

LEMON DELICIOUS TRUFFLE BALLS

- INGREDIENTS**
- 250g Lemon Crisp biscuits
 - 1/2 cup condensed milk
 - 1/3 cup lemon curd
 - 290g white chocolate melts
 - Yellow sprinkles, to decorate.

- METHOD**
1. In a food processor, blitz Lemon Crisp biscuits into a fine crumb. Add condensed milk and lemon curd and pulse until combined.
 2. Roll into walnut-sized balls, then refrigerate in a single layer for 30 minutes to firm up.
 3. Melt chocolate in a glass or metal bowl over a saucepan of simmering water. Alternatively,

you can melt in bursts in the microwave. Using two forks, dip each ball into the melted chocolate and allow excess to drip off. Place on a tray lined with baking paper. Decorate with some yellow sprinkles before the chocolate sets.

4. Allow chocolate to harden either at room temperature or back in the fridge for a few minutes.

These would make a lovely gift or enjoy for yourself with a cuppa!

SENIORS WEEK 2023

Thank you to everyone that attended Senior Week this year in October. The highlight was an old time dance with a live band held at Kanyana. As you can see from the photo Beryl, Chris, Irene, Pauline and Carole enjoyed the morning tea with scone's jam and cream and a lovely fruit platter.

We would like to thank the helpers from U3A and the Filipino Community for the wonderful lunch they shared.



CONTACT DETAILS

If your phone number has changed or you no longer use your landline phone please let the office know. We ring and leave messages for time changes and you may not get them in time. Mobile phones are the easiest way for us to contact you to leave a message. Don't forget to let us know if your next of kin contact details have changed. Select Option #1 to amend these details with the OPASS team.

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.

HAPPY HOLIDAYS

We would like to say a huge thank you and happy holidays to our wonderful Community Care Workers that have looked after you all over the past year. Hopefully they get some time over the Christmas / New Year period to stop and enjoy some time with their families. Make sure you say an extra special "thank you" before they break for the new year. They will come back refreshed ready for 2024.

THANK YOU

Thank you to our team of Volunteer's that deliver Meals on Wheels 5 days a week and the Transport Drivers that get our clients to their appointments outside of Colac. Have a lovely Christmas Holiday's and see you all again in 2024.



FOLLOW US TO KEEP UP TO DATE WITH THE LATEST INFORMATION THAT IS HAPPENING AROUND THE SHIRE

NEWSLETTER

DECEMBER 2023 - ISSUE 52



"Welcome to the Older Persons & Ability Support Services (OPASS) Spring/Summer edition.

It's hard to believe we are at the end of November and talking about Christmas festivities.

Christmas is a great time to catch up with our family and friends and celebrate the year.

Please take care and look after each other during this busy time. For some people, Christmas can be a lonely and isolating time. There are many local supports available.

Please reach out to some of the services mentioned in this newsletter. For anyone on their own or struggling financially, the Catholic Church offer a wonderful hot lunch on Christmas Day. This is open to anyone to attend. Preregistration is required.

Terry Maisey has retired from Colac Otway Shire. On behalf of all clients and staff I would like to wish Terry a healthy and enjoyable retirement. Terry has been in the role for 25 years, so I have big shoes to fill!

I am really excited to have joined the team. Everyone has been very welcoming. Over the coming months I look forward to getting out and meeting some of our lovely clients.

In the lead up to Christmas the demands for our services are very high as we try to help as many clients as possible. Our Service Delivery team who coordinate your shifts will get back to you as soon as they can. We appreciate your patience and understanding.

As the weather starts heating up, it's a timely reminder that Fire Restrictions are now in force across Colac Otway Shire from Monday 20th November. Please also start thinking about your bushfire survival plan and having an emergency kit ready in the event you need to leave your home. A sample emergency kit has been attached in the newsletter.

On behalf of the OPASS Team, we would like to wish you a very happy and safe Christmas and New Year.

Lauren Hester,
Coordinator OPASS

YOUR EMERGENCY KIT



PUBLIC HOLIDAYS FOR 2023/2024

If your Home Care falls on a public holiday as listed below, you will not receive home care on that day. Meals on Wheels will be delivered the working day prior to the public holiday.

On public holidays Personal Care will continue with altered times.

On Catastrophic fire or weather days, No services will be available in country areas, we will try to make contact with the clients that this will affect on that day or the day before.

LATE NOTICE

Please be aware that we now charge the full cost of your service if you fail to call and cancel or ring with less than 24 hours' notice. Please remember that if you are going away for the holiday's call the office cancel your service while you are away.

Christmas Day
Monday, 25th December 2023

Boxing Day
Tuesday, 26th December 2023

New Year's Day
Monday, 1st January 2024

Australia Day
Friday, 26th January 2024

Labour Day
Monday, 11th March 2024

Good Friday
Friday, 29th March 2024

Easter Monday
Monday, 1st April 2024

NO CARE WILL BE PROVIDED ON CHRISTMAS DAY

CHRISTMAS/NEW YEAR BREAK

The office will close from 3pm on Friday 22nd December and will re-open on Tuesday 2nd January 2024.

The last day for Home Care will be on Thursday 21st December.

During this time, we will be running with limited staff so only Personal Care will be available with altered times.

Meals on Wheels will be delivered prior to the week's closure.

STAFF MOVEMENTS

Over the last few months, we have farewelled Community Care Workers Dylan, Tristen and Jean. We wish them well for their future.

We also said farewell to Terry Maisey, our long-standing Coordinator of the OPASS department. We wish Terry good health and happiness in his retirement.

We welcome Lauren Hester who will be stepping into the role as OPASS Coordinator. We would also like to welcome Beauty to our Community Care team.



The Do Care Visiting Program runs out of Miller House. This program is for people over 65 years living in their own home or an Aged Care Facility who feel isolated and lonely. Each person is matched with a Do Care volunteer who visits weekly in a social capacity. Visits are about an hour, but may be longer or shorter. You can go for a drive, have a cuppa in the Gardens or stay at home and chat. The list is endless.

The Do Care Program is always looking for more volunteers. Volunteers need to be over 18 years, pass a Police Check, and attend CAH Volunteer training.

We also welcome new referrals to the program. Referrals can be from yourself, family, neighbours, carer, MAC assessment. You are welcome to contact Miller House – 5232 5351 to discuss the Program more.

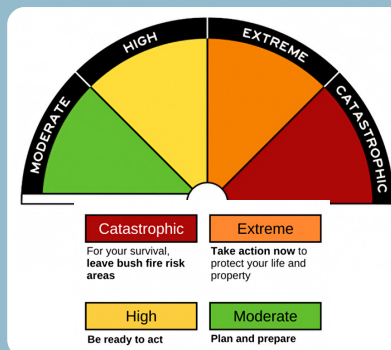
Miller House will be closed for the **Christmas Break** from Friday 22 December 2023, reopening on Wednesday 3 January 2024.

SUMMER 2023/2024

Summer is starting to feel like it's on the way. Now is a great time to start planning for the heat. Check to see if your air conditioner and fans are in working order. People that are at most risk from heatwave are: people aged over 65, especially those that live alone. Also

people who have medical conditions such as diabetes, kidney disease or mental health. If you take medication make sure they are stored at the correct temperature and don't leave it out in the heat. Keep up with your water intake, keep cool and seek medical advice if you feel unwell. For 24-hour health advice you can contact NURSE ON CALL on 1300 60 60 24. In emergency always call 000.

*Please note that on Extreme and Catastrophic fire day's you will not receive services for H/ Care on these days as it will



be classed as non-essential travel if you live in rural area. We will make contact with you the day before to make other arrangements.

MENTAL HEALTH

Feeling lonely or isolated? Support is available any time of the day or night. All calls are confidential.

Anyone experiencing financial difficulties and concerned about access to food should contact The Salvation Army on 5234 0600 or St Vinnies on 5231 2738 to access the Foodshare program.

24/7 Mental Health Services

beyondblue 1300 224 636 beyondblue.org.au	OPEN ARMS 1800 011 046 openarms.org.au	Mens Line 1300 789 978 mensline.org.au
SUICIDE CALL BACK SERVICE 1300 659 467 suicidecallservice.org.au	Lifeline 13 11 14 lifeline.org.au	Kids Helpline 1800 551 800 kidshelpline.com.au

CHRISTMAS LUNCH 2023

Christmas lunch at St Mary's Gathering Place 25/12/2023 at 12 .00 pm with music and entertainment. Meals can be collected or delivered the day before 24/12/2023 from 10.00 am if you are unable to attend on the day.

Bookings are essential and they are open now, phone St Mary's Presbytery 5231 2177



U3A Colac Otway (University of the Third Age) is an Association of older people, who are retired or semi-retired and are interested in lifelong learning and social connection.

The main purpose of the U3A is to promote and facilitate teaching and exchanging knowledge and experience in an informal and congenial atmosphere between its members.

Enrolment Day 2024 is Friday 2nd February, at the Kanyana Building, 55 Hesse St, Colac.

Membership is \$30 per year. This allows free attendance at activities. Some classes may require a materials cost.

Activities will begin in the first week of February. Details of activities start dates will be available on Enrolment Day.

Most activities are held at Kanyana.

Further information is available on our website: u3acolacotway.org.au

AGED CARE PHONE

We are trialing a new phone answering service on the OPASS phone number 5232 9420.

We are hoping this will get you through to the area that you need faster than before. Thank for your patience and understanding.

If you know which option you need, you can press the number once the voice message starts to talk, you don't have to listen to the whole message.

Option #1 - If you need to speak to the Service Delivery Team (Nola, Rebecca, Katherine, Belinda, Danielle) e.g. To change or cancel your service Care Worker, Meals on Wheels, Transport. This team looks after our wonderful Community Care Workers.

Option #2 - If you have a Case Manager (Madeleine, Julie, Kylie, Melissa) assigned to you.



WASTE COLLECTION

Please remember that in the coming weeks you can put out your **yellow** recycling bin for extra collections from Monday 25th December through to Friday 26th January, which will help dispose of all the extra cardboard. Please note that if you have your bins picked up on Monday 25th December (Christmas day) they will be collected on Tuesday 26th December 2023.

Don't forget to download the GoodShort App from the Apple & Google App stores. This will help you know what bins to put out the night before. If you need help, ask a family member or your Community Care Worker.

Always place your bins out the night before. Due to the hot weather coming sometimes the drivers start exceedingly early to avoid the heat of the summer days and unfortunately cannot call back if you have forgotten to put them out the night before. Most of the trucks have a camera on the side so they can tell if the bin was not out.

Some extra waste tips:

Place your food scraps in the green organics bin, Wrapped in newspaper.

Keep your **yellow** and **Glass** bottles& jars loose, don't bag it and also remove the lids. Lids can go the **yellow** bin for recycling.

Soft plastics go in the **red** landfill bin, never in the **yellow** bin.

E-Waste can be disposed of for

DOWNLOAD NOW

THE GOOD SORT APP

Making it easy to be a good sort with...

- Bin Night Reminders
- Calendar Notifications
- Service Change or Delay Alerts
- Easy Recycling Guide



www.colacotway.vic.gov.au



free at the Transfer Stations.

Bins should be no heavier than 80kg, if you have trouble moving it, the trucks may have trouble lifting it.

Please remember that you can't place extra items next to the bins on the ground as these will not be collected and will need to be taken to the nearest transfer station.

Household batteries can be disposed of at the Colac Otway Shire office or at the transfer station, as these should not be placed in any of the bins.

In your **green** bin, you can place food scraps, meat scraps as well as pizza box's, takeaway food boxes and other food soiled papers can go in the **green** bin. These will all break down in the composting process. Check the back of your rates notice for your new waste collection calendar. Lorraine is very passionate about putting the correct rubbish the right bin. Lorraine is picture here with her granddaughter Bree who is also a Community Carer with the Shire.



SMOKING & VAPING

Please remember that we kindly ask that you don't smoke or vape while you have a Community Care worker in your home.

AGED AND DISABILITY SERVICES REVIEW

– Important Project Update

The Aged and Disability Services Review is nearing completion. A final report is on track to be presented to Council at its meeting on 13 December 2023.

The consultants supporting the review (Lake Advisory) have been busy over the last couple of months listening to clients, family members and friends, Council staff and community members from all across the shire about the current and anticipated needs in relation to aged and disability services, and the barriers to ageing well in Colac Otway Shire. Lake Advisory received a total of 238 survey responses, both on-line and in writing, containing valuable information and insight about people's experience with services and their views around their future needs.

In addition to the written responses, Lake Advisory conducted numerous face to face sessions with Council staff and interested client and community members to hear directly from participants about the current service model, the reforms being delivered by the Commonwealth Government and the challenges faced by people in the community.

Further information about the Aged and Disability Services Review, including 'Frequently Asked Questions', is available on Council's website, through the Aged and Disability Service Review button on the website homepage.