the National Association of Realtors, spring is the most popular season to sell/buy a house.
6. According to a long term research project done in Colorado’s Rocky Mountains, spring in that region now begins on average, about three weeks earlier than it did in the 1970’s.



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

With the common use of mobile phones it is very helpful if we can contact you when you are not home for any of your services. Some people are ending their land line service and just having a mobile phone. Maybe your carer’s name or phone number has changed? Please give the OPASS unit a call to let us know on 5232 9420.



BAD JOKES

Why did the scientist install a knocker on his door?
He wanted to win the No-bell prize!

HA When everything’s coming your way,
HA you’re in the wrong lane.

HA Why did the bee get married?
HA Because he found his honey.

HA I just let my mind wander,
and it didn’t come back.

A farmer in the field with his cows counted 196 of them,
but when he rounded them up he had 200.

Why can’t a bike stand on its own?
It’s two tired.

How do you make Holy water?
Boil the hell out of it.

2018/2019 WASTE CALENDAR

Just a friendly reminder to cut out the 2018/19 waste collection calendar from the 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.



NEW STAFF MEMBERS

Over the last couple of months we have welcomed 3 new staff member Sharon, Tayla & Cerise to our team of OPASS Community Carers. They are adapting to their new roles well, please make them feel welcome. Also in the office we have had a few changes we have welcomed Katherine and Rebecca who many of you would have spoken to already, Welcome!

STAYING SAFE AT HOME

www.yourlifechoices.com.au/heres-how-to-stay-safe-at-home

Are you concerned about crime? Here’s a couple of thing to think about.

- Never open your front door without asking “who’s there”. If you’re unsure of who it is and why they are there, ask them to leave a note in the mailbox.
- It’s unfortunate but a sign of the times, keep front and back doors, garage & sheds locked. Keep the windows locked in rooms that you are not using.
- Get to know your neighbours; increase your confidence & security by saying hello to the neighbours on a regular basis. If the relationship builds, you could even swap phone numbers.
- Don’t leave a note on the doormat for a delivery person when going out.
- Never give out information over the phone or via social media, indicating you are alone or that you won’t be home at a certain time.
- Leave lights on when going out, but not necessarily just the front outside light which sends a message that you are not home.
- Ignore all unsolicited offers to repair your roof, paint the house/fence, and fix the guttering. Deal only with reputable businesses when you believe repairs are required.
- Tell neighbours when going away on a trip and ask them to collect your mail, Cancel any regular deliveries, such as the newspaper, and consider whether you need to arrange for the lawn to be mown.
- When you are gone for more than a day, make sure your home looks and sounds occupied. If you can, use a timer to turn lights on and off and leave a radio on.