



APPLE AND TOASTED MUESLI MUFFINS

(MAKES 12)

INGREDIENTS

- 2 ½ cups self-raising flour
- 2/3 cup raw sugar
- 1 cup toasted muesli
- 1 large egg
- ¼ cup sunflower oil
- 1 ¼ cups (310ml) milk
- 1 Granny Smith apple – unpeeled, and grated
- ½ cup raisins



METHOD

- STEP ONE:** Preheat oven to 180c.
- STEP TWO:** Line a 12 hole muffin pan with paper cases.
- STEP THREE:** Sift flour into a large bowl. Add sugar and muesli, then stir to combine.
- STEP FOUR:** In a separate bowl, whisk egg, oil and milk.
- STEP FIVE:** Add to the dry ingredients with apple and raisins. Stir with a wooden spoon until just combined. Divide among prepared muffin pans.
- STEP SIX:** Bake for 20-25 minutes until muffins are firm and golden, check with skewer if centre comes out clean.
- STEP SEVEN:** Turn onto a wire rack to cool.

TRIVIA OF THE BRAIN ANSWER:

I don't know how I pulled through it. It was the hardest spelling test I've ever had.



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 32 OF THE QUARTERLY OLDER PERSONS AND ABILITY SUPPORT SERVICES (OPASS) NEWSLETTER, OUR WINTER EDITION.

WINTER: Remember to keep warm and rug up when going out. Be careful of icy path and steps. If you have a wood heater, remember that the flue needs regular maintenance. Please check that your smoke alarm is working.

Easter has come and gone and the year is already half way there to Christmas. The OPASS unit is again planning for the Seniors week in October. There will be a few new surprises this year breaking from some of our traditional activities.

If you have some thought for activities over the month of October, we would like to hear from you. There will be more people/groups who will be consulted in the next few months for your inputs to some new activities.

Just a reminder that we have a really wonderful resource in Colac, our Town Bus. You can buy your tickets on the bus itself and shopping jeeps ride free. This a really great way to get around town.

To pick up a Colac bus timetable, contact the Public Transport Victoria on 1800 800 007 or visit ptv.vic.gov.au website.

If you would like to contribute to this Quarterly Newsletter, we would like to hear from you.

Please contact us on 5232 9420.

Terry Maisey - OPASS Coordinator

TRIVIA

OF THE BRAIN

I had the toughest time of my life.

First, I got angina pectoris and then arteriosclerosis. Just as I was recovering from these, I got tuberculosis, double pneumonia and phthisis.

Then they gave me hypodermics.

Appendicitis was followed by tonsillectomy.

These gave way to aphasia and hypertrophic cirrhosis.

I completely lost my memory for a while.

I know I had diabetes and acute ingestion, besides gastritis, rheumatism, lumbago and neuritis.



COLAC OTWAY SHIRE IS NOW ON FACEBOOK

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 if 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. Phone 5232 9420.





2017/2018 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.

HOME CARE PACKAGES

Colac Otway Shire is a registered Home Care Package Provider.

The Australian Government's Home Care packages Program helps you to live independently in your own home for as long as you can. The Program provides a subsidy towards a package of care, services and case management to meet your personal needs.

If you have not already been assessed by an Aged Care Assessment Team (ACAT) for a Home Care Package you (or your nominated representative) need to contact My Aged Care on 1800 200 422.

After an assessment you will receive a letter of approval to let you know whether you are eligible and approved to receive a home care package, and at what level. You will be placed in a national priority queue for home care services and will be contacted when a package becomes available for you. When you reach the top of the queue you will receive a letter with details of your home care package being assigned to you. This will include your unique referral code so you can take up your package with a registered Home Care Package Provider. A consumer will not be eligible to receive subsidised aged care services until they have been assigned a package from the national package inventory. Please see flyer with this newsletter for more information.



FAREWELL

Goodbye, to Christine Guest, who has looked after our valued clients out and around the Gellibrand area. Christine has been with Colac Otway Shire for 9 years. Chris will be sadly missed by her peers and clients. Thanks Chris.



GUTTERS AND SPOUTS

Now that winter is here maybe it's time to have your gutters and spouts cleaned. We can assist with help through our property maintenance. PLEASE DO NOT ATTEMPT TO DO THIS YOURSELF. Please call the OPASS team to assist with this.

MORNING MUSIC

Looking for something to get you out of the house in winter? Wednesday 9th August, The King of Croon are performing a classic Vegas – style show with a contemporary twist. Enjoy their velvety deliveries of Save the last Dance for me, Summer Wind and Speak Softly Love. Don't forget to come earlier for a morning tea served before each show.



SOCIALIZE "STAYING CONNECTED"

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.

COMMUNITY TRANSPORT

Helpers Needed

Thinking of volunteering as a Community Transport Driver?



Community Transport aims to assist those who are disadvantaged in accessing transport.

Volunteer drivers will provide a door to door transport service to specialist/ medical appointments in Geelong, Ballarat, Warrnambool and Melbourne.

This program relies on the invaluable contributions of volunteers, so that we can provide this service to the community. Vehicle supplied by the Colac Otway Shire.

If you think this might be you or someone you know, (maybe a family member) please call or pop in and see the OPASS team at the Colac Otway Shire, Rae St Colac.

"THANK YOU" LUNCH FOR OUR MEALS ON WHEELS & TRANSPORT DRIVERS

In March 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. We had a lovely lunch at Botanic Café in Colac.

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.



CHEWS

CHEWS stands for Community Health Education Wellbeing Social.

It is an initiative of the Colac Otway Shire, Colac Area Health and Barwon Child Youth and Family.

The FREE App contains easy access to a large amount of information on services available to the community of the Colac Otway Shire.

You simply touch the screen on the area you want to find services for and follow the links.

The App is available for both Android and Apple devices through their App stores.

Available now in the App Store and Google Play

Available on the iPhone App Store

Colac Otway Shire, Colac Area Health, Barwon child, youth & family

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