



BEST-EVER SLOW COOKER VEGETABLE SOUP

INGREDIENTS

- 2 carrots, peeled, cut into 1.5cm pieces
- 2 celery sticks, trimmed, cut into 1.5cm pieces
- 1 large brown onion, finely chopped
- 2 potatoes, peeled, cut into 1.5cm pieces
- 300g sweet potato, peeled, cut into 1.5cm pieces
- 2 garlic cloves, crushed
- 1 tbsp. finely chopped fresh rosemary
- 500ml (2 cups) reduced-salt beef stock
- 400g can diced tomatoes
- 75g (1/3 cup) pearl barley, rinsed, drained
- 1 zucchini, cut into 1.5cm pieces
- 1 tbsp. fresh lemon juice
- 1/4 cup chopped fresh flat-leaf parsley

METHOD

1. Place the carrot, celery, onion, potato, sweet potato, garlic, rosemary, stock, diced tomatoes, barley and 500ml (2 cups) stock in a slow cooker. Stir well to combine.
2. Cook, covered, on LOW, for 6 hours (or HIGH for 3 hours), or until vegetables are tender and barley is cooked, adding the zucchini for the last hour of cooking time.
3. Stir in the lemon juice and parsley.
4. Stir the lemon juice into soup. Season. Serve soup sprinkled with parsley.



WINTER Word Search

T E O G S V S N O W M A N B J
 H F S S S S W E A T E R P L F
 O R O L D N C O L D U R L A W
 T E A S O Q O A G E M X E N Q
 C E C Z B L A W B G I F A K E
 H Z Q L X L L U P G T E R E K
 O I U S W Y I S M N T N M T K
 C N J O C G E Z X O E E U D E
 O G B T G T L B Z G N F F H D
 L K M T A W J O F A S R F Z J
 A B U K B Y S O V L R C S X F
 T Z S F V E I Z E E G D C R G
 E H I N L S Z C E P S I A J G
 I S I C U G I U I R X C F R C
 A W L A C O G K W T S V P T Z

WORD LIST

BLANKET	EARMUFFS	GLOVES	MITTENS	SNOW
BLIZZARD	EGGNOG	HOT CHOCOLATE	SCARF	SNOWMAN
COLD	FREEZING	ICE	SKATES	SWEATER

Having Trouble paying your Rates

If you are finally having trouble paying your Shire rate's you can call the Customer Assist team on 52329400 or come into the office in Rae St and ask to speak and book a time with the friendly rate's team and they are always happy to help and arrange a payment plan.

Welcome to issue 45 of the quarterly Older Persons & Ability Support Services Newsletter.

Winter is now with us so please keep warm and be aware of those slippery paths and steps. Please remember to keep safe and for those who have not had their flu shot and Covid vaccine please check with your Doctor.

The OPASS unit has continued to provide services during Covid, from our wonderful Community Care Workers. Also, we would like to say thank you for making it safe for both yourselves and our staff by following Personal Protective Guidelines.

OPASS Team.



Telstra Home Messages
101 service on your home phone

When making time changes to your care, the office staff will try and contact you, often leaving a message. Please check your messages. If you have a mobile phone number or have disconnected your home phone please call the office or drop in and see us.

POWER SAVING BONUS

What is the \$250 Power Saving Bonus?

The \$250 Power Saving Bonus is a one-off \$250 payment to provide direct support to vulnerable Victorian households experiencing energy bill stress due to the COVID-19 pandemic. The \$250 Power Saving Bonus will be available to over 900,000 eligible Victorian households. Eligible households can access the Power Saving Bonus by applying on this website or applying through a participating community organisation. The \$250 Bonus will be available from 1 February 2021 to 31 January 2022 and will be limited to one per eligible household.

Who is eligible for the \$250 Power Saving Bonus?

To be eligible to apply for the \$250 Power Saving Bonus, you must be able to meet the following eligibility requirements:

- You must be a Victorian residential energy consumer (i.e. have a residential electricity account).
 - You must receive one of the following concession benefits:
 - Centrelink Pension Concession Card
 - Jobseeker, Youth Allowance, Abstudy or Austudy
 - Department of Veterans Affairs Pensioner Concession Card
 - Department of Veterans Affairs Gold Card
- How to submit an enquiry.
- All enquiries can be submitted to their support team at info.vec@delwp.vic.gov.au
 - Phone support: You can call 1800 000 VEC (832) to receive general support and assistance with the Victorian Energy Compare website and Power Saving Bonus program.

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.

Nurse on Call

You can contact NURSE-ON-CALL on 1300 60 60 24 for immediate expert advice from a registered nurse, 24 hours a day, 7 days a week. If it's emergency always dial 000 first.

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 NOW ON FACEBOOK

This year Senior's week will look a little different to other years. We hope to have some news closer to the date, so keep an eye out in the Colac Herald for more information.

SENIORS WEEK 2021

PUBLIC HOLIDAYS FOR 2021

NO HOME CARE AVAILABLE ON PUBLIC HOLIDAYS!

If your Home Care falls on a public Holiday as dates below, you will not receive Home Care on that day.

MOW'S will be delivered prior to the Public Holiday.

On public Holidays Personal Care will continue with altered times. Respite care is available on request.

Date	Day	Holiday
TBC	Fri	Friday before AFL final
2 Nov	Tue	Melbourne Cup
27 Dec	Mon	Christmas Day
28 Dec	Tue	Boxing Day

SCAM WATCH

Scams target people of all backgrounds, ages and income levels across Australia. There is no one group of people who are more likely to become a victim of a scam, all of us may be vulnerable at some time. Scammers succeed because they look like the real thing and catch you off guard when you are not expecting it. Some of the things to look out for:

Don't open suspicious text, emails or pop-up windows or click on links just delete them. Do not respond to phone calls about your computer asking for remote access, just hang up and do not say "Yes or No" they may record your voice saying this then use it elsewhere. Never give out passwords or credit card details. One of the ones that are targeting Colac now is a phone call from "Amazon" saying that your account needs to be payed, but 90% of older Australians do not have an Amazon account. If you have been a victim of a scam identity theft, contact IDCRAE on 1300 432 273 IDCARE is a free government funded service which will work with you to develop a specific plan to your situation. In addition, Scam watch Australia may be of some assistance. <https://www.scamwatch.gov.au>

TOWN BUS

Just a reminder that we have a really wonderful resource in Colac, our Town Bus. This is a really great way to get around town. To pick up a Colac bus timetable, contact the Public Transport Victoria on 1800 800 007 or visit ptv.vic.gov.au website.

FARWELL TO STAFF

Since our last Newsletter, we have had a few Staff leave us. Community Care Worker Taylah had been with us for 3 years. Case Manager Min 2.5 years. Both Min and Taylah have secured employment elsewhere.

Anne has retired after being with us for 10 years. We wish them all the best for their futures.

Due to staff levels, we may have had to make some time changes with your care and it is helpful if you answer your phone or call us back to us know you got the message. We do make every effort to get in contact with you.

NEW STAFF

Over the past few weeks, we have welcomed four new staff, Karen, Stefanie, Jane & Tristen. Please give them a warm welcome when you meet them.

QR Codes

On entry into buildings When you check-in, you create a record of the time and date you visited a venue. This means that if there is a COVID-19 outbreak, contact tracers can quickly access your contact information and get in touch with you, if you've visited a public exposure site.

This will help to contain a COVID-19 outbreak. These venues must also provide an alternative record keeping system for people who do not have or cannot use a device to scan the QR code. This could include making a service available for people to use (like an iPad or pen and paper).

Kerbside Bins

Did you know that you can recycle your old batteries at the Colac Otway Shire office in Rae St Colac. Small household batteries, old mobile phones and household printer cartage's can be dropped off and placed in bins provided. We also have sharps container bins as well and you can collect a new sharps bin too. Also, remember not to place plastic bags, wrappers and bagged recyclables in your yellow bin. Now all Electrical items (E Waste) needs to be taken to the tip and NOT to be placed your you bin at home. These items can be dropped off free of charge at Alvie,



Birregurra and Apollo Bay. You can check out the Colac Otway Shire website www.colacotway.vic.gov.au OR www.reduce-recycle.com.au for more helpful hints about what is the right bin to put things into.

HERE ARE A FEW THINGS TO THINK ABOUT FOR WINTER

Common causes of house fires such as from cooking, smoking, electrical items and heating could become even more prevalent as people spend more time indoors due to the weather. Maybe think about a basic fire safety plan for your home. This is why it is critical to have a working smoke alarm in your home. Without a working smoke alarm in all living and sleeping areas of your house, you may not wake if there is a fire. Cooking is the largest single cause of fires and fire related injuries in the home. Never leave cooking unattended and keep combustibles such as tea towels and paper towel away from heat sources. Also clean out under your toaster, a build-up of crumbs can catch on fire and remember to clean out the lint filter in your dryer after every use.



Also, check that you are not overloading power boards or have loose cables and never leave your phones and laptops charging on your bed. Appliances should be switched off at the wall when not in use including electric blankets. Make sure your smoke alarms are checked monthly, your Community care worker may be able to assist if your ceilings are not too high.

CONTACT DETAILS

Please keep your contact details up to date. If you are not home for Home Care or Personal Care, we need to be able to contact you and ensure your safety. If you now have a mobile phone number please call the office to inform us, as it is the quickest way for us to get in contact with you. Also if you need to change or update your emergency contact details please call us. Sometimes family member's change their phone numbers or your relationship changes with them and you don't want us to call them if something happens. Please call the OPASS office on 5232 9420.



GIFT PACKS

The Colac Otway Shire was lucky enough to receive care packs from Meals on Wheels Victoria to send out to everyone that receives Meals on Wheels with the Colac Otway Shire. We would like to say a big thank you to Meals on Wheels Victoria, Woolworths and Reckitt Benckiser for enabling us to be able to assist our clients with these packs. Jack is one of the lucky recipients to receive a pack.



Meals on Wheels Victoria

NATIONAL VOLUNTEER WEEK

Thursday 20th May 2021 we invited our much-appreciated Volunteers for a lunch at the East Hotel Colac to say a big thank you for helping us with Meals on Wheels, Transport and Ambassadors of the Colac Otway Shire. We are back into the swing of things after the C-void break. We had a lovely lunch and everyone enjoyed their meal and great company.

NATIONAL 17-23 MAY 2021
VOLUNTEER WEEK
RECOGNISE. RECONNECT. REIMAGINE.

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.

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

Miller House News

Miller House provides Social Support Activities, Do Care One to One Friendly Visiting, and Day Respite for the Colac Otway region.

We offer community programs including luncheons, strengthening and exercise, entertainment, guest speakers, cultural activities, bus trips, technology-device loan and education.

Our activities are tailor-made to your interest and needs.



Elvis Presley (Impersonator)

Thursday 28 October 2021

Time: 10.30 am – 2.30 pm

At the City Bowls Club

Gravesend Street Colac

Cost for set two course lunch and entertainment

Miller House participant \$25

Non-Miller House participant \$30

Book by 14 October 2021-
Phone 5232 5351

Payment by 21 October 2021
at Miller House