



AVACS THE HOME

LATEST NEWS



Message from AVACS President

Dear AVACS residents, family members and staff,

This year, in June 2024, will mark another important milestone in our AVACS nursing home history. Our nursing home will be in operation for 6 years since June 2018 and now we have achieved a full one hundred percent of occupancy and we have been able to help many frail people, lonely and socially disadvantaged elderly in the community.

On Sunday, 24/03/2024, our Spiritual Garden was officially opened by our AVACS Founder Directors: Dr David Minh Tang, Mrs. Tracey Kieu Tang, Dr. Hao Vu, Dr. Vinh Nguyen and The Hon Chris Bowen, Minister for Climate Change and Energy and The Hon Jason Clare, Minister for Education together with Cr. Frank Carbone, Mayor of Fairfield Council and Ms. Shirley Leong, Facility Manager. From now on, our residents and family members can enjoy, relax in the Spiritual Garden and pray to the statute of Quan Am Buddha and Maria weekly.

On behalf of AVACS Board, I would like to thank all donors and sponsors for the Spiritual Garden. I would also like to thank our AVACS staff, especially Nhan, Dan and Hong for your hard work for the Spiritual Garden project.

The Board has also appreciated all AVACS staff who worked so hard and loyal to AVACS. I also would like to thank all residents and family members for your understanding, co-operation and support for AVACS over the past 6 years.

As the winter this year is approaching soon, it is time for having your influenza vaccine and Covid 19 booster vaccine to protect everyone in the nursing home, especially to protect our beloved residents. I would like to remind all staff, residents and family members to get your vaccine up to date before visiting the nursing home. Thank you very much for your co-operation.

Dr. David Minh Tang
AVACS President
02/04/2024

CELEBRATING NEW YEAR AT AVACS TO OUR RESIDENTS



A formal New Year party for our residents to celebrate was carried out at AVACS on the first of day of January 2024. Residents had a chance to gather at the communal hall at C Wing for the event. They were served with our special treats including the Pate Chaud (Pateso), a French-originated Vietnamese savory pastry pie, popcorn, ice cream and soft drink. In addition, our residents were given the musical gifts performed by the AVACS staff from the different departments. The residents paid their high attention to the staff singings and really enjoyed the beautiful Vietnamese songs during the concert.

Ms. Shirley LEONG, Facility Manager, gave her speech at the event and sent her wishes to residents on the occasion of New Year 2024



Residents were enjoying staff singing performance while having the food offered at the New Year party 2024.



The other staff singing performances to residents on the New Year 2024 celebration at AVACS Home

CELEBRATING AUSTRALIA DAY 2024 AT AVACS HOME



Australia Day is the official National Day of Australia. It is annually celebrated on 26 January marking the 1788 landing of the First Fleet and raising of the Union Flag of Great Britain by Arthur Philip at Sydney Cove, a small bay on the southern shore of Sydney Harbour. This special day is always significantly celebrated at AVACS as a way of showing gratefulness to this land since most of the residents are Vietnamese who arrived in this beautiful country as refugees from 1970s and it has been a new home for Vietnamese community for a happy settlement with the better life including education, employment opportunities and freedom in Australia.

To celebrate this significant event, we organized many activities during the January 2024 for the residents to participate. One of the activities is that residents and staff together did the art craft in preparing for the Australian national flags.



RAOs and residents together for the successful craft cuttings for Australian flags decoration on Australia Day 2024 at AVACS



The residents were gathered at the communal hall of AVACS Home to attend the Australia Day celebration 2024. Our residents had a chance to sing along the national anthem of Australia “Advance Australia Fair”, watch the ceremony broadcasted on TV while holding up high on their hands with the Australian flags which were made in the art craft session and enjoyed the nice treats of the day including the Lamingtons, the birthday cake of the residents born in January, chips and soft drink during the event.



Residents had a meaningful and cheerful day to celebrate both Australia Day 2024 and the Monthly birthday party of the residents born in January at the same day.



The residents had a chance to do cake cutting on their birthday and shared the big cake to the other residents and staff on the day.



The management team were also present at the special event to give the best wishes to residents on Australia Day as well as on their birthday. Then residents had a lot of nice photos taken with the management and staff to save these memorial moments.



The management and RAO Team assisted residents with giving the Lamington cakes, the signature Australian sponge cake mostly served in the special occasion of Australia; Residents were given the music concert by the voices of AVACS for entertainment and after that they had cheerful photos taken with the group of staff as a leisure support activity on the Australia Day 2024 and residents January birthday 2024.

AVACS STAFF LUNAR NEW YEAR PARTY 2024 – A NIGHT TO REMEMBER



As a tradition, Board of Directors always organises an annual party at the end of the Lunar year to reward staff for their excellent contribution and dedication toward our residents' care and service at AVACS. We had a successful and cheerful party night with a delicious feast at Barluck Restaurant Cabramatta this year. The AVACS Board and Management summarised the achievements that our facility obtained throughout the year, gave their appreciation to the hardworking of staff, offered the traditional red pockets as LNY gifts to staff, cutting the LNY cake together, and sharing the happiest moments of the year by having nice photos taken together and enjoying the music concert performed by our guests and team members.



Some beautiful faces of the night with impressed Vietnamese traditional Ao-dai, our traditional Lunar New Year costume and casual dress including the couple of our president Dr. David TANG and CEO Ms. Tracey Kieu TANG together with staff and their partners from different departments.



The progressing of the party and some interesting activities of the night including AVACS president's speech of happy new year wishes to the entire staff, AVACS opening event theme song, CEO and FM's handing red pockets as LNY rewards to staff and sticky rice cake homemade by our CEO Tracey TANG as gifts for special contribution to AVACS staff.



Staff members from their dining tables had photos taken together after receiving the red gifts as LNY gifts from our CEO and FM. The night was also very enjoyable with full of music and entertainment with staff and Board guests' singing and dancing.





Welcome to the Lunar New Year Party 2024 for residents at AVACS! We would like to sincerely thank the Board of Directors, Management Team, staff from different departments of AVACS on the day and most of our loved residents to make our annual party happen successfully and festively. This year is the year of Dragon, the special zodiac from the heaven which symbolizes infinite power, royalty, leadership, and success. Therefore, we wish AVACS Home, all the residents, staff and their relatives a wonderful new year with health, good luck and prosperity. On the day we carried out many activities to bring the atmosphere of Lunar New Year to the residents including lion dancing, new year lunch with special food, giving red pockets to residents and new year concert with the great voices from visitors and staff.



A lovely photo taken with the lion mascot between our CEO, Ms. Tracey TANG and Facility Manager, Shirley LEONG at the LNY Party 2024.



AVACS Board and Facility Manager had a memorial photo taken with our loved residents on the Lunar New Year Party 2024 at AVACS.



Residents gathered at the event hall and enjoyed watching the lion dancing and music concert performed by our talented AVACS team members and guests.



Residents and family members really enjoyed the LNY 2024 lunch with Salmon and other delicious treats .

Residents put on their beautiful Vietnamese traditional costume and cheered the happy moments with staff.

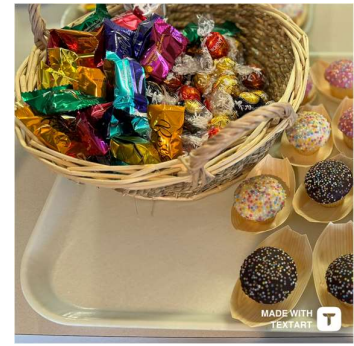


HAPPY VALENTINE'S DAY 2024 AT AVACS HOME



Valentine's Day (February 14) when lovers express their affection with greetings and gifts. According to legend, the origin of Valentine's Day is a story related to a Roman priest Saint Valentine who helped the young people in love could be together by performing weddings for Christian soldiers; They were forbidden to marry during the Roman emperor. As under the reign of Emperor Claudius II, the Roman Empire participated in many bloody conquests and was not supported by the people due to the young men's not being interested in joining his army and not wanting to be split from their loved ones. Then Saint Valentine was imprisoned by his noble gesture for love. The young people expressed their gratefulness to the Saint by throwing flowers and letters through the window for him. Then before being executed, the priest signed a letter **"from your Valentine"** to his jailer's daughter, whom he had befriended and, by some accounts, healed from blindness.

From that day on, people often sign their letters **"from your Valentine"** as originated from this legend and give red roses and chocolate to their lovers as the meaning of the eternal love.



Promoting the value of the one and only couple at AVACS Home, Mr. Quang Tien NGUYEN and his wife Mrs. Thuan NGUYEN on the special Valentine's Day 14 Feb 2024 with special setting at a private dining corner with the serve of RAO as a nominated waiter for their own moment ; Then they both joined together with the other residents at the event hall enjoying the signature gifts of the days including red roses, special cupcakes and chocolates and had nice photos taken together in pair and in individual shots with the Valentine's bouquet. The residents had chance to play raffle as something interesting on this special occasion and one male and one female resident won the raffle with their lucky number.



HAPPY INTERNATIONAL WOMEN'S DAY 8TH MARCH 2024 AT THE HOME AND RESIDENTS' MONTHLY BIRTHDAY PARTY OF MARCH



International Women Day also memorized the uprising battle of the two sister heroes named Trung Trac and Trung Nhi outstandingly gained the victory in the fighting against the Eastern Army of ancient China for our Vietnamese freedom at that time.

AVACS Home organized a formal celebration on International Women's Day (IWD) to the female residents in particular and all of the residents in general at the home. They had a chance to recall the origin and meaning of the international women's day which originated from labor movements in North America and Europe during the early 20th century. The IWD is a special day to pay the gratefulness to the women who are the kindest mothers and sisters giving birth to the human of this world and take the important roles to construct a civilized and modern society. Our residents gather at the event hall to both celebrate this significant day and to celebrate the birthdays of the residents born in March. They enjoyed the sweet treats from AVACS and the stunning birthday cakes from the March-born residents' family for the 2-in-1 especial occasion.

This year, we have the family members coming in the home with their gifts to celebrate their loved ones' birthday. Among the residents born in March is Mrs. Thoa NGUYEN turning 87-year-old and Ms. Thi Tiet NGUYEN for her milestone 100-year-old birthday this year. We all especially congratulated to her significant longevity.



THE BLESSING CEREMONIES TO AVACS BRAND-NEW STATUE OF ST MARY, AND THE STATUE OF BODHISATVA (GAUTAMA BUDDHA - QUAN-THE-AM BOTAT) AT AVACS SPIRITUAL GARDEN



The Blessing Ceremony to the brand-new statue of Mary, the mother of Jesus was formally conducted at AVACS newly built Spiritual Garden. The session was carried out by the priest from the church who has been kindly volunteering to conduct the Mass service regularly at AVACS on Thursday mornings for our residents. The ceremony was happened successfully by the full presence of the faithful Catholic residents and with the attendance of our Facility Manager Shirley LEONG also for our very first Mass service toward our newly holy St Mary Statue with the most respectful and admirable belief from our residents and staff.



The Blessing Ceremony to the Statue of Bodhisattva (Gautama Buddha or Quan-The-Am Botat in Vietnamese culture) was conducted successfully also at the Spiritual Garden on a beautiful sunny Friday morning, the following day after the day of the Catholic prayer group. The ceremony was happened formally by mostly full presence of the royal Buddhist residents and with the attendance of our Facility Manager Shirley LEONG also for our very first Buddhist praying service toward our newly Bodhisattva Statue with the most respectful belief from our residents and staff.



Traditional Buddhist Prayer: **“May all be free from sorrow and the causes of sorrow; May all never be separated from sacred happiness which is sorrowless; and may all live in equanimity, without too much attachment and too much aversion.”**



The prayer to the Virgin Mary: **“O Blessed Lady, to help me whenever I call on thee, for, in all my needs, in all my temptations I shall never cease to call on thee, ever repeating thy sacred name, Mary, Mary.”**



THE GRAND OPENING OF AVACS SPIRITUAL GARDENS Sunday, 24 March 2024



After a period, the most expected constructional project at AVACS was successfully completed, which is honourably called AVACS Spiritual Garden. This place is where our residents could maintain their spiritual living needs that they used to be able to do before residing permanently at AVACS. From now on, our residents who follow Catholic religion and most of the other residents at AVACS who follow Buddhism could happily do their prayers to the brand new and majestic statues of their most respectables St Mary, Mother of Jesus and Boddhisattva (Gautama Buddha or Quan-The-Am Botat in Vietnamese culture) in the same fresh air atmosphere.



On Sunday, 24/03/2024, our Spiritual Garden was officially opened. The ceremony began with Dr. David Minh TANG, AVACS President's and Ms. Shirley LEONG Facility Manager's speech with the presence of the other AVACS Founders Directors: Mrs. Tracey Kieu Tang, Dr. Hao Vu, Dr. Vinh Nguyen and The Hon Chris Bowen, Minister for Climate Change and Energy and The Hon Jason Clare, Minister for Education together with Cr. Frank Carbone, Mayor of Fairfield Council and the other V.I.P guests. The catering service, Italian Gelato ice cream burger cart and music concert played by AVACS one-man band Kim Ngoc were organized onsite to accommodate the attendants for being present at AVACS special event of the year.



Beautiful baskets of Grand-opening and congratulations flowers from AVACS and the distinguished guests on the grand-opening day



Some of delicious treats among the lunch buffet for distinguished guests on AVACS Grand-opening ceremony of Spiritual Garden



This remarkable constructional garden is the great cooperation and contribution of our most kind-hearted and talented people of AVACS including AVACS Board, the generous donors for funding this project, AVACS Management, Team member Mr. Van HO and maintenance Team who were the genuinely home builder of this garden, the sculptors for the statues in Vietnam, the AVACS Chef Thanh Hong TRAN who found the sculptors in Ngu Hanh Son, Vietnam to skilfully sculpt our St Mary and Bodhisattva Statues and responsibly coordinated to update the progress of the statues to our CEO Tracey Kieu TANG until they were finished, transport companies, also other contractors in Australia, supportive people to complete the very last stages to form such a beautiful and fabulous Spiritual Garden and our very loyal priest and Buddhist nuns to do the blessing ceremony toward the brand new St Mary and Bodhisattva statues.



The grand opening of our AVACS Spiritual Garden was officially announced with red ribbon cutting formally conducted by the AVACS Founders Directors, Facility Manager and the other distinguished guests.



A memorial photo taken between our AVACS Founders Directors, Mr. Van HO Leisure and Lifestyle Coordinator as well as the person who significantly contributed to built AVACS Spiritual Garden and the other distinguished guests in front of St Mary's statue on the grand-opening day.



A memorial photo taken between our AVACS President, Dr. David Minh TANG and CEO Mrs. Tracey Kieu TANG and the other distinguished guests in front of Bodhisattva statue (Quan Am Buddha statue) on the grand-opening day.

RESIDENTS ACTIVITIES DURING THE FIRST QUARTER OF 2024 (JANUARY – MARCH)

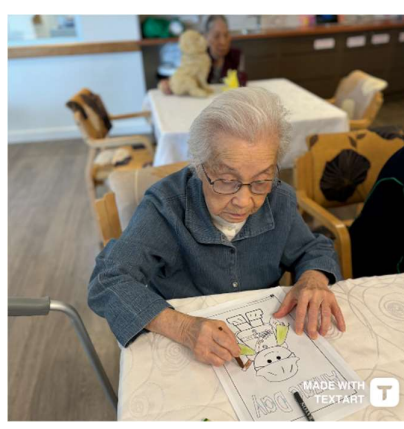
Residents Outdoor Activities

Recreational Lifestyle team conducts outdoor activities for the residents on a weekly calendar. Residents are gathered in Wing A and Wing C courtyard to participate in some outdoor activities such as sunbathing, having their morning tea, or simply enjoying the gardens that are blooming with Autumn roses, fruitful of Mandarin fruit and various native plants. During the week, the residents are assisted to our Spiritual Garden to visit the statues and do their prayers to St Mary and Bodhisattva when the weather is convenient.



Residents Indoor Activities

Recreational and Lifestyle Team conducts indoor activities for the residents daily. Residents are gathered in Wing A and Wing C day room to participate in a range of indoor activities including morning exercises, art crafting such as pattern coloring, pattern cuttings regarding to celebrate Lunar New Year, Valentine's Day 2024 and other upcoming events at the home, board games, watching musical entertainment videos, walking around the facility corridor and so on.



DON'T FORGET YOUR FLU SHOT

PROTECT YOURSELF AND OTHERS THIS FLU SEASON

The body of a person who has been injected with the vaccine will stimulate antibodies to study and recognize the attenuated virus. Thus, the body will be exposed to the virus and reduce the risk of exposure.

18 April 2024 AVACS Winter Flu season update

Our number one priority is the safety and well-being of our residents and staff.

Avacs is very proud of our influenza vaccination program. It is mandatory requirement for all staff of RACF to have an up-to-date influenza vaccination.

With the Winter flu season on us we continue to remain vigilant to protect the vulnerable people we care for.

We are currently rolling out our 2024 influenza vaccination program for staff. All residents are also being supported to have their vaccination by their General Practitioner.

Vaccination clinic is also organized for Covid-19 booster dose on a regular basis.

Avacs management team continues to assess our current arrangements for entry to our home. All visitors and staff are required to conduct a Rapid Antigen Test before entering and are also required to wear a mask while in the home. We monitor this regularly.

All Avacs staff are required to have a current influenza vaccination, we also encourage them to keep up to date with their Covid-19 vaccinations.

It is pleasing to see the cases of Covid-19 in Avacs home decreasing, and I thank you all for your patience and support with our infection prevention controls we have kept in place to ensure everyone safe.

Kim Hoa Nguyen
Infection Prevention and Control Lead (IPC Lead)



UPCOMING EVENTS INCLUDED IN THE 2ND QUARTER NEWSLETTER OF AVACS (APRIL – JUNE 2024)

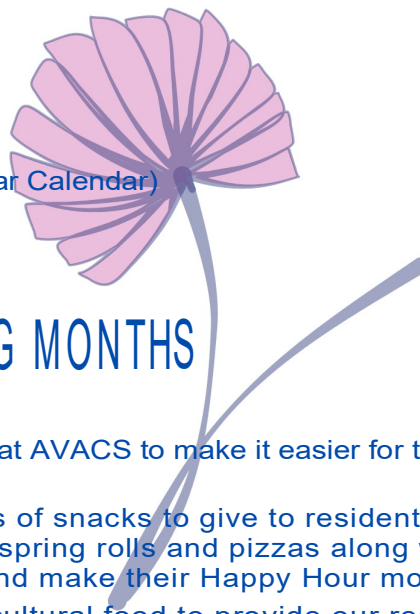
Anzac Day Thurs 25/04

Mother's Day Sun 12/05/2024

International Nurses Day Sun 12/05/2024

Vesak Day Wed 22/05/2024 (the 15th of April 2024 Lunar Calendar)

King Birthday Mon 10/06/2024



ACTIVITIES ON OFFER FOR UPCOMING MONTHS

- **Bus trips** are temporarily on hold to modify the van at AVACS to make it easier for the residents to get in the van for their more convenient outing trips.
- **Happy Hour** will be re-organized with more types of snacks to give to residents in the program. They will be alternatively provided with spring rolls and pizzas along with chips and ice cream to give residents something different and make their Happy Hour more enjoyable.
- **BBQ Day** will be accommodated with the multi-cultural food to provide our residents with more tastes of food at the end of each month to improve their quality of life.

AVACS team have worked hard to provide the highest quality of care to some of society's most vulnerable people and even more so when faced with the ongoing challenges of COVID-19 infection in Residential Aged Care Facilities. We thank our residents and representatives for their patience, understanding and support.

WE VALUE YOUR FEED BACK

We provide the highest quality care, and welcome your comments, compliments and complaints as these help us to continually improve the services we provide. You are always welcome to provide feedback directly to staff at our home; alternatively, feedback forms are available throughout our home and can be handed to a staff member, placed in a suggestion box or posted back to us.

Committee Meetings

Our Resident & Representatives meeting is held every 2 months, and the Resident Advisory Committee Meeting is held quarterly. Please make a note and your participation in this meeting is welcomed and valued. These dates will be emailed to committee members and residents' representatives.

EDITORIAL BOARD

Board Director
Recreational Activity Team

ADVISORY

Facility Manager

Australian Vietnamese Aged Care Services

783 – 785 The Horsley Drive, Smithfield 2164 Australia