

OPASS recipe collection



CHERRY CHEESECAKES

INGREDIENTS

- 12 Coconut Macaroons
- 2 tsp gelatine
- 225g white chocolate melts
- 500g cream cheese, at room temperature
- 1/2 cup caster sugar
- 2 tsp vanilla extract
- 300ml pure cream, whipped
- 500g cherries, pitted, chopped

METHOD

STEP ONE: Lightly grease a 12-hole muffin tray with removable bases. Using fingers flatten macaroons until they fit the base of muffin holes.

STEP TWO: Combine gelatine and 2 tbs of water in a heatproof jug. Stand in a bowl of simmering water until gelatine has dissolved. Meanwhile, melt chocolate in a heatproof bowl over simmering water, stirring, until smooth. Stir gelatine mixture into chocolate until combined. Set aside.

STEP THREE: Beat cream cheese, sugar and vanilla in a bowl until smooth and creamy. Add chocolate mixture and beat until combined. Fold in cream and cherries. Divide evenly between muffin holes. Chill for 2 hours or until set. Cut into pieces. Serve.



BUSHFIRE AND HEATWAVE PREPAREDNESS

For people receiving Older Persons & Ability Support Services.

Summer is here and Colac Otway Shire would like to take this opportunity to bring to your awareness the importance of bushfire and heatwave preparations to support your health and safety during this period.

Code Red Days are determined by the CFA

Council will not be able to provide services on a Code Red day in identified dangerous areas. During this time Older Persons & Ability Support Services will be delivered on another day, if essential. We will notify you by telephone of such cancellations and changes.

We request that you advise us, if at any time you relocate to another home as a result of your activation plan.

Heatwaves

It is important to reduce your exposure to extreme heat as this can worsen existing health conditions. Remember to:

- Keep up your fluid intake.
 - Stay out of the sun.
 - Keep cool and turn your air conditioner on (if you have one)
 - Turn off your heater
 - Keep in touch with family, neighbours and friends
- If you any queries please contact the OPASS Unit on 5232 9420

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 - cfa.vic.gov.au or by calling Victorian Bushfire Information on 1800 240 667.

MEALS ON WHEELS

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

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.

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 Officer on 5232 9420.

NEWSLETTER

DECEMBER 2018 - ISSUE 36



Colac Otway
SHIRE

WELCOME TO ISSUE 36 OF THE QUARTERLY OLDER PERSONS AND ABILITY SUPPORT SERVICE (OPASS) NEWSLETTER; OUR CHRISTMAS EDITION.

The year of 2018 is now coming to an end and this means that summer is here. As we start to prepare for the Christmas, New Year's festivities and the holiday season.

Thank You

This year has been very busy for the in-home services delivery team and the wonderful staff who provide all the services to you at home and in the community. We have dedicated volunteers who deliver meals on wheels to your home and transport drivers who get you to your medical/ specialist appointment on time to Melbourne, Geelong, Ballarat and Warrnambool.

From October 2017 to September 2018 (12 months) OPASS has delivered services to 781 individual clients. Some of the services delivered are the following:
Home Care: 13,186 visits = 15,213 hours | Personal Care: 17,709 visits = 12567 hours
Respite Care: 2,070 visits = 3,879 hours | Community Transport/Bus: 194 individual clients
Property maintenance, modifications: 312 individual clients
Meals on wheels: 5287 meals to 147 individual clients.

It certainly has been a busy year for the community care workers, visiting you at home for home care, personal care and respite care some 32,965 times. A big thank you to all the community care workers and service delivery staff who roster all those visits and all that goes with this role.

Seniors Week

In October we again had a very successful senior's week that was well attended across the Shire.

For the concert, 180 people attended COPACC to enjoy a scrumptious morning tea and a wonderful concert by the very talented Wendy Stapleton with her Dusty, Doris & Me melodies.

Morning teas across the Shire were well attended and big thank you to Nu-Deli in Colac, Gellibrand General Store in Gellibrand and HESSE Rural Health in Beeac who went out of their way to make the morning teas special on behalf of Colac Otway Shire. Other activities were well received with very positive feedback from many of you.

Government House Invitation

Seven of our Colac Otway Shires volunteers were invited to attend Government House Reception for the 2018 Victorian Senior of the Year Awards. The volunteers who attended are; Mrs Beverley Craig, Mrs Dorothy McMallum, Mrs Catriona Ebeling, Ms Muriel Patricia Heffernan, Ms Beverly Smith, Ms Julie Foley & Mrs Lyn Armistead. Cr Chris Potter was also in attendance to support the volunteers. The volunteers enjoyed afternoon tea and the opportunity to look around Government House.

Terry Maisey - OPASS Coordinator



COLAC OTWAY SHIRE
IS NOW ON FACEBOOK

PUBLIC HOLIDAYS FOR 2019

NO HOME CARE AVAILABLE ON PUBLIC HOLIDAYS!

Date	Day	Holiday
1 January	Tue	New Year's Day
26 January	Sat	Australia Day
28 January	Mon	Australia Day Holiday
11 March	Mon	Labour Day
19 April	Fri	Good Friday
20 April	Sat	Easter Saturday
21 April	Sun	Easter Sunday
22 April	Mon	Easter Monday
25 April	Thur	ANZAC Day
10 June	Mon	Queen's Birthday
27 September	Fri	AFL Grand Final Friday
5 November	Tue	Melbourne Cup Day
25 December	Wed	Christmas Day
26 December	Thur	Boxing Day

On Public Holidays Personal Care is available and Respite Care on request.

No Home Care or Meals on Wheels available on the Public Holiday dates as above.



TELSTRA HOME MESSAGES 101 SERVICE ON YOUR HOME PHONE

Please check your Telstra Home Messages 101 on your home phone. When making time changes to your care the office staff will try and contact you, often leaving a message on your Telstra Home Messages 101 service on your home phone.



MORNING TEA AT CAFÉ NU DELI

This year we changed the venue of our morning teas, we had a lovely coffee and slice from Café Nu Deli. The lovely ladies at Nu Deli served 80 cups of coffee in 2 hours.

NEW AND RETURNING STAFF

We welcome back Becky to our Community Care Staff.

We also welcome Min Chandran



Min Chandran has recently commenced employment within the Opass Unit, Case Manager for Home Care Package Clients. Min is looking forward to providing Home Care Package Client with the supports needed to remain living at home. We welcome Min as part of the Opass Team.



SUPER 70'S SHOW AT RIPPON LEA ESTATE

On the Friday 12th October we seen a fanatic exhibition of 70's fashion, I could see how the fashion broke the rules, some of the shorts were very short!

You could also walk around the gardens, which you don't think you would see in the heart of Melbourne.

We stopped in and had a lovely lunch at the RSL near by.



OPERATING HOURS OVER THE CHRISTMAS NEW YEAR PERIOD

The last day for Home Care and delivery of Meals on Wheels will be Friday 21st December 2018.

Home Care and Meals on Wheels will resume on Wednesday 2nd January 2019.

Personal Care will continue with altered times and Respite Care on request.

THE OFFICE WILL BE CLOSED OVER THIS PERIOD



FESTIVE SEASON JOKES

What does Santa suffer from if he gets stuck in a chimney?
Claustrophobia!

What do they sing at a snowman's birthday party?
Freeze a jolly good fellow

Why does Santa have three gardens?
So he can 'ho ho ho'!

Knock, knock who's there?
Arthur Arthur who?
Arthur any mince pies left?

What happened to the man who stole an Advent Calendar?
He got 25 days!

What do you get if you cross Santa with a duck?
A Christmas Quacker!

SENIORS WEEK

We enjoyed toe tapping fun with Wendy Stapleton who shared her Dusty Springfield show also sang songs from Doris Day, if you closed your eyes you would have thought you were at a Dusty concert. Everyone enjoyed morning tea with a scone and cuppa before the show.



COLAC OTWAY SHIRE'S COMMITMENT TO DIVERSITY PLANNING AND PRACTICE

Diversity is a concept that recognizes that each person is unique and has different beliefs, values, preferences and life experiences. For some people these differences may result in barriers to accessing or using services. For example, a lack of confidence, a lack of information or a belief that a service will not respond to their needs may impede a person's willingness or ability to access a service.

Diversity planning and practice aims to improve access to services for Commonwealth Home Support Program (CHSP) and Home and Community Care Programs for Younger People

(HACC PYP). Diversity planning and practice recognizes the different characteristics of communities, groups and individuals, including, but not limited to diversity of age, gender identity, sexual orientation, faith and spirituality, and socio-economic disadvantage.

'Department of Health 2011, HACC Diversity planning and practice police, State Government of Victoria, Melbourne.'

If you would like to know more about Diversity Planning and Practice please contact us on 5232 9420

THANKYOU!

Big thank you again to the Cake Decorators club who do a fantastic job decorating and providing us with beautiful Christmas cakes for our MOW'S Clients.



GOVERNMENT HOUSE

Beverly Craig, Dorothy McMallum, Catriona Ebeling, Patricia Heffernan, Beverly Smith, Julie Foley, Lyn Armistead, Cr Chris Potter & CCW Deb Howlett had a lovely trip to Government house Melbourne. Thank you to Chris & Deb for getting everyone there safely.

