

CHOCOLATE TORTE

INGREDIENTS

- 250g good quality dark chocolate (65% or higher) finely chopped
- 250g unsalted butter chopped
- 1 ½ cups of sugar
- 7 eggs at room temperature
- 1 tsp vanilla extract
- ¼ tsp almond extract

METHOD

1. Preheat oven to 190 degrees. Grease and line a 9-inch spring form pan with greaseproof paper and grease again.
2. Melt chocolate and butter together in a double boiler or in microwave safe bowl, until the chocolate is almost completely melted. Remove from heat and stir until smooth and totally melted. Stir in sugar, and then let cool for a few minutes.
3. Add eggs one at a time, fully combining between each addition. After all the eggs are added, continue to stir until the batter becomes thick and glossy. Stir in the Vanilla and Almond extract.
4. Pour batter into the prepared pan. Bake for 30 – 35 minutes, checking at the 30-minute mark to ensure the torte does not overbake. Let cool in the pan for 10 minutes, then unmould. Serve with whipped cream and berries.



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 IS ON
FACEBOOK

**FOLLOW US TO KEEP UP
TO DATE WITH THE
LATEST INFORMATION
THAT IS HAPPENING
AROUND THE SHIRE**

Welcome to the Older Persons & Ability Supports Services (OPASS) 50th Quarterly Newsletter.

Welcome to autumn where leaves on the trees turn into some very beautiful rich colours. This also is a reminder that the leaves begin to fall into our house gutters and on our paths. They can become slippery underfoot and can cause falls, so do take extra care on paths and steps.

This is a good time to consider preparing your gutters to be cleaned before the winter rains set in and to minimise any water damage. Please do not try to clean your own gutters as this entails the use of ladders. Falling from ladders can cause immeasurable damage and is not worth the risk. Leave it to the professionals.

If you are looking to start to get out and about now that there is less restriction around COVID, there are many activities happening within your community. COPACC has some wonderful events coming up. Explore what Blue Water Fitness has to offer you, it is a wonderful facility. At the Kanyana Centre, there is the Senior Citizens Group and U3A, both have a wide range of very interesting activities. Have you explored what other clubs may have to offer, including our bowls clubs. Miller House has targeted programs that may suite you. The HUB has all sorts events going on that may also meets your needs.

Involving yourself in the community is great for social contact, physical participations and general mental health and wellbeing.

Please remember if you or you know of someone who would benefit from services to stay comfortably in the home, please contact myagedcare on 1800 200 422 to register. Once received a referral will be sent to our service for further follow up. The services are for you so please make full use of what is offered to support your current needs.

On behalf of the OPASS Team, please look after yourselves and stay safe.

Terry Maisey, Coordinator OPASS

PUBLIC HOLIDAYS FOR 2023

If your Home Care falls on a public holiday as listed below, **you will not receive home care on that day.**

MOW'S will be delivered the working day prior to the public holiday.

On public holidays Personal Care will continue with altered times.

On Catastrophic fire or weather days, No services will be available in country areas, we will try to make contact with the clients that this will effect on that day.

LATE NOTICE

Please be aware that we now charge the full cost of your service if you fail to call and cancel or ring with less than 24 hours' notice, as we now pay your carer the full cost. If it's because you have been admitted to hospital you will not be charged.

Good Friday

Friday, 7 Apr 2023

Easter Monday

Monday, 10 Apr 2023

Anzac Day

Tuesday, 25 Apr 2023

Queen's Birthday

Monday, 12 June 2023

Friday before the AFL Grand Final

Likely Friday, 29 Sept 2023

Melbourne Cup

Tuesday, 7 Nov 2023

Christmas Day

Monday, 25 Dec 2023

Boxing Day

Tuesday, 26 Dec 2023

ANZAC DAY 2023

Please note that there will be NO Home Care and NO Shopping on Tuesday 25th April. All meals will be delivered on Monday 24th April. All Personal care (medications and showers) will continue with altered times.

CLEARLY NUMBERED HOUSE AND UNITS

Police, Fire Rescue Victoria, SES and Ambulance Victoria all report that hidden or missing house numbers can waste time, in an emergency, every second counts! Council requires owners and occupiers of ALL properties to display a street number at the front of their property where it can clearly be seen from the road. Having a clear and visible house, unit or property number is also helpful for our CCW staff to find your house to deliver your care on time.

NEW CLIENTS

New clients to this service are reminded they need to register with My Aged Care, the phone number is 1800 200 422.

This phone number is for new clients only.

Once you have registered, call the main phone number for OPASS services 5232 9420

MEALS ON WHEELS

Meals on Wheels aims to assist people who find it difficult to prepare regular meals at home.

Meals can be provided short or long term.

For more information, call the OPASS office on 5232 9420. If you are new to the service please register with My Aged Care by calling 1800 200 422 or online www.myagedcare.gov.au



COMMUNITY CARE WORKERS

The Community Care Workers do their very best to be running on time but sometimes the travel time between clients could be greater than 5 minutes or in an emergency situation with a client.

If it has been greater than 15 minutes for scheduled service, please ring office to see if there is much more of a wait.

Our Community Care Workers are doing a fantastic job with their extra workload and last minute changes to their rosters on a day-to-day basis. Thank you Carers.

NURSE ON CALL

If you are unable to get a Dr's appointment and are looking for some advice, you can call Nurse on Call.

You will speak to a registered nurse 24 hours a day 7 days a week.

You can call from anywhere in Victoria for free advice.

However, if it is a medical emergency you always should call 000 first.

DOGS AND OTHER ANIMALS

Please make sure your animals are locked outside when our Community Care workers are in your home.

We have had a couple of near misses lately with dogs.

If the animal cannot be locked outside, then put them in a room in the house / unit that the carer will not be going into.

This also applies for your Meals on Wheels delivery.

MORNING MUSIC @ COPACC

Morning Music is back in a big way this year.

The next show is on Wednesday 26th April @ 11.00am with a morning tea prior to the show @ 10.00am.

This show is a salute to the ANZACs and the Vietnam Veterans and will again contain many hit songs, stories, and indeed laughter that came from WW2 and the Vietnam War – all in front of a backdrop of incredible images on the big screen.

This production is dedicated to the brave men and women who gave their lives in service for our country.

You can call the box office on 5232 2077, book online at copacc.com.au or pop into the office in Rae St, closed on Tuesday and Wednesday's.

VOLUNTEERS WEEK MAY 2023

In May we will celebrate National Volunteers Week and recognise the vital role of our Volunteer's and their contribution to the care that we are able to offer to the Colac Otway Shire residents.

It may be delivering Meals on Wheels or transporting to Geelong. We say a big "Thank you" for all your hard work though the year. We will have some photos in the next newsletter.

MILLER HOUSE

Please note: there was a miss print of the phone number for Miller House in the last OPASS newsletter. If you need to make contact with Miller House, the correct phone number is 5232 5351, the office is open from Tuesday to Friday, and you can become a friend on their Facebook page.

MILLER HOUSE – COLAC AREA HEALTH

SOCIAL SUPPORT PROGRAMS

Come along and enjoy the following:-

- * Outings
- * Community Events
- * Exercise programs daily including Chair Exercises, Yoga, Walking Group and Gym
- * Lots of activities from 9.30 am to 2.30 pm Tuesday, Wednesday and Friday weekly
- * Community Lunches Thursday weekly

Our programs include Visiting a Kindergarten, Technology with device loans, Sing a Long, Let's Talk Gardening and so much more.

To receive our newsletter or for any enquires please phone 52325351 or email millerhouse@cah.vic.gov.au

NEW STAFF

We welcome new staff members to our Community Care team, Jean, Hayley, Simran, Tilly and Liz. They have all settled in quickly and are an asset to our team. Unfortunately, we say goodbye to Fiona (Pip), Elke and Karen M, we thank them for their hard work and wish them all the best for their futures.

FREE RAT TESTS FROM THE SHIRE

Free Rapid Antigen Tests (RATs) available from Council

Free RATs are now available from the following Council locations:

- Council's Customer Service Centre - 2-6 Rae Street, Colac
- The Colac Visitor Information Centre - corner Murray and Queen Street, Colac
- The Great Ocean Road Visitor Information Centre - 100 Great Ocean Road, Apollo Bay
- Colac Library - 173 Queen Street, Colac
- Apollo Bay Library - 6 Pengilley Avenue, Apollo Bay

You can receive up to two packs of RATs per person, and up to two packs per household member. You are not required to have a Medicare card. You can collect RATs as many times as you need.

People with a disability and their carers can get four packs of five free rapid antigen tests per person.

You do not need to be a resident of Colac Otway Shire to collect the free RATs.

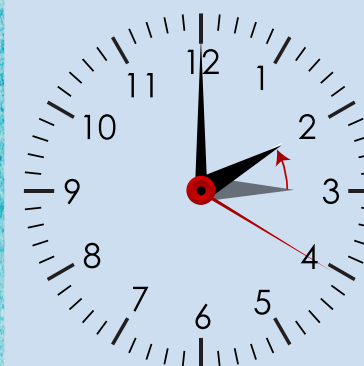


TIME CHANGES

We do our very best to contact clients if there has been a time change to your service but sometimes it is impossible. For example if a care worker calls in sick before the office opens, we may not call you before 9am. In addition, if it is a change of only 30 minutes you may not receive a call. We ask for your understanding in this matter. Please also check your phone message bank. We often leave a message for time changes and may not get the chance to call back later in the day with all the other calls we have to make.



DAYLIGHT SAVINGS ENDS



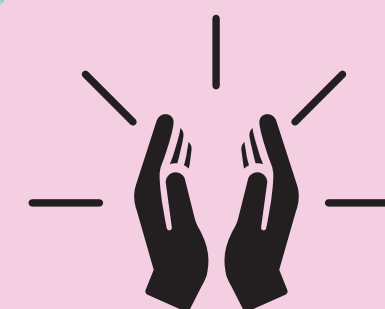
Remember that daylight savings ends Sunday 7th April 2023 at 3am, also a great time to change your smoke alarm Batteries. Best to ask a family member for assistance or call the office and we can provide this service to change the battery (please note a small fee for this). Smoke Detector maintenance is key to protecting you and your loved ones from a house fire.

Daylight Savings is OVER! Turn your clocks back ONE hour



NO SMOKING

Please remember that there is no smoking when the Community Care Workers are in your home, as while they are there, this is their workplace. This also includes vaping. Consider opening a door and windows before they come to get some fresh air inside. Thank you for your understanding on this matter.



RESPECT FOR OUR/YOUR CARE PROVIDERS

It is appalling to witness the decline of politeness in the modern world. Whether it is on the highway, at the grocery store, in the parking lot, on the athletic field, on Facebook or in the work place. When our staff arrive at your home, it becomes their workplace. Polite interaction is rapidly becoming a lost art.

Yet, it is so easy to be polite. In addition, it is so inexpensive too. An act of politeness can literally change a person's day. It can even change a person's life. It can lift their spirits instantly. It can help them press on through what may be difficult. To be Polite communicates respect. To show respect for someone, start by being polite.