



GINGER AND ALMOND SLICE

INGREDIENTS

- 175g unsalted butter, softened
- 1 cup (220g) caster sugar
- 1 egg
- 1 ½ cups (225g) plain flour, sifted
- 2 tablespoons milk
- 100g almond meal
- 1 teaspoon ground ginger
- 125g glace ginger, chopped
- 70g flaked almonds
- Icing sugar, to dust



METHOD

- STEP 1** Preheat oven to 190°C (180°C fan-forced). Grease an 18cm x 28cm slice pan and line with baking paper.
- STEP 2** Beat butter and sugar using electric beaters until thick and pale. Beat in egg, and then beat in flour alternating with milk. Stir in the almond meal and ground and glace ginger, then pat mixture into the pan and sprinkle with almonds. Bake for 35 minutes or until golden and a skewer inserted in the centre comes out clean.
- STEP 3** Cool slightly in the pan, then turn onto a rack to cool completely. Cut into fingers and dust with icing sugar. Serve with chrysanthemum or jasmine tea, if desired.

HOME CARE PACKAGES PROGRAM

Would you like to know more about Home Care Packages? Home Care Packages are combined services to assist with living at home.

When you get older, living at home independently is not always easy. Everyday tasks like preparing meals and maintaining your home can become more difficult. If you are no longer driving, getting to the shops and appointments can be hard. The focus of our program is to provide services that support

you to remain as independent and as "well" as possible.

The Colac Otway Shire is a provider of Home Care Packages Level 2 and 3. Please contact Lee Nicholls - Home Care Packages Program Case Manager on 52 329 423 to arrange a time to have a chat and find out more about our Home Care Packages.

Some useful websites that you may find helpful are: www.myagedcare.gov.au / AgedCareGuide.com.au

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 TO ISSUE 30 OF THE QUARTERLY OLDER PERSONS AND ABILITY SUPPORT SERVICES (OPASS) NEWSLETTER, OUR CHRISTMAS EDITION.

Christmas, the festive and holiday season are only weeks away. For many of us we celebrate this special time with family and friends. We give thought to those who have gone before us.

We all have our very special way to celebrate Christmas, so enjoy each and every moment this year.

My Aged Care Update

This year has seen some 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 Strait Islanders 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.

Under the new funding arrangements, there will be a review of our domestic support service in the home. The hours available may be reduced to meet our new funding targets. The OPASS staff are very sensitive to your needs and will do everything to ensure a service will remain with you; however this may potentially mean a reduction in hours. If you feel that you can reduce your current service/s, for example from weekly to fortnightly, please contact the office.

If you are under 65 years old and require a Home Care Service, the options are to contact our office for an assessment on ☎5232 9420 or contact the National Disability Insurance Scheme on ☎1800 800 110 or visit 13 Connor Street, Colac.

Seniors Week

Seniors week again proved to be most successful and all who participated indicated they really enjoyed the range of activities, concerts, bus trips, morning teas and the social interaction as a highlight of the festival. Our morning teas across the Shire really have taken off and we will have a look in 2017 how we can build on this activity. If you have any ideas or thoughts, we would very much like to hear from you.

FROM ALL AT COLAC OTWAY SHIRE AND THE OLDER PERSONS AND ABILITY SUPPORT SERVICES, WE WISH YOU A VERY, VERY MERRY CHRISTMAS AND SAFE AND HAPPY NEW YEAR. WE'LL BE SEEING YOU IN THE NEW YEAR, 2017.

Terry Maisey - OPASS Coordinator

COLAC OTWAY SHIRE IS NOW ON FACEBOOK

GOING AWAY FOR THE HOLIDAYS.

If you need to cancel your Home Care, Personal Care, Respite Care or Meals on Wheels please do so by 2.00pm the day prior on 5232 9420.

We ask for your support so costs can be kept to a minimum. Please note that if you don't call we will have to charge for the service.



SENIORS WEEK

Left on the bus from senior's week – 1 black umbrella and 1 pair of black gloves! If they belong to you please come in to the office to claim them.

This year's Seniors Week festival was full of great trips. On Monday the bus left COPACC for Werribee Mansion and Garden. Wealthy sheep farmers built the mansion in the Italianate- style architecture and it was completed in 1877. The mansion is surrounded by 10 hectares of gardens. The weather was very kind to us for the week.

Tuesday was a lovely day for the morning teas across the Shire with Birregurra Senior Citizens, Gellibrand General Store, Apollo Bay Bowling Club, Colac Botanic Gardens Café and Beeac Community Centre, who also had a Country Singer Robyn Gleeson. A big thank you to all that helped on the day, it was much appreciated.

Wednesday we were back on the road again, with a trip to the National Gallery of Victoria to see the Making the Australian Quilts 1800 – 1950. With a display of over 80 works and some of them never having been on show before. The Quilts were divided into 3 periods. We started with the influence of the English work brought or sent to Australia by the earliest arrivals. Followed by the gradual adoption of Australia as a new nation through the gold rushes and prosperous times. Finishing with 'Making Do' through the tough and testing years of the early nationhood in the first fifty years of the twentieth century. We then stopped in for a yummy lunch at Williamstown.



Thursday was a taste testing day along the Great Ocean Road to see the Twelve Apostles with lunch in Warrnambool. We stopped in at Apostle Whey Cheese, with some of the best cheeses in the state, then onto Gorge Chocolate for some divine chocolate and a few to take away.

Friday we stopped and had lunch at the Werribee RSL, then went to Rippon Lea and had a walk through the Mansion and around the gardens as you walk through the gardens it's very easy to forget that you are in the heart of Melbourne.



This lovely photo is of Joyce Cartwright & Crystal Edwards at Rippon Lea House & Gardens Elsternwick in Melbourne on Friday 7th October. Rippon Lea House and Garden is one of Australia's finest grand suburban estates and the first to achieve National Heritage Listing, recognizing its unique significance. The Gardens are set on 14 acres with a windmill, lookout tower, heritage orchard, lake waterfall, fernery and lots more. Well worth a look!

To celebrate the end of Senior's week was Colleen Hewett; she came to COPACC for a country concert with a morning tea. Colleen sang some of her favorite songs like "Super Star", "Day by Day" and "Carry that Weight".

TRIVIA OF THE BRAIN

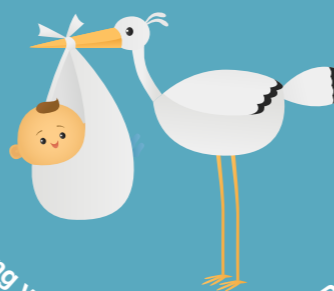
Neurons last for a whole life time – they are some of the oldest cells in the human body.

Fever is controlled by part of the brain called hypothalamus. The highest body temperature ever recorded was 115 degrees F. Temperatures greater than 109 degrees can be fatal.

The brain itself does not feel pain, so neurosurgeons can perform brain operations while the patients are awake. An alert patient can then give the surgeon feedback to ensure a successful procedure.

BABY NEWS

Congratulations to Rebecca, our community care worker, and her family on the birth of their handsome little man!



Wishing you all the best from the OPASS team.



PROPERTY MAINTENANCE NEWS

Please note there is now a 1 hour minimum charge for all property maintenance jobs. Need 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.*



GOVERNMENT HOUSE MORNING TEA

On Tuesday the 4th October, Ann Winderbank and Sara Mathews enjoyed a lovely trip to Government House in Melbourne for Senior of the Year awards. In 2016 fourteen awards were presented honoring the extraordinary contribution of inspirational older Victorians during an award ceremony at Government House. As you can see from the photo Ann and Sara had an enjoyable day.

CLOSURE DATES FOR OPASS

OFFICE	Our office will close at 3.30pm on Friday 23rd of December and will reopen at 8.30am on Tuesday 3rd of January 2017.
HOME CARE	The last day for general Home Care will be Friday 23rd of December
PERSONAL CARE	Will continue as normal, but a change in time may occur due to reduced staffing over the Christmas period.
RESPITE CARE	Is considered upon request.
MEALS ON WHEELS	Please contact our office for delivery days over the Christmas Period.
CASE MANAGEMENT	Continues as usual.
CHSP ASSESSMENTS	There will be no Commonwealth Home Support Program assessments during the Christmas period.
COMMUNITY TRANSPORT	The last day for transport will be Thursday 22nd of December
PROPERTY MAINTENANCE	Will not be available over the Christmas period.



THANK YOU

We would like to say thank you to our very special Volunteers who have helped though out the year for Transport and Meals on Wheels and wish them a Merry Christmas and a well-earned rest over the New Year break!

MEALS ON WHEELS

Meals on Wheels aim to assist the aged 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.

During the Christmas period, there will be reduced Meals on Wheels deliveries.

IF A MEAL IS REQUIRED ON CHRISTMAS DAY, PLEASE CONTACT THE OPASS OFFICE ON 5232 9420

SUMMER 2016/2017

Remember to keep yourself cool and drink plenty of cold water. Don't forget that animals also suffer in the heat. Ensure that they have cold water and are out of the heat.



OPASS FAREWELL

We would like to thank Jenny Abbott, Pam McGrath, Sue Stares & John Whitwell for their dedication and teamwork with a combined 36 years, we wish them all the best for their future ventures. Best of luck.



CANCELLATIONS FOR EXTREME HEAT

Reminder to clients that we may be required to cancel services on the days of extreme weather. This is for the safety of your care workers.



EXTREME WEATHER AND FIRE SAFETY

Staying aware if there is a fire danger in our area by listening to local ABC radio 774 AM, OR 1134 AM, Sky News TV, Visit - www.cfa.vic.gov.au or by calling Victorian Bushfire Information on 1800 240 667.

MY PLAN – MAKING VICTORIA FIRE READY

In a bushfire or grass fire people may be confused, disoriented and physically stressed. In these conditions making sound decisions becomes very difficult.

A written and well-practiced plan will help you remember what steps to take during a crisis. Remember, leaving early is the safest way to survive a bushfire. If you would like a copy of the 'My Plan' please visit cfa.vic.gov.au or Victorian Bushfire Information line on 1800 240 667.

Also our office may be able to assist with this and point you in the right direction.