



HOT CROSS BROWNIES



METHOD

1. Preheat oven to 180C/160C fan forced. Grease 9 holes of an 80ml (1/3 cup) muffin pan. Line the bases with baking paper.
2. Place the butter and 200g chocolate in a microwave-safe bowl. Microwave on High, stirring every 30 seconds, until melted. Stir in the sugar until well combined. Add the eggs, 1 at a time, beating well after each addition.
3. Stir in flour, mixed spice and 1/2 tsp cinnamon. Spoon mixture into prepared holes. Bake for 20-22 minutes or until a skewer inserted comes out with moist crumbs clinging. Set aside to cool.
4. Beat cream cheese, icing sugar and remaining cinnamon in a bowl until smooth. Stir in yoghurt.
5. Use a small sharp knife to cut out a shallow indent in the top of each brownie. Discard. Spoon cream cheese mixture into indents, smoothing the top. Place in the fridge for 30 minutes to set.
6. Microwave remaining chocolate on High, stirring every 30 seconds, until melted. Dip tops of brownies in chocolate. Set aside on a wire rack for 15 minutes.
7. Heat the Easy Choc following packet directions until melted. Cool slightly. Spoon into a sealable plastic bag and snip off the corner. Squeeze onto the brownies to form crosses. Store the brownies in an airtight container in the fridge for up to 3 days.
8. If you don't have the Easy Choc, you can just use melted white chocolate, drizzled over the top.

INGREDIENTS

- 125g unsalted butter, chopped
- 400g dark chocolate, chopped
- 155g (3/4 cup) caster sugar
- 3 eggs
- 75g (1/2 cup) plain flour, sifted
- 1/4 teaspoon mixed spice
- 3/4 teaspoon ground cinnamon
- 125g cream cheese, at room temperature
- 1 1/2 tablespoons icing sugar
- 2 teaspoons Greek-style yoghurt
- 150g tub Dr Oetker Easy Choc White melted chocolate

WELCOME TO ISSUE 37 OF THE QUARTERLY OLDER PERSONS AND ABILITY SUPPORT SERVICE (OPASS) NEWSLETTER; WE WOULD LIKE TO WISH EVERYONE A VERY HAPPY EASTER AND ENJOY THE TIME WITH FAMILY AND FRIENDS.

PUBLIC HOLIDAYS FOR 2019

NO HOME CARE AVAILABLE ON PUBLIC HOLIDAYS!

Date	Day	Holiday
1 January	Tue	New Year's Day
26 January	Sat	Australia Day
28 January	Mon	Australia Day Holiday
11 March	Mon	Labour Day
19 April	Fri	Good Friday
20 April	Sat	Easter Saturday
21 April	Sun	Easter Sunday
22 April	Mon	Easter Monday
25 April	Thur	ANZAC Day
10 June	Mon	Queen's Birthday
27 September	Fri	AFL Grand Final Friday
5 November	Tue	Melbourne Cup Day
25 December	Wed	Christmas Day
26 December	Thur	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.



HAPPY EASTER 2019

Good Friday 19th April, Easter Monday 22nd April are public holidays. On these days Personal Care will continue but times may change due to reduced staff. No Home Care or Meals on Wheels deliveries available on Public holidays.

ARE YOU WINTER READY

Stay warm, safely

Before you crank up those winter heaters – gas, electric or wood, get them serviced. Make sure heaters and fires have a securely fitted fire guard.

Likewise with electric blankets, check to see the wiring is safe or better still get them professionally checked.

DON'T FORGET TO STAY SOCIAL

Ok so it's cold (maybe just not yet). That's no excuse for abandoning your usual social activities. If you meet up with the girls once a week, go to the gym, head down to the bowls club or men's shed, belong to a service club or volunteer, it's important for your mental

NATIONAL PUBLIC TOILET MAP

When you're out and about and need to go to the toilet and not sure where the nearest one is, check www.toiletmaps.gov.au on your mobile phone in the search engine, this will bring up a map with a pin point to help find the closest toilet. This can be used anywhere in Australia. This is an Australian Government Initiative.



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 a mobile phone number or have disconnected your home phone please call the office or drop in and see us.

ANZAC DAY 2019

Anzac Day falls on a Thursday this year. Personal Care will continue but times may change due to reduced staff. No Home care or Meals on Wheels deliveries available on Public holidays.

DAYLIGHT SAVINGS

Daylight savings ceases on Sunday 7th April 2019. Move your clock backward one hour at 3am daylight savings time. It is a good idea to do this before you go to bed on Saturday 6th April.

SMOKE ALARMS

Remember this is also the best time to change your smoke alarm batteries. Our property maintenance can do this for you if needed. Just ring the office on 52 329420 or if you are new to this service call My Aged Care on 1800 200 422.

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

GOOD-BYE, HELLO & THANK YOU

We say good bye to Michelle Casper. Michelle has been a Community Care Worker for the Colac Otway Shire for past 7 years. We wish Michelle all the best for her future.

We also welcomed a new Community Care Worker Dylan to our team, Dylan started just before Christmas and we wish him all the best.

TEXT MESSAGE WARNING

Warning about 'emergency' text messages 11 February 2019 Scam watch is warning members of the public about a spate of text messages asking for emergency assistance. These messages are coming from phone numbers not in your mobile contacts. For example, the text message might read, 'Please call me back right away. It is an Emergency I need your help!' People who have called the number back report being verbally abused by a recording on the other end. This is a new and emerging issue. While people have not yet reported losing money as a result of these calls, you may find the content of the recording distressing. Scam watch therefore advises that you exercise caution or do not respond to these text messages. People can follow @scamwatch_gov on Twitter and subscribe to Scam watch radar alerts to get up-to-date warnings.

DON'T FORGET ABOUT THE BROCHURE CENTRE

The Aged Care Brochure Centre has a wide range of information and services to guide you/ or your loved ones through the ageing process, all in the one location. You can find them in the foyer of 26 Murray St Colac opposite the RSL. Monday to Friday 9am to 5pm.

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.

HOME CARE PACKAGE PROGRAM

The Home Care Packages Program helps older Australians with complex care needs to live independently in their own homes. The Program is part of the Australian Government's continuum of care for older Australians and is positioned between residential aged care and the Commonwealth Home Support Program.



Under the Aged Care Act 1997, the Australian Government provides a subsidy to an approved provider of home care to coordinate a package of care, services and case management to meet the individual needs of older Australians. Individuals are assessed by a professional assessor using a nationally consistent assessment framework. There are four levels of support:

Home Care Level 1 – basic care needs

Home Care Level 2 – low level care needs

Home Care Level 3 – intermediate care needs

Home Care Level 4 – high care needs

During the assessment process each individual's priority for care is also determined.

Individuals approved for a home care package are placed on a national queue until a package becomes available and is assigned to them. When care commences all approved providers must deliver home care package services under a consumer directed care basis. Please call the OPASS unit on 5232 9420 for more information.

CARACARAMIGEN - COLAC ABORIGINAL GATHERING PLACE

The 'Gathering Place' at 4 Miller Street Colac currently has a Project Worker who is employed to work 12 hours a week by Wathuarong Aboriginal Co-operative.

The Beginnings The Aboriginal Gathering Place project was a dream of the community long before its current state. A group of dedicated community members and strong advocates have been campaigning for a culturally safe space and platform for their voices to be heard in this region for many, many years.

'It is likely that more people within our shires feel more confident to identify as Aboriginal because of the work we are achieving already at the Aboriginal Gathering Place. Having a physical space has benefitted not only our own Aboriginal community, but also the non- Aboriginal community. It has been an opportunity to have some robust conversations about 'the gaps' and needs of our local Aboriginal Community whilst dispelling myths and mistruths.'

New Partnerships The broader community of the Colac-Otway region

are embracing the new partnerships and alliances with the local Aboriginal community and many new program opportunities are arising as a result of the establishment of Caracaramigen House/The Gathering Place. An example is the Colac Otway Shire providing funding for the Possum Skin Cloak Project.


'At the heart of these programs is the acknowledged need to have the local Aboriginal community identify, support and control delivery of services from Caracaramigen House, and through these programs build connection to family and community, which is a critical domain for Aboriginal health and social and emotional well-being. Connectedness and social inclusion are an essential health and well-being outcomes of Gathering Places, which address isolation and community fragmentation. The wider Colac Community have come together to support and create this important space for local Aboriginal people who have previously been disconnected, discriminated against, stigmatised and forgotten in Colac and surrounds.'
Ebony Hickey - December 9, 2018



Drop in to have a yarn - open Wednesdays and Thursdays (or by appointment)

Keep in touch with current events:

 colacaboriginalgatheringplace

 0449 948 475



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 Cobden. Thank you from the Colac Otway Shire OPASS unit.

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.

GOING AWAY FOR THE HOLIDAYS.

If you need to cancel your Home Care, Personal Care, Respite Care or Meals on Wheels please do so by 2.00pm the day prior on 5232 9420.

ANZAC DAY COMMEMORATION TIMETABLE THURSDAY APRIL 25 2019

ANZAC DAY DAWN SERVICE:

Will commence at 6.00am at Memorial Square, Murray St Colac. (Persons are welcome to join members from the Colac RSL who are departing from 21 Murray St, at 5.50am to walk to Memorial square. The service will conclude at 6.30am.

ANZAC DAY GUNFIRE BREAKFAST:

Will commence at 6.30am at the Colac RSL, 21 Murray Street Colac. Gold Coin Donation.

ANZAC DAY MARCH TO ST MARY'S FOR COMMEMORATIVE SERVICE:

Will commence at 10.30am where persons will assemble at the corner of Murray and Gellibrand Streets Colac to march to St Mary's Church, Gellibrand Street Colac.

ANZAC DAY MARCH TO WREATH LAYING SERVICE AT MEMORIAL SQUARE:

Participants are invited to march to Memorial Square. Will commence at 12.15pm. Will conclude at 12.45pm.

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Participants are invited to march to Memorial Square. Will commence at 12.15pm. Will conclude at 12.45pm.

ANZAC DAY SERVICES AT COLAC RSL

Will commence at 10.00am to late. Lunch and dinner menu is available at normal cost.

TWO-UP:

Will be played in the venue after 1.00pm