



BANANA LOAF

- INGREDIENTS**
- 3 ripe Bananas mashed
 - 1 cup of white sugar
 - 1 egg
 - ¼ cup melted butter
 - 1 ½ cups all-purpose flour
 - 1-teaspoon baking soda
 - 1-teaspoon salt

- METHOD**
1. Gather all ingredients. Preheat oven to 165 degrees C. Grease a 9 x 5 inch loaf pan
 2. Combine bananas, sugar, and butter together in a bowl. Mix flour and baking soda together in a separate bowl; stir into banana mixture until batter is just mixed.

3. Stir in salt; pour batter into prepared loaf pan.
4. Bake in preheated oven for about 1 hour or until a skewer comes out clean.

Enjoy



COLAC OTWAY
SHIRE IS ON
FACEBOOK

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



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 the Older Persons & Ability Supports Services (OPASS) 51st Quarterly Newsletter.

Winter has settled in and it has been both a wet and cold start. Autumn felt much like winter so we should be used to rugging up and keeping warm.

Many of you have come into contact with our wonderful Community Care Staff and the incredible support they do for you in both the home and community. During the week of 4th June to the 10th June 2023, our Community Care Workers made some 282 domestic support visits and 540 personal care visits to many homes/ people that we provides services too.

Our dedicated Professional Team who are based in Rae Street support our Community Care Workers and our client's that receive our services.

Four teams have different support roles within OPASS who interface on a daily basis to bring a high quality and supportive service.

Briefly, we will meet the Indoor Rae Street OPASS Teams and their roles.

SERVICE DELIVERY:

Nola leads her Indoor team, Rebecca, Belinda, Katherine and Danielle who have a variety of roles that includes, Customer service, weekly rostering services for domestic, personal and respite care, group activities, transport, meals on wheels, property maintenance and modifications. The team also manages meals on wheels delivery, ordering of meal and rostering volunteers. Nola's team also ensures that Community Care Workers are working in a safe environment and are supported in their role. That is just a smidgen of their role. Nola and her team supports 7 days week some 41 Community Care Workers to ensure positive supervision and care.

REGIONAL ASSESSMENT SERVICES:

Suzi is the person who will visit you at home to assess your support needs. Suzi will Intake from the referral agency, predominantly "myagedcare" to plan an in-home assessment using the National Screening & Assessment Form (NSAF). As a Qualified Professional Officer, Suzi will conduct a holistic approach that will include the evaluation of physical, medical, cognitive, psychological, environmental, and social aspects. From this outcome and in agreement with the client, referrals to other Agencies will occur to support your requirement/ needs/ supports. This is only a small insight what happens on a daily basis. The role is both complex and demanding.

CASE / CARE MANAGERS - HOME CARE PACKAGES.

Julie, Kylie and Madeleine are our three Home Care Packages Case/ Care Manager. If you have a Home Care package with OPASS, you will have already had conversations with them. Our Case manager's works on individual needs to ensure that there are specific goals in place to meet the health and wellbeing needs of the person receiving care. Julie, Kylie and Madeleine are kept very busy with coordinating services and supporting the ever-changing needs that occur on a daily basis. The complexity of the role is demanding and requires professional outcomes that enhances client's quality of life in their own home. Again, this is only a microscopic view of their role.

ADMINISTRATION TEAM:

Meet Our Administration Team, Sue, Tracey and Melissa. The team covers all areas of OPASS that includes all record keeping of staff, volunteers and contractors. Melissa is a dedicated administrator for Home Care Packages that includes Intake and the waiting list, enquiries, statements and brokerage. Sue and Tracey work across OPASS. The monthly monetary claims via Portals from the Commonwealth Home Care Packages, Commonwealth Home Support Program, Veteran Home Care and National Disability Insurance Scheme is time consuming and essential to OPASS. The roll also demands accuracy in all aspect of administration that includes statement, payroll and debtor downloads and many required administration requirements. This a very busy area.

Stay warm, safe and be careful of slippery paths and steps.

Terry Maisey

Coordinator Older Persons & Ability Support Services

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.

Meals on Wheels 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 or the day before.

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.

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

AFTER HOURS

Please understand that our after-hours staff try their very best to make contact with you for time changes.

Many of them are mum's that are trying to get kids off to school as well as re rostering.

The Personal Care and showers are the most important to roster are our first priority for the day.

Home Care is looked at after Personal Care has been re rostered, you may not receive a call with a time change if it is under an hour difference.

We ask for your understanding in this matter and to be kind to the Care workers who are doing their very best to provide your care.

HELLO / GOODBYE

We have welcomed new staff member Jenny to the Community Care Worker team.

We say a sad goodbye to Elke and Breanna and wish them all the best for the next adventure. I hope that we will have more new staff members to add for the next newsletter.

MillerHouse

social support



ELVIS

Thursday 31 August
10.30am - 2.30pm

Doors open at 10am

VENUE:

City Bowls Club –
Gravesend St Colac

COST:

\$25 - Miller House member
\$35 - Non-member

Includes a 2-course meal
and an opportunity to
dance and sing along to the
legendary music of Elvis.



MAIN MEAL: Alternate drop Roast Beef and Fish
DESSERT: Alternate drop Fruit Salad and Cheesecake

Please phone Miller House to book 5232 5351

RSVP: 23/08/2023 with payment – No refunds

To receive our newsletter or for any enquires please phone
5232 5351 or email millerhouse@cah.vic.gov.au



Bluewater

LOOKING FOR SOMETHING DIFFERENT TO DO?

Bluewater have a few programs
that you may interest you.

They offer a low impact strength and
tone group, this includes weights, and
cardio and other gentle exercised aimed
at strengthening muscles and stability.

They run Monday, Wednesday
@ 9am, Thursday @ 1.30pm
and run for 45 minutes.

Maybe Aquatic group fitness
might be something that you
might like to try, Aqua Balance
runs on Thursday @ 10.15am.

Aqua balance is a rehabilitation
program that promotes joint mobility,
improves muscular imbalances
and aids general relaxation.

Great for anyone carrying an
injury or physical limitation.

Balance and Mobility is a class that
uses gentle exercise/stretching to keep
your body moving to its best ability,
whilst reducing the risk of falls, this
program runs on a Tuesday @ 1.30am.

For more information please
call Bluewater on 5232 9551 or
pop in for a visit 118 Hearn St
Colac, you can also email them
bluewater@colacotway.vic.gov.au



When to call VICSES during a storm emergency

Storm damage to roof

Tree damage to home

Tree blocking exit

Call VICSES
132 500

000
EMERGENCY
If life threatening
call triple zero 000



NATIONAL VOLUNTEER WEEK

15-21 MAY 2023
THE CHANGE MAKERS WEEK

Volunteer's week this year we
had a small gathering for lunch
at the Lake View Café. This
was a lovely chance to catch
up and thanks our Volunteers
for all their time and hard work
over the last year.

HOME SAFETY

Fire safety begins at home! It is
very important to maintain good
airflow around electrical items /
appliances and remove anything
from around or on top of them.

Only plug in one electrical device
per outlet. Do not over load power
boards. Try not to use double
adaptors into power sockets. Make
sure hair dryers, hair straighteners
and laptop computers are not left on
surfaces that can burn.

Only use approved charging
devices for your mobile phone and
unplug once fully charged. When
using a clothes dryer, let it finish
its full cycle before stopping it and
clean out the lint filter after each
use. These small things can make
a big difference around your home.
Electrical fires are one of the most
common fires types around the
home.

Smoke alarms will only save you if
they are working. Make sure you get
the batteries change in them once
a year. If you are unable to do this
for yourself ask a family member to
assist when they come around for a
visit. Alternatively, we can arrange
for a contractor to help if needed for
a small fee. Please call the office on
5232 9420 for more information.

If you have profound hearing loss or
severe high frequency hearing loss,
you may be eligible for a smoke
alarm that users a flashing light and
tactile (vibrating pad). Expression
Australia has a government funded
subsidy providing specialised
smoke alarms to the Deaf and
hard of hearing people that live in
Victoria.

For more information please google
Expression Australia or send an
email to info@expression.com.au

SENIORS RIGHTS VICTORIA

If you know, someone or you
are experiencing elder abuse
you can contact a free and
confidential helpline.

They have experienced
advocates and lawyers
that provide a welcoming
and respectful environment
where older people can talk
confidentially about their
experiences and choose a
preferred course of action.

There are all different types of
elder abuse. From Emotional
Abuse, Neglect, Financial Abuse,
Physical Abuse, Social Abuse
and Sexual Abuse. Older people
have the right to live safely, be
treated with dignity and respect
and to be able to make their own
decisions. Elder abuse is when
these rights are denied, resulting
in harm.

Please speak out if you
find yourself in any of these
situations. Call Seniors Rights
Victoria on 1300 368 821 or
check out their website
www.seniorsrights.org.au

KEEPING YOU SAFE

It is important to keep you safe
at all times when at home on
your own. Keep your doors
locked, and never let anyone
in your home that you do not
know or if they do not have any
ID to show. Never leave your
house unlocked overnight. Your
Community Carer should always
have their ID on them. Keep
your wire door closed when you
have door-to-door sale's people
come to the door. Do not let
them into "have a look around"

ROTARY CLUB OF COLAC

The Rotary Club of
Colac is gearing up for
a big 2023/2024.

Members of the former
Otway Rotaract Club have
now joined the Rotary
Club, to help increase the
amount of community work
the club can achieve.

This will include the
continuation of the Eat
Up program, which has
so far made over 10,000
sandwiches for local
schoolchildren who would
otherwise go without lunch.
If you would like to be a
part of the club and help
give back to our community,
you can join them every
Wednesday night from 6pm
upstairs at the Colac RSL.

LOCAL GOVERNMENT SATISFACTION SURVEY

The Victorian Community
Satisfaction Survey creates
a vital interface between the
council and the community.

They ask for the opinions
of local people about
the place they live, work
and play which provides
confidence for councils in
their efforts and abilities.

The survey was gathered
via a phone call to members
of the community.

We would like to let the
OPASS clients know
that the Aged Care team
continue to perform higher
than our peers within the
Colac Otway Shire.

Well done to the Colac
Otway Shire Aged Care
team in particular the
Community Carer's that are
the face of the team's efforts.

Thank you and Well
done to all.

Well done!



AGED CARE EMPLOYEE DAY 2023

August 7th 2023 is Aged Care Employee Day; this is a
special day for aged care workers Australia wide.

More than 427,000 residential care, home care, and
retirement living staff care for 1.5 million older Australians
every year.

They have varied roles from nurses to personal care
workers, allied health professionals, drivers, cooks,
cleaners to administration staff and so many other jobs that
work in the aged care area.

If you receive a service on this day from our wonderful
staff, make sure you give them an extra Thank You.
Remember that kindness is free.

**Aged Care
Employee Day**
Thanks for caring