



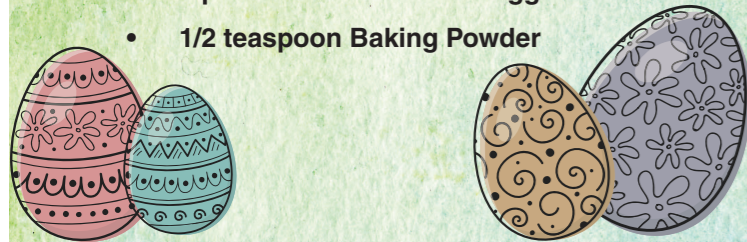
EASY EASTER EGG BROWNIES

INGREDIENTS

- 1 packet Chocolate Fudge Brownie Mix
- 1 tablespoon Chocolate Hazelnut Butter Nutella or similar
- 1 tablespoon Pure Cocoa Powder
- 5 tablespoons Spiced Rum You could use any spirit or liqueur. Or, make with water.
- 1 packet Chocolate Mini Eggs
- 1/2 teaspoon Baking Powder

METHOD

1. Make up the mixture according to the packet directions, adding the nut butter, baking powder and cocoa powder and replacing the water with spiced rum
2. Line a baking tray with silicone paper
3. Spread the mixture into the lined tray, then dot with mini eggs (or half eggs)
4. Bake for 20-25 minutes at 170c
5. Take out of the oven and allow the brownies to cool before cutting into squares and storing in an airtight tin.
6. Serve cold or warm for 20 seconds in a microwave.



ANZAC DAY • APRIL 25 2020

Anzac Day is celebrated on 25 April each year, regardless of on which day it falls. No replacement holiday is given if Anzac Day falls on a weekend (except in Western Australia).

It was on 25 April 1915 that the armies of Australia and New Zealand entered into their premier battle of the First World War, at Gallipoli, Turkey. At the time, Australia had only been recognized as a Federal Commonwealth for thirteen years.

At Gallipoli, the Anzacs faced off with one of the fiercest army's history has ever known. Despite landing under the cover of darkness, the Anzacs were met with immediate bombardment and gunfire. On the shores of Gallipoli, the Australian and New Zealand armies fought for eight months forcing a stalemate. Eight thousand Anzac soldiers lost their lives before the Allies called for an evacuation.

COMMUNITY LUNCH AT MILLER HOUSE

COME ALONG AND JOIN US FOR A TWO-COURSE LUNCH YOU DON'T NEED TO BE A MEMBER OF MILLER HOUSE JUST BRING ALONG \$8.00 AND AN APPETITE GREAT VALUE!! Booking Essential.

For more information or to make a booking please phone 5232 5351

COLAC RSL along with MERCY AGED CARE are pleased to provide morning tea get together for our Veterans and War Widows and we welcome new members to our group.

ALL MEETINGS FROM FEBRUARY 2020 WILL BE HELD AT MERCY AGED CARE APART FROM OUR

RSL CHRISTMAS MORNING TEA AND LUNCH ON TUESDAY DECEMBER 15, 2020.

Ex service personnel in other residential aged care facilities and living at home are most welcome to join this group and to attend these morning teas on the 4th Tuesday of the month.

When we meet at Mercy, you can order a 2 course lunch for \$10. You must make your order before 10.00am at Mercy.

Contact phone details are: MARY AT RSL: 52 312 942 & MANDY AT MERCY AGED CARE: 52 335 600

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.

Colac Otway Shire will ensure that it will adhere to all recommended advice from the Department of Health in regards to the Coronavirus. The Older Persons & Ability Supports Services will comply with the Aged Care Quality and Safety Commission's ongoing actions to ensure that our Aged Care services are focused on, and supported in, taking all steps necessary to protect the safety and wellbeing of our aged care and Home & Community Care younger persons during this current situation.

Please remember to have a flu shot when they become available.

Terry Maisey -
Coordinator Older Persons & Ability Support Services



WISHING YOU ALL A VERY HAPPY AND SAFE EASTER FROM THE OPASS STAFF



DAYLIGHT SAVING TIME ENDS

5 APR 2020

Sunday, 5 April 2020, 3:00:00 am clocks are turned backward 1 hour
Sunrise and sunset will be about 1 hour earlier on 5 Apr 2020 than the day before. There will be more light in the morning.

SMOKE ALARMS

Remember this is also the best time to change your smoke alarm batteries. Our property maintenance can do this for you if needed. Just ring the office on 52 329420 or if you are new to this service call My Aged Care on 1800 200 422.



PUBLIC HOLIDAYS FOR 2020

NO HOME CARE AVAILABLE ON PUBLIC HOLIDAYS!

Date	Day	Holiday
10 Apr	Fri	Good Friday
13 Apr	Mon	Easter Monday
8 Jun	Mon	Queen's Birthday
TBA		AFL Grand Final Friday
3 Nov	Tue	Melbourne Cup Day *
25 Dec	Fri	Christmas Day
28 Dec	Mon	Boxing Day Holiday



PREPARING FOR THE COLDER WEATHER

COLD WEATHER HEALTH RISKS

One of the biggest problems for many older adults, especially those living on their own, is not staying warm enough in their homes. When temperatures fall below 8C, older adults can have an increased risk of heart attack, stroke, flu, pneumonia, and in serious cases of low Temperatures, hypothermia.

WHAT IS HYPOTHERMIA?

Older adults can quickly lose body heat and aren't always aware of their temperature, making it easy for them to become too cold, too quickly. Body temperature below 35C (normal temperature is 37C) can cause hypothermia. Hypothermia is particularly dangerous for older adults; especially those living alone as there's not someone around to notice the early signs

PREVENTING HYPOTHERMIA AND OTHER COLD WEATHER HEALTH RISKS

Most cold weather health risks,

including hypothermia, can be avoided by staying warm. Winter can be a financially difficult time for pensioners and they might be tempted to turn the heat down to save money. Even keeping home temperatures between 15C and 18C might not be warm enough to avoid health risks.

STAYING WARM AND HEALTHY AND SAFE

Keep temperatures at or above 21C. Ensure you eat warming, nutritious meals including soups, Citrus fruits, fresh vegetables, milk and nuts and wholegrains.

Make sure you have enough blankets and warm clothing

Before the colder months set in is a good time to have your heating looked at. Wood fires, Gas heating, Electric wall heaters & Ducted heating etc. all need to be serviced regularly.

Family could help you with organising a plumber or contact one yourself. Unmaintained heating could cause a house fire risks

Colac Arthritis Group

Warm Water Exercise

- Monday Mornings, 10am - 11.30am
- Bluewater Fitness Centre Warm Water Pool
- Exercise Sessions With a Qualified Instructor



For Further Information Please Contact:
 • May Jackson 0403 601 759 • Lois Steffon 0406 337 746 •
 • Pauline Moorfett 0427 331 392 •

New Members Welcome

GOOD-BYE, HELLO & THANK YOU

We say goodbye to Sarah Lawless. Sarah has been a Community Care Worker with us for the past 2 years. We wish Sarah all the best for her future. We welcome 3 new Community Care Workers, Simone, Anna and Luba. They started working with us late last year. We wish them all the best.

MEMORY LANE CAFE

2020 Multicultural Memory Lane Café, Geelong
 This Memory Lane Café welcomes people from diverse cultural communities.

It provides an opportunity for people with memory loss and their family members to enjoy time together in the company of people in a similar situation to themselves.

It reduces social isolation.

The Geelong Multicultural Café is held at
 100 Weddell Road, North Geelong

Time: 1.30 – 3.30

The Café events are held on the following dates in 2020

Tuesday 28th April 2020

Tuesday 26th May 2020

Tuesday 14th July 2020

Tuesday 25th August 2020

Tuesday 6th October 2020

Tuesday 24th November 2020

Bookings are essential

To reserve a place at the café please call: MACS staff on 5202 5380

Please leave a message if unattended

Please advise MACS staff if you have any dietary requirement.

GUTTERS AND SPOUTS

Before winter sets in, 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.

CANCELLATION OF A SERVICE

If you do not require a service, you must notify the OPASS office on 5232 9420 by 2pm the day before; otherwise you may be charged for the full service. On evenings and over the weekend, calls are directed to the On Call staff member.

Protect yourself and your family

Wash your hands regularly



Stay germ free and healthy

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Novel Coronavirus – important information for aged care workers, residents and families

The department has prepared factsheets for aged care staff, residents and families to assist in control of the outbreak of novel coronavirus (2019-nCoV). These factsheets have been cleared through the Communicable Disease Network Australia and will be updated as new information becomes available.

While most infections are transmitted by people with symptoms of the disease, there are cases of coronavirus infection diagnosed in persons with minimal or no symptoms and it may be transmitted by people who have no symptoms. These factors highlight the need to take a highly precautionary approach.

Further information on novel coronavirus can be found on the department's website. <https://www.health.gov.au>

We are aware that the Aged Care Quality and Safety Commission is also providing advice to the sector on this matter.

Department of Health

The Decade of Healthy Ageing 2020 - 2030

A decade of concerted global action on Healthy Ageing is urgently needed. Already, there are more than 1 billion people aged 60 years or older, with most living in low- and middle-income countries. Many do not have access to even the basic resources necessary for a life of meaning and of dignity. Many others confront multiple barriers that prevent their full participation in society.

Populations around the world are ageing at a faster pace than in the past and this demographic transition will have an impact on almost all aspects of society. The world has united around the 2030 Agenda for Sustainable Development: all countries and all stakeholders pledged that no one will be left behind and determined to ensure that every human being can fulfil their potential in dignity and equality and in a healthy environment.

This is an opportunity to bring together governments, civil society, international agencies, professionals, academia, the media, and the private sector for ten years of concerted, catalytic and collaborative action to improve the

lives of older people, their families, and the communities in which they live.

WHY EXERCISE IS SO IMPORTANT AS YOU AGE

A recent survey conducted by Colac Otway Shire of the people who receive Aged Care Services from council – over 500 – came back showing 56% of people indicating they were not meeting the Australian physical activity recommendations.

Going out to shop weekly or more often was done by 62% of consumers yet only 44% went for a walk outside of their home weekly or more often and 22% said they rarely or never went for a walk outside their home. While 18% attended exercise classes weekly or more often, 60% attended only occasionally and 15% had never attended. A further 15% said they would like to participate in exercise classes but currently didn't.

It's well documented that regular exercise is good for us. Being active can reduce your risk for a variety of diseases such as heart disease and cancer, as well as improving psychological

well-being. Current guidelines from the World Health Organization recommend getting 150

minutes of moderate to vigorous activity per week. This works out to about 20 to 30 minutes

per day of activity like brisk walking, swimming or playing tennis. It's not much of a time commitment yet most people don't achieve it.

PRACTICAL STEPS TO REDUCE ELDER ABUSE

Concerned About an Older Person booklet launched – A booklet that provides practical steps to reduce elder abuse was launched recently by the Commissioner for Senior Victorians, Gerard Mansour. More than 50 people attended the launch of Concerned About an Older Person in late November at the Colac Bowling Club. The booklet will be distributed to people who call the Seniors Rights Victoria helpline. Council of The Ageing Victoria statistics show that half the people who call the helpline are concerned about someone they know, a quarter of callers are service providers, and the rest are experiencing elder abuse from a family member or some other person who is close to them.