

LAMB SHANK AND PASTA SOUP

INGREDIENTS

- olive oil cooking spray
- 2 lean lamb shanks, trimmed
- 1 brown onion, finely chopped
- 2 carrots, peeled, chopped
- 2 stalks celery, chopped
- 2 garlic cloves, crushed
- 400g can diced tomatoes
- 4 cups Massel beef style liquid stock
- 3/4 cup small shell pasta
- 1/4 cup basil leaves, finely shredded
- 4 crusty wholegrain bread rolls, to serve

METHOD

1. Lightly spray a large saucepan with oil. Heat over medium-high heat until hot. Add lamb shanks and cook, turning, for 5 minutes or until browned. Transfer to a plate. Reduce heat to medium. Add onion, carrot and celery. Cook, stirring, for 2 to 3 minutes or until soft. Add garlic and cook for 1 minute.
2. Increase heat to medium-high. Return lamb to pan. Add tomatoes, stock and 2 cups cold water. Bring to the boil. Reduce heat to low. Cover. Cook for 1 hour 30 minutes or until lamb is tender. Remove lamb shanks to a board. Shred meat.
3. Return soup to the boil over high heat. Stir in pasta. Cover and cook for 7 to 8 minutes or until pasta is tender. Add shredded lamb and basil. Season with salt and pepper. Ready to serve and enjoy!

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.

THANK YOU

Thank you to our amazing community care workers who continue to go above and beyond to support our clients to remain in their homes safely.



COLAC OTWAY SHIRE IS ON FACEBOOK

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



OUR LONGEST SERVING COMMUNITY CARER

Did you know that Gwenda is our longest serving community carer, she has been with the shire for 36 years. Thank you Gwenda, for all your hard work. Gwenda has seen many changes over the years and has help a lot of clients in the community.

NEED A LITTLE EXTRA HELP?

Did you know that the Salvation Army in Dennis St are able to help with fresh produce on their Market Days on Friday's each week from 11.30am to 2.00pm. Sometimes you may just need to stretch your pension until the next pay day. They also can assist with pantry items like frozen meals, pantry goods, toiletries, pet food and laundry products. The Community Pantry is open Monday, Wednesday and Fridays from 9.00am to 2.00pm. The Community Breaky Bar is open and welcomes anyone that may just need a warm breakfast, they open on Wednesdays from 9am to 11am. For any extra information or to make a booking for the Community Pantry or Market Day please call / text 0484 935 165. The Community Breaky Bar you don't need to make a booking.



STAFF FAREWELL/ WELCOME

We have had a number of staff leave and we thank them for their contribution to the Colac Otway Shire Aged Care team over the years. Nola has retired after 25 years, Anna, Stef, Yvonne, Rebecca K, Rhonda, Jenny F, Bree H and Suzi.

We also warmly welcome Amillya, Alexia, Michele, Estelle, Debbie, Kellie, Rabin, Jasmine, Nicole and Vicki to the team and we ask you to welcome them if they visit you soon.



SMOKING AND VAPING

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

PUBLIC HOLIDAYS FOR 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 Carew 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 way for the holiday's call the office cancel your service while you are away.

AFL Grand Final

Friday, 27th September 2024

Christmas Day

Wednesday, 25th December 2024

Boxing Day

Thursday, 26th December 2024



Miller House is offering:

- In House programs and activities
- Do Care Visiting - A friendly, personally matched volunteer for a regular social visit (no cost)
- Volunteering opportunities within our Do Care Visiting program and group activities.
- Community lunches
- Education sessions
- Talks and presentations

- Strength and Balance Exercises
- Chair Exercises
- Walking group
- Yoga From The Chair
- Games, Craft and Cards
- Day Respite
- Meals and morning tea
- Technology Devices and Education
- Men's Group
- Women's group
- Gym
- Outings
- Community Events
- Meeting venue

To receive the Miller House monthly newsletter with our calendar of activities or for more information on how we can support you please contact Miller House

OFFICE HOURS:

Tuesday to Thursday 8.45 am – 4.00pm Friday 8.45 am – 3.00 pm

Phone: 5232 5351

Address: 2 Miller Street Colac

Facebook: Colac Miller House

Email: millerhouse@cah.vic.gov.au

FLU SEASON

If you are feeling sick, we ask that you cancel your Home Care, shopping or transport by phoning 5232 9420.

If you test positive for COVID make contact with your Dr to see if you are able to have the Antiviral medications. This medication for Covid has proven to save lives and reduce the risk of needing hospitalisation when taken early, within the first five days of symptoms. Please note these tests are no longer available from the Colac Otway Shire office and you will need to purchase them from the chemist.

HEATER SERVICE

When was the last time you had your heater serviced by a plumber? It is important to have your heater checked, as time the pipes can become brittle, carbon monoxide could be entering your home without your knowledge.

BEREAVEMENT SUPPORT GROUP

Anam Cara Colac has a Bereavement Support group in Colac. It's a peer-led support group for people who have lost a partner, family member or friend and who are seeking support with others who have experienced the loss of a loved one too. The groups meet every second Monday morning 10.30am to 12.00pm in a local café in town. They also run a Men's Bereavement support group that share a meal together that they cook. This happens once a month on a Saturday night. For more information on both of these groups, please contact Naomi Lettieri Community Liaison Nurse @ Anam Cara phone 5233 8203 Email liaison@anamcarahousecolac.org.au

NOW TAKING ON NEW HOME CARE PACKAGE CLIENTS.

We are taking on new home care packages, at the moment we don't have a wait list for new clients. You can call the office and have a chat to our lovely team in Home Care Packages. Phone 5232 9420 then press 2. You can leave a message and they will get back to you soon as they can.

ARE YOU LOOKING FOR ADVICE?

Seniors rights Victoria have a Helpline that you can contact for free advice for someone that maybe experiencing elder abuse. They have experienced advocates and lawyers provide a welcoming and respectful environment you can talk in confidence about your experiences and then choose their preferred course of action. Some of their service's they provide are:

Helpline, Free specialist in legal services, short term support and advocacy for individuals. This could include advice for Emotional Abuse, Financial Abuse, Social Abuse, Neglect, Physical Abuse and Sexual Abuse. You can call them on 1300 368 821 Monday to Friday 10am to 5pm. Or check out their website www.seniorsrights.org.au

Seniors Rights Victoria is funded by the Department of Health and Victoria Legal Aid.

CONTACT INFORMATION.

Have you updated your phone number recently? Please call us on 5232 9420 to make changes. It is very helpful if you have a mobile number registered with us.

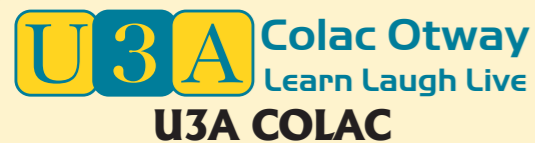


THE USE OF BLEACH AND OTHER CHEMICALS

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 our Community Care workers.

VOLUNTEERS WEEK 2024

In May we celebrated our wonderful Volunteers who support us by helping with the delivery of Meals on Wheels 5 days per week and transport clients to Geelong and Warrnambool Dr's appointments. We say a big Thank You for all your help. Some of the Councillors came to the lunch to say thank you to the Volunteers.



Are you aged 50 or over and interested in keeping your brain and body active while making new friends? Then join us at U3A Colac Otway, for a small yearly membership fee of \$30, you have access to all the programs and classes being offered by our volunteer or guest presenters. We have something to cater for everyone! The list is long! Eating out, Cards, Whisky tastings, Cycling, Tai Chi, Book club, Music groups, Celtic music, Life after Farming, Art and Crafts, Mahjong and Bridge, French, Dancing, Walking group, Cryptic crosswords, Play reading, Bushwalking, Backgammon, Chess, and so much more!

To find out more information, the monthly newsletter - The Informer - is printed and distributed monthly, it can also be accessed from the Web page or Facebook.

Website - u3acolacotway.org.au

Facebook - U3A Colac Otway

Find us at 55 Hesse Street Colac phone -52314435

DO YOU HAVE A WILL?

Having an up to date will ensures that your wishes for your financial assets and sentimental belongings will be carried out after you pass away. This will help your loved ones avoid getting in a distressing legal dispute about your estate. Once you have completed your will it's important to let your loved ones know where you have stored your will and what Lawyers office it has been completed though. If you don't have a plan, put in place your estate will be distributed according to government rules. With a valid will in place, you can decide how to divide your assets between family, friends and charities. You can also appoint an executor of your choice, putting the administration of your estate in trusted hands. Just remember that telling someone your wishes is not enough it needs to be in writing.

3G NETWORK SWITCH OFF FOR MOBILE PHONES.

Australia's mobile network operators have been preparing to switch off their 3G networks to boost the capacity, speed and reliability of their 4G and 5G networks. If you are unsure if your mobile phone is affected phone your provider or pop into the Telstra store in Murray St Colac.

HAVING TROUBLE MAKING A DOCTOR'S APPOINTMENT

Having trouble getting into your Doctors? Did you know you can call Nurse on Call for free professional health advice 24 hours per day. Nurse on Call phone number 1300 60 60 24

MEPACS PERSONAL ALARMS

MePACS are an in-home base personal alarm with a 24/7 emergency response. MePACS alarms are designed to support people living independently at home. Seniors who live alone and may have mobility limitations, are recovering from a medical procedure, disability, physical or cognitive disabilities and may require occasional assistance in case of a fall or medical emergency. These alarms work inside the home or out in the garden. They are a small wearable device and the base unit that is installed inside the house. For more information about the alarms, contact the Clinical Intake coordinator at Colac Area Health, phone 5232 5100.