



BALLEY SOUP

INGREDIENTS

- 1tbs butter
- 500g beef mince
- 410g can tomato puree
- 2tsp ground cinnamon
- 3tbs finely chopped parsley
- 1/3 cup white rice
- 2-3 cups chicken stock

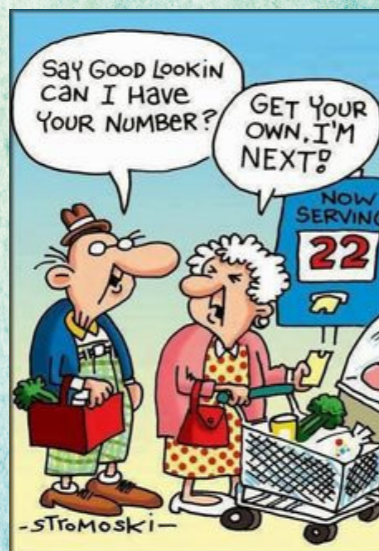
METHOD

1. Add enough water to a large saucepan until 1cm deep. Add butter and place over a medium heat until melted.
2. Roll mince into balls, about 1tbs for each and add to pan. Shake pan gently until meatballs are browned all over.
3. Add tomato puree, cinnamon, 2tbs parsley and rice to pan. Cover with stock (or water).
4. Cook on medium heat until it bubbles then reduce heat to a low and cook, partially covered, for 1 hour adding a little water if too thick. Garnish with remaining parsley and serve with toast.



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 call My Aged Care 1800 200 422



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



Welcome

We would like to warmly welcome 3 new staff members to our amazing team, Welcome Melissa, Judy & Christine. We are sure that you will be very pleased with care they will give.

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.

Welcome to the 41st Issue of the OPASS Newsletter.

The last 3 months have been quite challenging for many of us due to COVID -19 and the many restrictions that we needed to comply with. Though it is still recommended that if you are in the vulnerable category to limit your time with the general community. Some restriction are being lightened. Please keep yourself informed as we move forward and adhere to this advice.

The OPASS unit has continued to provide services during this period from our wonderful Community Care Workers so a big thank you to the Community Care Workers and also thank you for making it safe for both yourselves and our staff by following Personal Protective Guidelines.

Our property maintenance program that is funded by the Commonwealth Home Support Program has allowed us to review our task list. The outcome from this review is that we can offer a one off Annual window cleaning and rubbish removal (trailer size only). There is a minimum cost for this service.

Please have a discussion with our OPASS staff on PH: 5232 9420 for further information.

Winter is now with us so please keep warm and be aware of those slippery paths and steps. If you are experiencing any heating problems that is impeding on your health issues, please contact us here as we may be able to direct to the appropriate services.

Please remember to keep safe and for those who have not had their flu shot, please do.

Terry Maisey - OPASS Coordinator



COVID19

With the gradual easing of restrictions, we would like to remind you to keep up to date with the latest information. Look to local authorities for the most up to date information, or visit www.dhhs.vic.gov.au/coronavirus to be linked to Victorian resources or phone the Coronavirus hotline on 1800 675 398

Colac Chamber of Commerce – Shop Local

The impact on businesses has been very tough. How can you help? Buy local whenever and whatever you can.

Businesses are changing the way they do business to continue to provide goods and services to you, their valued local clientele. If you can stay home, you must stay home, and utilize the home delivery some local businesses are currently offering. The Chamber of Commerce and Industry Colac website is a fantastic tool to use with lots of local business details on it. You could ring and check with your favourite local business if they will deliver to your door.



COLAC OTWAY SHIRE IS NOW ON FACEBOOK

PUBLIC HOLIDAYS FOR 2020

NO HOME CARE AVAILABLE ON PUBLIC HOLIDAYS!

Date	Day	Holiday
TBA		AFL Grand Final Friday
TBA		Melbourne Cup Day
25 December	Fri	Christmas Day
26 December	Mon	Boxing Day

On Public Holidays Personal Care and Respite Care are available on request.

No Home Care or Meals on Wheels available on the Public Holiday dates as above.

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.

ANIMALS AT HOME – LIVE

Looking for something different to do and love going to the Zoo? Zoos Victoria are bringing the zoo to you with 24/7 live feeds of your favourite animals, like the Elephants, Meerkat, Giraffe, Butterfly house & many more.

They have set up a few live stream cameras from Melbourne Zoo, Werribee Open Range Zoo and Healesville Sanctuary, so you can enjoy the zoo from anywhere. All you have to do is google zoo.org.au/animals-at-home and follow the links.

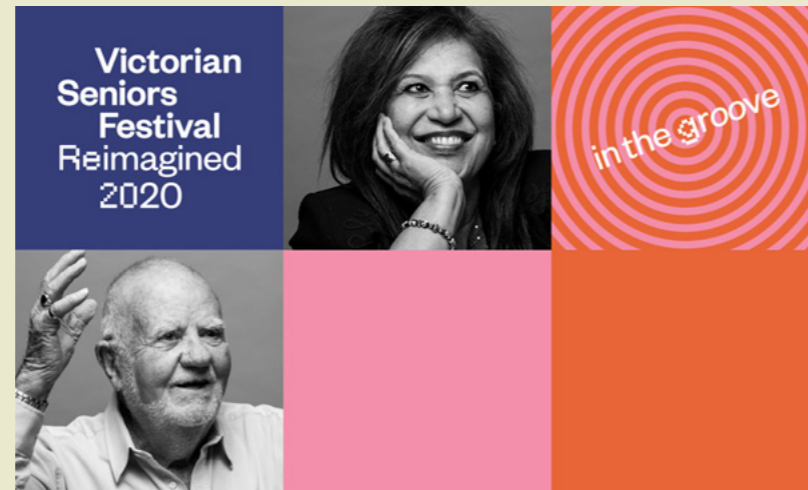
MUSEUM'S AT HOME

Connect, explore and learn more from your favourite museums every day. Whilst their doors might be closed, there's still a whole lot of magic going on. Explore Online Collection. Just google Museum's at home Victoria, and you could visit Melbourne Museum, Science Works & The Immigration Museums all from the comfort of your home.

Colac Otway Shire Office

Council has reopened its Customer Service Centres in Colac and Apollo Bay as of Tuesday 9th June. A number of measures are in place to ensure safety and compliance with Victorian Government COVID restrictions:

- Cashless payments are preferred
 - There will be a limit to the number of customers in the Customer Service Centre (maximum of one person per four square metres) at a time
 - A physical distance of 1.5 metres between people must be maintained at all times
 - Hand sanitising stations will be in place for customer use
- While Customer Service Centres will be open, Council encourages the Colac Otway community to utilise online information and payment services via the Council website to limit the number of trips away from home.



SENIORS WEEK 2020

In line with the Department of Health and Human Services direction, there will be no public gatherings for the 2020 Seniors Festival therefore 2020 Victorian Seniors Festival Reimagined will be in its place.

This year we are bringing the Festival straight to your home through online performances, zoom interviews and story-telling. 2020 is the 38th year the Festival has run and we are

delighted to get in the groove - with performances by many of your favourites and some new performers we think you will enjoy. Every year the Festival works with performers who share the Festival values. Even though we are online - this year is no different. Check out their performances and get in the groove... <https://www.seniorsonline.vic.gov.au/festivalsandawards/watch-now>



Donations of 1st Aid Supplies

Carola Anstis, from the Carlisle River Wildlife Shelter, has popped into the OPASS unit and collected out of date 1st aid supplies. They can be used at the shelter on wildlife that may have been hit by a car or had injuries from bush fire's. Always good to think about the way we can reduce landfill.

Neighborhood House knitting Club

The Colac Neighbourhood House has a wonderful knitting group who meet every Thursday for two hours. Anyone is welcome to come along. We knit and crochet items for donation to people who need warm things in the winter such as blankets, beanies and scarves.

We hope some of your clients will enjoy the handmade knee rugs and keep warm and cosy underneath them in the winter months.

Regards Julie | Neighbourhood House | phone: 5232 5210

Why Seniors should join a knitting club

What if when you were knitting a scarf, you were also knitting better cognitive health and well-being? Research shows that regularly knitting has tremendous health benefits, and by joining a knitting club seniors can improve their minds, moods and spirits.

Cognitive health

Knitting supports a healthy brain, Researchers believe that knitting can help keep the mind sharp by creating new neural pathways. New findings suggest that brains continue growing and creating new connections, even into old age. Knitting and other craft activities contribute to healthy minds by involving many parts of the brain at once.



Top left to right John, Matthew (Skip) and Cliff. Bottom left to right Thelma, Muriel, and Allan. are some of our local recipients of the lovely donated knee rugs from the Neighbourhood House Knitting Club.



THE SAFE EXERCISE AT HOME

The Safe Exercise at Home website (<https://www.safeexerciseathome.org.au/>) was developed by physiotherapists from across Australia with clinical and academic expertise. The collaboration includes the National Ageing Research Institute, University of Sydney, University of Melbourne, Monash University, Curtin University, University of South Australia, University of Queensland and University of Tasmania in partnership with the Sydney Local Health District (NSW), Western Health (VIC) and Peninsula Health (VIC). The website is endorsed by the Australian Physiotherapy Association."

Get to know Community Care Worker Gwenda



Years of service – 32 years

Biggest change – Technology – The job has become more interesting over the years.

Biggest achievement (work) – Completing certificate IV in Aged care and Disability. Completing all the training that is offered.

Biggest achievement (Home) – My Children and Grandchildren. Also going to the Denni Ute Muster and sleeping in a swag for 3 nights.

Favourite TV series – McLeod's Daughters and watching Man from Snowy River series at the moment.

First job – Dairy Farm

Biggest fear – Swimming and Water

Leisure time – Loves to go for a walk and listening to country Music