

OPASS recipe collection



WHITE CHOCOLATE, CHERRY & ALMOND BROWNIES

INGREDIENTS

- 1 x 200g pkt white cooking chocolate, chopped.
- 125g butter
- 2 x 100g pkts glace cherries, halved
- 1 1/4 cups plain flour
- 1 cup caster sugar
- 2 eggs, lightly whisked
- 70g flaked almonds

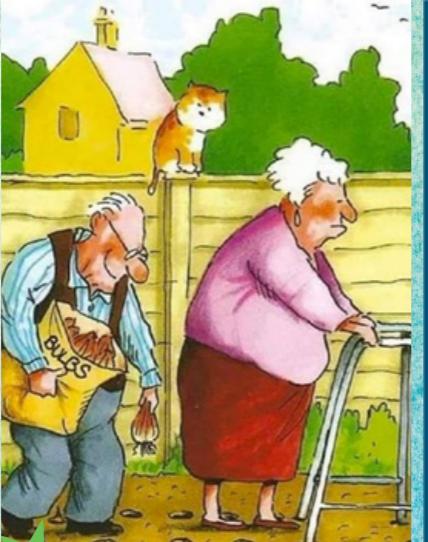
METHOD

- Preheat oven to 160 C. Line 16 x 26 cm slab pan with backing paper, allowing sides to overhang.
- Place chocolate and butter in a large heatproof bowl over a saucepan half filled with simmering water (making sure the bowl doesn't touch the water). Stir with a metal spoon until chocolate melts and is smooth. Set aside to cool slightly.
- Stir the glace cherry, flour, sugar and egg into the chocolate until well combined. Spoon into prepared pan. Use the back of spoon to smooth the surface. Sprinkle with the almonds.
- Bake for 40 – 50 or until skewer inserted comes out clean. Set aside in the pan to cool completely. Cut the brownie into squares.



Meals on Wheels

Meals on Wheels aims to assist the elderly and those with disabilities to live independently. 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. If you are new to this service, please register with My Aged Care by calling 1800 200 422 or online www.myagedcare.gov.au



PLACES TO CALL IF YOU NEED HELP

LIFELINE 13 11 14	BEYOND BLUE 1300 22 4636
1800 RESPECT 1800 737 732	HEADSPACE 1800 650 890
MINDSPOT 1800 61 44 34	KIDS HELPLINE 1800 55 1800
NATIONAL DEBT HOTLINE 1800 007 007	NATIONAL CORONA HOTLINE 1800 020 080
Colac Otway SHIRE	

VOLUNTEER'S WEEK 2020

We would like to take a minute to thank our wonderful Transport Drivers and Meals on Wheels Volunteer's that help us every day by delivering meals to people in need and transporting client's to their appointments in Geelong, Ballarat and Melbourne. Thank you from the Colac Otway Shire OPASS unit. We look forward to the coming weeks when they will be back helping after a short break from the COVID19 virus.



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.

NEWSLETTER

DECEMBER 2020 - ISSUE 43

Welcome to issue 43 of the quarterly Older Persons & Ability Support Services (OPASS) Newsletter.

It has been a challenging year for all of us with the many restrictions due to COVID -19, limited access to family, friends and clubs.

Thank you for your continued support to all our community care workers who have ensured that your services continued uninterrupted through these difficult times. Both our community care workers and administration staff continue to deliver a high quality of care to you at home and in the community.

Summer is with us that alerts us to the fire season. Remember you don't have to live in the country to be at risk. Fire burns where there is fuel so a clear and clean garden is important. Have a fire plan that should include, leaving early if safe, looking after your pets and tuning into the radio/TV for continue updates.

Summer has its own challenges for all of us, limit going outside on very hot days, pull the shades down in the home, switch on your cooling systems and drink plenty of fluids.

Our property maintenance continues a one off window cleaning for Commonwealth Home Support Program (CHSP) clients for \$16 per hour. If you wish to have your windows done, please call OPASS on 5232 9420

On behalf of Colac Otway Shire and Older Persons & Ability Support Services staff, we wish a very Merry Christmas or Happy Holidays and all the best for the New Year.

Please take care of yourselves and importantly stay safe and well.

Terry Maisey - OPASS Coordinator



New Council for Colac Otway Shire

The OPASS team, along with staff and management at Colac Otway Shire Council, wish to congratulate and welcome our newly elected Councillors.

Mayor Cr Kate Hanson, Deputy Mayor Cr Graham Costin, Cr Joe McCracken, Cr Jamie Bell, Cr Margaret White, Cr Chris Potter and Cr Stephen Hart.



COLAC OTWAY SHIRE IS NOW ON FACEBOOK

