

## QUICK CHEESE 'N' TUNA BAKE

### INGREDIENTS

- 1 x 425 g Can Tuna
- 2 cups cooked mixed vegetables
- 1 x 420 g can cream of chicken soup
- 2 tbsl milk
- 250 g grated cheddar cheese
- Pinch of ground black pepper
- 2 tbsl butter, melted
- ½ cup breadcrumbs



### METHOD

Preheat oven to 180 C. Drain tuna. Arrange mixed vegetables and tuna in a greased casserole dish. Heat chicken soup together

with milk, grated cheese and ground black pepper. Stir until cheese melts. Pour over the vegetables and tuna and mix lightly. Mix butter and breadcrumbs and sprinkle around the edge of the casserole dish. Bake for 25 to 30 minutes.

### COLD AND FLU SEASON / COVID 19

After 2 years of unusually low influenza infections due to social distancing, flu season 2022 is shaping up as a bad one for Australia.

If you happen to contract the flu, you should speak to your doctor as soon as possible. Doctors can prescribe anti-viral drugs that can make the infection milder and shorten the time you are sick, if taken within the first few days of symptoms.

Limit the spread of the virus to family and friends by limiting your contact with other family members for at least 24 hrs after fever subsides. Wearing a mask, covering your nose and mouth when you sneeze and disposing of tissues, cleaning and disinfecting surfaces.

Annual vaccination is the most important measure to prevent the flu and its complications. The flu vaccine is recommended for all

people aged 6 months and over.

With the combination of the flu season and COVID 19 still amongst us our team of Community Care Workers have been hit hard early. Many of our Community Care Workers have school-aged children and it seems this age group are at a higher risk for this flu season. Already many of our staff have had to take leave to look after their sick ones. In addition, COVID 19 is still affecting the younger ones at school and is still prevalent in our community, in turn affecting our staff availability. Please be aware that these situations are out of our control and the office staff are doing their best to re roster your care with time and day changes and as a last resort, cancellations of Home Care. Please be understanding when the office staff call to make these changes.



Welcome to Issue 48 of our Quarterly Older Persons & Ability Supports Services (OPASS) Newsletter.

Winter is here and we have to meet all the challenges it brings with it. The flu is with us now and by all reports, it is quite a nasty one. This is also a challenge for our Community Care Staff who are not immune to this virus. There is a significant increase in sick leaves for staff over winter and this will impact on the availability to provide a service. Our Administrations Team will do its utmost to continue to roster your care but may need to prioritise services on a daily basis. If you have flu like symptoms, please let our Administration staff know so we can either cancel or reschedule your rostered services.

**Keeping yourself, warm and keeping active is very important. Here are some "tips" that may help:**

- Wear several layers of thin, loose fitting clothing rather than one thick one.
- Wear good fitting socks and slippers in the house and sturdy shoes with a good grip outdoors.
- If you need to leave the house make sure you wear a coat, hat or beanie, gloves and scarf.
- Eat hot foods and drinks, such as soups and tea or coffee.
- Light exercise can help you to generate body heat and keep you warm. If possible, try to move around the house at least once an hour.
- Your pets also feel the cold, make sure that they are in a warm space.
- Don't forget on rainy days when out and about, take your raincoat and umbrella.

Colac Otway Shire's Older Persons & Ability Supports Services with your consent/ agreement, maintains a record of your emergency contacts. This is a service for clients who receive current services.

If your emergency contacts have changed, it is important that you let our OPASS Administrations Team know. If there is an emergency in the home the benefits are to let Emergency services know who to contact on your behalf, that is the Ambulance, Police and Medical staff is highly desirable. To update your new details, please contact OPASS on PH: 5232 9420.

From all the OPASS Team we wish you to keep warm, safe and active

Terry Maissey, Coordinator OPASS



**COLAC OTWAY SHIRE IS NOW ON FACEBOOK**

### AMBULANCE

**PROCEDURES**  
Please note that in the event of a medical emergency, Community Care workers are required to \*immediately\* call for an Ambulance for assistance. We advise that all clients and Volunteers ensure that they have suitable Ambulance Cover to avoid any potential transport costs. If you are a Health Care Card holder You automatically have Ambulance Cover.



### NO SMOKING NO VAPING

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.

### Do you have a mobile phone?

Most people own a mobile phone now. It is very important for us to be able to contact you if you are not home for a service or we need to change a time. We have had quite a few times that we have needed to contact a client and the home phone has been disconnected. If we are unable to contact you and a staff member shows up to your home you may have to pay a fee for the missed service. Please contact the office to update your file.



### 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.

### NURSE ON CALL

If you are unable to make a Dr's appointment but need to ask a question regarding a medical problem please remember that, Nurse on Call have someone who may be able help. You will speak to a registered nurse 24 hours a day.

Call 1300 60 60 24

- NURSE-ON-CALL puts you directly in touch with a registered nurse for caring, professional health advice around the clock.
- Call 1300 60 60 24 from anywhere in Victoria for free health advice, 24 hours a day.
- If you think your situation is an emergency, you should always call 000 or go to an emergency department at a hospital





## PUBLIC HOLIDAYS FOR 2021/22

### 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.

Date	Day	Holiday
23 Sep	Fri	AFL Grand Final
1 Nov	Tue	Melbourne Cup
26 Dec	Mon	Boxing Day
27 Dec	Tue	Extra Public Holiday as Christmas Day falls on Sunday

## 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](http://www.myagedcare.gov.au)

## THE USE OF BLEACH AND OTHER CHEMICALS

Our Community Care workers will work in partnership with you to support you with tasks that you may be finding difficult to manage. The aim is for you to maintain your independence whilst living in the comfort and security of your own home and community. Please remember that NO cleaning products containing bleach, chlorine or ammonia are to be used by the Community Care Worker when completing tasks in your home. All cleaning products are to be used strictly in accordance with the manufacturer's instructions. Community Care Workers are not permitted to use products that are in unmarked containers or are homemade concoctions. Some of the cheaper cleaning products do not use very clear labels. If they smell very strong, it may not be the right choice. The Community Care Workers can clean up to four houses a day and it can be very toxic breathing in these chemicals all day. Please assist us in looking after your helpers.

## COMPARE YOUR ENERGY PRICES

Are you interested in making a saving on your energy bill? The Victorian Government has announced a new \$250 Power Saving Bonus program for all Victorian households. From the 1st of July 2022, you can access the new \$250 program by visiting the Victorian Energy Compare website and submitting an application. You need to be a Victorian residential energy consumer and have a Centrelink Pensioner Card, Healthcare Card or Veterans cardholder. This is a once off payment to help with cost of living pressures. Just visit Victorian Energy Compare website -[compare.energy.vic.gov.au](http://compare.energy.vic.gov.au)

## KNOW YOUR HAZARDS - FLOODS

Flooding can happen anywhere, at any time and can be caused by more than just rain. Even if you do not live near a river or creek, different types of flooding may still happen in our area from other causes. Flash flooding is usually caused by slow-moving thunderstorms and generally developing in six hours or less from rainfall to the onset of flooding. Floodwaters are very dangerous, stay safe by never entering floodwater. It only takes 15cm of floodwater to float a car away. If driving in dangerous conditions pull over on higher ground and stay away from trees. Tune your car radio to stations such as the ABC 774AM (Victoria wide) & 11.34AM (Colac) to keep informed. Have you thought about making a Red Cross Rediplan? This is in a booklet that you can download from the Red Cross website or we have copies available at the Colac Otway Shire office. This booklet will help set up a plan in case of an emergency. With your Emergency Contact Information, Current Medication list, Medical aids, Important Contacts list and a plan for your animals if something was to happen. If you need to contact the SES Vic in emergency please call 132 500 or call Triple Zero in a life threatening emergencies.

## FRIENDS LINE

### - SUPPORT FROM SENIORS VICTORIA

FriendLine is available for anyone who needs to reconnect or just a chat. Friends for Good is a volunteer driven not-for-profit organisation aiming to foster a greater sense of connection and wellbeing for individuals and communities. All conversations are casual and anonymous and the friendly volunteers are ready to talk to you. The support line is open 10am to 8pm 7 days a week. You can call them on 1800 424 287 or have a look at the web site [www.friendline.org.au](http://www.friendline.org.au)

## NEIGHBOURHOOD HOUSE COLAC

The Colac Neighbourhood house provides a space for the community to use. They encourage members to develop new skills and seek out new experiences. By joining one of the many groups, you will build on social connectedness. Some of their activity groups: Art and craft groups, Support groups & Community Choir. Some of the workshops coming up include Hearts, Heads and Hands – working with clay and pastels and understanding Telehealth. You can find our more by visiting their Facebook page Colac Neighbourhood House or in person at 23 Miller St Colac and enter via the ramp on the east side of the house. Phone them on 5232 5368.

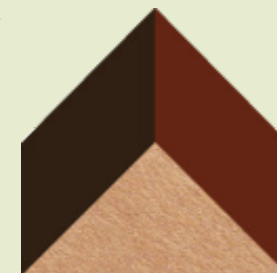


## STAFF FAREWELLS

We have said a sad farewell to both Judy F and Brenda over the last couple of weeks; Judy was with us for 14 years and Brenda 11 years. Both very dedicated staff members who went above and beyond for their client's, and will be missed by their colleagues. We wish them the very best for their retirement and future. In addition, we warmly welcomed Bree to the team, who has just joined us and hopefully more new team members not to far away.

## MENS SHED COLAC

Most men have learned from our culture that they do not talk about feelings and emotions. There has been little encouragement for men to take an interest in their own health and well-being. Good health is based on many factors and becoming a member of a Men's Shed gives a man that safe and busy environment where he can find many of these things in an atmosphere of old fashioned mateship. In addition, most importantly, there is no pressure. Men can come and have a yarn and a cuppa if that is all they are looking for. Members of a Men's Shed come from all occupations, the bond that unites them is that they are men with time on their hands and they would like something meaningful to do with that time. They meet on Tuesday and Thursday's from 9am to 3pm at 54 Chapel St Colac, (Central Caravan Park) Gate 2. Please contact Ray Wheadon and have a chat to see if this would be a great fit for you. Phone Ray 0428 027 998.



**Australian Men's Shed Association**  
SHOULDER TO SHOULDER

## COMMUNITY CARE WORKERS

The Community Care Workers do their very best to be running on time but sometimes the travel time between clients is greater than 5 minute's. If it is later than 15 minute please call the office and they can find out where their up to. Our Community Care Workers are doing a fantastic job with their extra workload with last minute changes to their rosters on a day-to-day basis.

## THE HUB COLAC

The Positive Ageing Ambassadors are currently working on a project to produce a mobility map for Colac. They would welcome any information from scooter users about places that have good and poor access for them when they are using their scooter. The Ambassadors are currently planning a workshop at the Colac Library on Wednesday August 10, starting at 10:00 am. Bookings essential so ring Jan Healey 0409 017 988 if you are interested in coming.

## VICTORIAN SENIORS CARDS

The Seniors Card program is a Victorian Government initiative. The program encourages people to continue to keep active and engaged in the community by providing incentives and making it more affordable to get out. There are about 4,000 participating businesses across Victoria. Most of the businesses offer of a minimum 10% discount on goods and services like free public transport during Seniors Week, discount on movie tickets at our local cinema, free entry to the Melbourne Museum and free off peak travel vouchers each year for travel within Victoria. For more information look up [www.seniorsonline.vic.au](http://www.seniorsonline.vic.au) for the on line application and then your card will be sent in the mail or if you do not have the internet come into the Colac Otway Shire office in Rae St to collect a paper copy. To be eligible you need to be 60 years of age or older, work less than 35 hours per week and be a permanent resident of Victoria.

## WASTE CALENDER

Do not forget to check the back of your new rate's notice from the Shire and it will have the new waste calendar printed on the back. If you do not get a rates notice you can pop into the office and collect a new calendar at the Shire office in Rae Street or call and they can put one in the post. Phone the Shire on 5232 9400. You can also download "The Good Sort" app on your smart phone, this has lots of useful information, from how to sort your rubbish into the right bins and your waste calendar. Just before, you put your old calendar in the bin, check if you are a week 1 or week 2.



## LATE NOTICE

We ask that if you are not going to be home for your service from the Shire if you could please ring the office to let us know. Best to cancel the day before on 5232 9420. If you do not inform us, you will now incur a late notice fee. To assist in paying the Community Care workers.

## DON'T FORGET TO STAY SOCIAL

Even though it is cold outside, that is no excuse for abandoning your usual social activities. Now more than ever we need to get out and about, checking on friends and family but just need to do it in a covid safe way. It is great for our mental health to pop out for a coffee, go to the gym or head to the men's shed, see a movie or a walk through the Colac Botanic Gardens.

## VICTORIA POLICE

When you have a non-emergency matter for the Police, did you know there is another phone number you can call for non – urgent crimes or events? You can call 131 44 or make a report on their web site [www.police.vic.gov.au](http://www.police.vic.gov.au) Always remember to call Triple 000 when an immediate response is required, when a crime is happening or if someone is in immediate danger. Remember to save triple zero (000) calls for emergencies only.