



TUNA BAKED POTATOES

INGREDIENTS

Ingredients for 1 serve, double ingredients for 2 serves.

- 1 Potato, scrubbed
- 1 Tbl Sour cream or yoghurt
- ½ x 95g can of Tuna
- ¼ cup grated Cheese
- 1 – 2 Tbl of chopped vegetables, e.g. celery, parsley, red or green capsicum, spring onion

METHOD

1. Pre-heat oven to 200c
2. Bake potato in the oven for 45-60 minutes. Alternatively, microwave potato on high for 3 mins, check with skewer.
3. Cut potato in half lengthwise and scoop out cooked flesh into bowl. Leave about ½ cm thickness of skin.
4. Mash potato flesh with a fork until fluffy and add remaining ingredients. Mix well and put mixture back into skin.
5. Place on baking tray and cook for 10 minutes.



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



SPEAKERS IN SPRING FOR SENIORS



A Free Talk Each Tuesday in September at 11am via Zoom

- 15th Your Choices Your Values
- 22nd Your Medical Decision Maker
- 29th Your Powers of Attorney

Each talk will be for 30 – 40 minutes with 20 minutes for questions and discussion.

Book for one Tuesday, book for some, book for all.

All sessions are free. Numbers limited to 15.

To book or further information

Email: info@seniorsrights.org.au Telephone Gary Ferguson 0407 329 290

Hosted by Seniors Rights Victoria www.seniorsrights.org.au



WELCOME TO ISSUE 42ND OF THE QUARTERLY OLDER PERSONS & ABILITY SUPPORT SERVICE (OPASS) NEWSLETTER.

Welcome to issue 42 of the quarterly Older Persons & Ability Support Service (OPASS) Newsletter.

As this is being written, we continue to be in Stage 3 of the COVID-19 restrictions that is asking us to remain in our home unless going out for essentials and wearing a mask each time we leave home.

The Colac Otway Shires Aged Care and Disabilities Services continues to be very busy delivering services into your home on a daily basis. Our Community Care Workers have implemented a number of personal protective work practices to ensure that they deliver services with the upmost safety to you in your home.

Thank you for being very supportive to all our staff, administration, case managers and assessment persons who are working outside our normal daily practices. We are endeavouring to retain as much normality that is practical in these circumstances.

Importantly, how are you managing with being at home with limited contacts? It is important that if you need to seek support please contact us on 5232 9420. You may receive a phone call from us to see how you are going. We will identify ourselves with our name and where we are from, Colac Otway Shire. We will be only asking you "how are you going" and that is all.

Home Care Packages continue to be released. There continues to be some on-going confusion with the correspondence, letter of acceptance and letter of assigned packages. Please do not hesitate to contact one of our Care Managers, Kylie, Min or Debbie on 5232 9420 to assist you with any concerns you or your family may have.

Spring time in Colac Otway Shire is one of the most beautiful seasons to take in. Enjoy the coming months and shake off the winter blanket.

Please take care of yourselves and be safe.

Terry Maisey - OPASS Coordinator

DAYLIGHT SAVINGS

Oct 4, 2020 - Daylight Saving Time Starts Sunday, October 4, 2020, 3:00:00 am local daylight time. Sunrise and sunset will be about 1 hour later on Oct 4, 2020 than the day before. There will be more light in the evening. Also called Spring Forward, Summer Time, and Daylight Savings Time.



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 5232 9420 or if you are new to this service call My Aged Care on 1800 200 422 to register.



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



PUBLIC HOLIDAYS FOR 2020

NO HOME CARE AVAILABLE ON PUBLIC HOLIDAYS!

Date	Day	Holiday
23 October	Fri	AFL Grand Final Friday
3 November	Tues	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.

KEEN FOR A LAUGH, CHAT OR EXERCISE WITH OTHERS? WITHOUT LEAVING YOUR HOME!

Miller House is offering;

- Gentle chair exercises with a fun group via Zoom online
- Gardening in Spring with Pam (activity facilitator) group phone talk/phone conference
- Regular half hour phone call with an Activity Facilitator to chat about your interests/ do a quiz/trivia
- A friendly, personally matched volunteer who can phone, write a regular letter, email or a face to face chat on a device
- Join our Chat Room via Zoom and have a catch up with like-minded folk
- Receive a copy of the monthly Miller House newsletter with puzzles, information and humour

Such fun ways to stay connected

For more information

Contact Miller House on Ph:5232 5351

Penguins at Phillip Island.

At sunset every night (AEST) the world's largest colony of Little Penguins waddle up Phillip Island's floodlit beaches to their homes. Since they aren't able to welcome visitors to enjoy this natural phenomenon in person at the moment, they have decided to bring the penguins into homes across the world instead.

Viewers can tune in on either our Facebook page or YouTube channel to watch live and ask questions in real-time. You can watch on your phone, laptop or if you're feeling extra savvy - stream to your TV to enjoy the little penguins on the big screen!

Just google Penguins at Phillip Island and follow the links.

GET TO KNOW COMMUNITY CARE WORKER VICKI

Years of service – 16

Biggest change – COVID 19

Biggest achievement (work) – Being able to work with a diverse range of Clients

Biggest achievement (home) – Family, Children and Grandchildren

Favourite TV series – Black List on Netflix and NCIS

First Job – Working at a Pizza and Fish and Chip shop

Biggest fear – Snakes and Spiders

Leisure Time – Walking, Craft and Diamond Art



MONASH
University



DO YOU HAVE MEMORY DIFFICULTIES?

We are seeking adults who would like to participate in a trial of non-invasive brain stimulation for Mild Cognitive Impairment (MCI).

MCI refers to a decline in memory that does not impact on daily functioning.



We are seeking adults who are:

- Aged 50 – 80 years
- Who meet criteria for MCI, and
- Are interested in participating

To find out more, please contact
Freya Stockman on (03) 9881 4498 or email
freya.stockman@monash.edu

FOOD * SUPPLIES * HEALTH & WELLBEING *

COVID19 SUPPORT

If you are quarantining or isolating with no access to food or essential supplies call:

Colac Otway Shire COVID Support Hotline on 5232 9440 (7 days a week)

If you need COVID health and wellbeing support or information about accessing local health services call:

Colac Area Health on 1800 512 424, Monday to Friday, 9am to 4pm.

If you need information on COVID payments (testing & isolation) visit:

www.dhhs.vic.gov.au/covid-19-worker-support-payment



COVID 19

As we make our way through the 2nd wave of COVID 19, stage 3 restrictions and isolation, we hope that you are all staying safe and well. The world we live in seems to be constantly changing, too keep up with the latest COVID 19 news look to local authorities, or visit www.dhhs.vic.gov.au/coronavirus to be linked to Victorian resources or phone the Coronavirus hotline on 1800 675 398.

STAYING WELL, STAYING POSITIVE: A GUIDE TO COPING WITH CORONAVIRUS FOR OLDER AUSTRALIANS

Physical distancing and isolating yourself from others in the age of COVID-19 is creating new and unique challenges, particularly for older Australians. Here's how to look after yourself while you navigate the journey.

While it's every Australian's responsibility to practise physical distancing as the COVID-19 pandemic continues to unfold, older Australians have also been advised to stay home wherever possible.

That means you're probably already in self-isolation, a situation that requires being physically separated from loved ones and perhaps feeling as if your life and day-to-day routine have been abruptly turned upside down. For older people living by themselves, who depend on visits from friends and family for company, this sense of isolation will be even more keenly felt.

Understandably, being isolated may cause boredom, frustration and even fear or anxiety. Fortunately, there are some strategies you can use to help stay well and feel positive as we ride out the pandemic.

STAY CONNECTED

Social connections are not only essential for mental health and well-being; they can also help us cope in stressful situations. Staying in touch with friends and family, including grandchildren, can be as simple as picking up the phone, but video call systems such as Skype and FaceTime can be really helpful too, as they allow for face-to-face catch-ups from a distance.

If you need some help using this kind of technology, consider signing up to Be Connected, a free online learning program designed to help older Australians connect digitally.

CREATE A NEW ROUTINE

Making sure your days have structure, even though your usual visits and away-from-home activities have been put on hold for now, can help provide a sense of normality and purpose. Schedule tasks, like cleaning and doing the laundry, make 'appointments' to catch up with people from a distance and spend time on activities that you like to give your day routine.

PERSPECTIVE IS KEY

It's understandable that you might be fearful about becoming unwell at the moment, and whatever you're feeling, know that it's okay. However, instead of imagining worst-case scenarios, try to keep things in perspective – and remember that this situation is temporary.

When things feel uncertain and beyond your control, instead of allowing your mind to spend too much time pondering those "what-if?" questions, it can help to focus on the actions and things in your life that are within your control.

Even though your daily routine may have temporarily changed, how you fill your day and what you spend time doing is still within your control. And while it's natural to think about the activities you can't do, make a conscious effort to focus on what you can do.

It's also important to remember that by isolating yourself and using social distancing if you do need to leave home, you are being proactive and taking precautions.

Try to only consume news, updates and information about the pandemic from accurate, reliable sources, and consider limiting how much time you spend on social media (if you use it) as you can become overexposed to negative and sensationalised coverage. Instead, stay busy doing things you enjoy, whether that's gardening, reading, listening to podcasts or watching television.

LOOK AFTER YOURSELF

It's really important to maintain a healthy lifestyle, so focus on eating a healthy diet, getting enough sleep and doing some regular physical activity, whether that's going for a walk around your garden – if you have one – or finding a way to exercise at home.

Special measures, including additional opening hours, have been introduced at major supermarkets to help older Australians get access to the supplies they need, or you could ask friends and family to pick up some shopping for you. Older Australians can also access short-term home support services (including meals) in an emergency without having had an aged-care assessment. Speak with a local home care provider about accessing this support if you need it.

RESOLVE TO RELAX

With so much uncertainty around us, being conscious of relaxing will give your body a chance to settle and readjust to a calm state. Relax in whatever way works for you, bearing in mind that 'active relaxation' strategies such as meditation and mindfulness techniques, as well as breathing exercises, muscle relaxation and guided visualisation, are particularly effective and can even help you manage some of the symptoms of anxiety. Learning to relax can take some practice, but the more you practise the more helpful you'll find the technique you choose to use.

If you or someone you know needs help, you can speak with someone today.