

GRANDMA'S EASY QUICHE

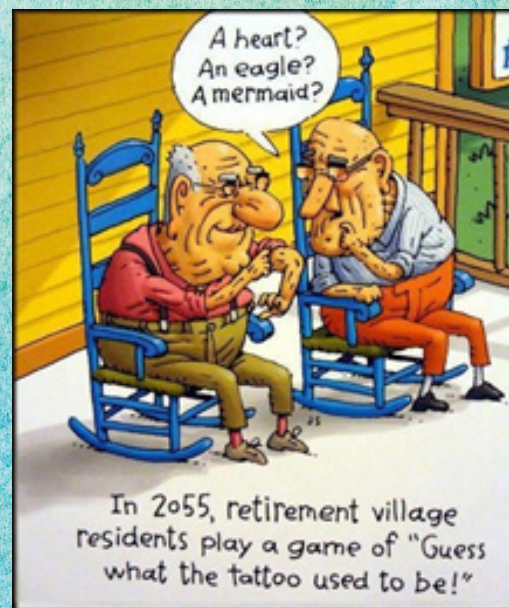
INGREDIENTS

- 3/4 cup plain flour
- 6 tsp butter
- 4 egg
- 2 cup milk
- 1/2 cup cheese grated
- 1 onion sliced
- 3 bacon rashers diced
- 2 mushrooms sliced
- 1 zucchini grated
- 1/2 cup corn cob kernels
- 1/2 tsp basil



METHOD

- Combine first 4 ingredients, then mix and add remaining ingredients.
- Pour into a greased flan dish.
- Bake for 1 hour at 180C



Do you have a mobile phone?

Most people own a mobile phone now. It is very important for us to be able to contact you if you are not home for a service or we need to change a time. We have had quite a few times that we have needed to contact a client and the home phone has been disconnected. If we are unable to contact you and a staff member shows up to your home you may have to pay a fee for the missed service. Please contact the office to update your file. In addition, if family member or contact has changed their phone number it applies.



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.

Welcome to Issue 46 of the Quarterly Older Persons & Ability Support Services newsletter.

How time has flown; this newsletter will be our Christmas version and it will have information in regards to services over the Christmas – New Year holiday period.

This year has thrown the Service Delivery staff within OPASS a number of challenges due to staff shortages. We have been earnestly recruiting for Community Care Workers all year as some of our most valued staff have retired after many years of dedicated services. We thank them profusely. We are hopeful that we will have our full complement of Community Care Workers in the first part of 2022. There has also been a big demand in services this year, over 2000 hours.

Nola, Katherine, Rebecca, Belinda and Danielle would like to thank you for your understanding and patience whilst we are in this phase of recruiting. The team is working extremely hard to minimise limited disruption to you, but with reduced staff and servicing weekly over 600 household to put service in to your home, this sadly not always possible.

We understand as a staff team; that rostered time changes and not having your regular staff member providing the service may cause some frustration. We ask that you please be respectful to the staff when they call you, the team would have done a lot of juggling within the rosters to ensure that you have a service.

On the COVID-19 outcomes, indications that we are slowly getting back to "normal" with restrictions easing. We would encourage you to re-engage back to your activities within the community or get out-and-about for your own well-being.

From all of us here at Colac Otway Shire and the Older Persons & Ability Supports Services, the Staff wish you and your family a very Merry Christmas – Happy Holidays and the BEST News Years.

Please stay safe and thank you for your understanding.

Terry Maisey, Coordinator OPASS

Operating hours over the Christmas New Year period

The last day for Home Care will be on Thursday 23rd December. The last day for Meals on Wheels delivery will be Friday 24th December

Home Care and Meals on Wheels will resume on Tuesday 4th January 2022

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

THE OFFICE WILL BE CLOSED FROM 3PM ON FRIDAY 24TH OF DECEMBER 2021 AND WILL REOPEN ON TUESDAY 4TH JANUARY 2022

Going away for the Holidays

If you are going away for the holidays or you may have family visiting and care may not be required, please cancel ahead or at the latest before 2pm the day before on 5232 9420. Charges will incur for a late cancellation.



COLAC OTWAY SHIRE
IS NOW ON FACEBOOK

PUBLIC HOLIDAYS FOR 2021/22

NO HOME CARE AVAILABLE ON PUBLIC HOLIDAYS!

If your Home Care falls on a public Holiday as dates below, you will not receive Home Care on that day.

MOW'S will be delivered prior to the Public Holiday.

On public Holidays Personal Care will continue with altered times. Respite care is available on request.

Date	Day	Holiday
27 Dec	Mon	Christmas Day P Holiday
28 Dec	Tue	Boxing Day P Holiday
3 Jan	Mon	New Year's Day P Holiday
26 Jan	Wed	Australia Day

NURSE ON CALL

If you are unable to make a Dr's appointment but need to ask a question regarding a medical problem please remember that, Nurse on Call have someone who may be able help. You will speak to a registered nurse 24 hours a day. Call 1300 60 60 24

- NURSE-ON-CALL puts you directly in touch with a registered nurse for caring, professional health advice around the clock.
- Call 1300 60 60 24 from anywhere in Victoria for free health advice, 24 hours a day.
- If you think your situation is an emergency, you should always call 000 or go to an emergency department at a hospital

STAFF FAREWELLS AND WELCOME

Over the past few months, we have farewelled Dylan, Deb and Gary. Deb has been with us for 10 years, Gary 9 years and Dylan 3 years. We thank them for the dedication and hard work and wish them all the best for their futures.

At the same time, we welcome New Staff members Elizabeth, Amylin, Rosemary and Raelene. We thank them for joining our team and hopefully they will be followed with some more new faces in the near future (fingers crossed).

Colac Taxis' Newest Unique Addition to their Fleet

Colac Taxis Service has been locally owned and operated for some 30 years, and they are always striving to provide a quality service to the residents of Colac and surrounds. They are proud to announce the inclusion of a new wheelchair accessible taxi to their fleet. This vehicle not only comfortably and efficiently accommodates wheelchairs and mobility scooters but provides a lift chair that allows a passenger to easily

embark and disembark from the vehicle. This standout feature provides easy, safe and comfortable access for those in the community who may be frail or have difficulty getting in and out of a vehicle. When not being used as a wheelchair accessible vehicle it can easily and comfortably accommodate five passengers. So come and try it out for yourself by contacting them on 52312216.

AUSTRALIAN RED CROSS

The Red Cross have a Redi Plan to assist you in making a plan / checklist. This will help prepare you in case there is an emergency and you need to leave home.

If you would like a copy please google redcross.org.au/prepare OR call the office and we can put one in the post.

MILLER HOUSE NEWS

- Miller House provides the Do Care Visiting Program to our Colac Otway region
- The Volunteer Visiting program is a one to one visit to a person in their own home, or in Aged Care. Volunteers visit the same person regularly on a social basis: to have a chat, go for a drive, go out for lunch and go the movies. The connection is what suits you and can be face-to-face, letters or online – Zoom. This service is provided at no cost.
- Lovely supportive friendships are made through the Visiting Program.
- Miller house also offer Exercise Programs, All enquire welcome.
- On Wednesday's and Thursday's is Keeping Active with chair

exercises, relaxation, breathing techniques. To maintain your strength balance in a social and safe environment. Tuesday's you can meet at the Memorial Square for Ramblers Walking Group, then are most welcome to come back to Miller House for morning tea. Yoga is also provided at Miller House on Tuesday's and suit's people who have a barrier preventing traditional yoga methods. Hope Carmody is a highly trained professional with many years of experience. This is a very gentle exercise and meditation program. For any questions that you may have regarding these programs please, call the very friendly staff at Miller House on 5232 5351.

NEW RECYCLING SYSTEM FOR COLAC OTWAY SHIRE

By now, you should have received your new purple lid bin for your glass only. Do not forget to remove the lids, which can still go into the yellow bin, as this new bin is for glass only. Things like pasta sauce jars, condiment jars, medicine jars, wine and beer bottles, just give them a

rinse first. Glass bottles do not need to be placed into bags, just put in loose. The purple bin will be picked up every 4th week. If you need a new calendar please contact the shire office on 52329400 and they can put one in the post if the Rae St office is not open.



Elvis Presley is coming to Colac (Impersonator)

Thursday 17 February 2022

Time: 10.30 am – 2.30 pm

At the City Bowls Club

Gravesend St Colac

Cost is for a set two course lunch and entertainment \$25 for Miller House participant and \$30 for a non-participant. Please book by 1st February 2022, phone 52325351.

Payment to be made at Miller House @ 2 Miller St Colac, or Email – millerhouse@cah.vic.gov.au and get ready to tap those toes to many of Elvis greatest hits like: All Shock Up, Love Me Tender, Blue Suede Shoes, Are You Lonesome Tonight, Return to Sender. What a great afternoon this will be.

I was raised to show respect.

I was taught to knock before I open a door. Say hello when I enter a room. Say please and thank you, and to have respect for my elders. I'd let another person have my seat if they need it. Say 'yes sir' and 'no sir' and help others when they need me to, not stand on the sidelines and watch. Hold the door for the person behind me, say 'excuse me' when it's needed, and to love people for who they are and not for what I can get from them and most importantly, I was raised to treat people exactly how I would like to be treated be others.

It's called Respect.



Fire Season 2020 - 2021

Victoria is one of the most fire-prone areas in the world, so a fire could affect everyone at some time. Understand your level of risk to learn what to do before and during a fire. If you live in a built up area on the edge of grassland-whether its grassland, parks, paddocks or reserves you could be impacted by grassfire this summer. Grass fires can start quickly. Smoke makes it hard to see and can cause breathing difficulties. Reduce your risk. Mow your grass and

remove anything flammable e.g., firewood, rubbish and weeds from around your home and fence line. Stay informed on hot, dry windy days by monitoring conditions and tuning into local emergency broadcaster, checking the emergency.vic.gov.au regularly and downloading the Vic Emergency app. Remember that leaving early is the safest option to protect yourself and if it is going to be a Code Red day prepare the night before.

THANK YOU

We would like to say Thank You and wish our Volunteer's a very Merry Christmas. They do a fantastic job by delivering Meals on Wheels and transporting clients to Dr's appointments in Geelong. Enjoy your Christmas break and we will see you back in the New Year.

RSL NEWS

The RSL branch Colac would like to wish all the Service Men / Women and families of the Colac Otway Shire a very Merry Christmas and a Safe New Year to all. In addition, just a remainder that if you need to have a chat to someone, the RSL always has a friendly local face to lend an ear and answer and questions that you may have. Please call 5231 2942 or drop in to 21 Murray St Colac.



Thunderstorm Asthma

It is important for people with asthma or hay fever to know about thunderstorm asthma and what they can do to help protect themselves. Even if you don't think you have asthma, don't ignore symptoms like wheezing or shortness of breath – check with your GP. For more information, please google www.betterhealth.vic.gov.au