



AVACS NEWSLETTER



Message from Avacs President

Dear AVACS residents, family members and staff,



This year, the year 2020, is a very difficult and challenging year for all of us, especially for our beloved residents who have to be separated with their spouse, children and grandchildren during the COVID 19 pandemic lockdown in Sydney.

Under the strict Government infection control guidelines and AVACS Board infection prevention directions, our AVACS nursing home staff were able to keep all residents safe and healthy. Our staff also did an amazing job to keep the residents connect with their family members by using Skype, Telephones, Window of Love visits and Face to Face visits. So, on behalf of AVACS Board, I would like to thank you all AVACS staff

for the job well done to keep our residents safe. I also would like to thank you all residents and family members for your understanding and cooperation during the year.

As Christmas and New Year celebrations approaching very fast, I would encourage everyone to keep up with your good infection control work by continuing to keep social distance, wearing mask when you are going to work or visiting the residents, washing hands often and if you feel unwell with sore throat, runny nose, coughing or fever, please do not come to the nursing home and see your GP for COVID 19 test as soon as possible. Hopefully, our life will be back to normal soon next year when the Government roll out the vaccine for our residents and all aged care staff in March 2021.

Finally, I would like to wish our beloved residents a very Merry Christmas and a Happy Healthy New Year 2021 together with your children and grandchildren. I also would like to wish all our AVACS staff and family members a very Happy Christmas and a Prosperous New Year 2021.

Dr. David Tang

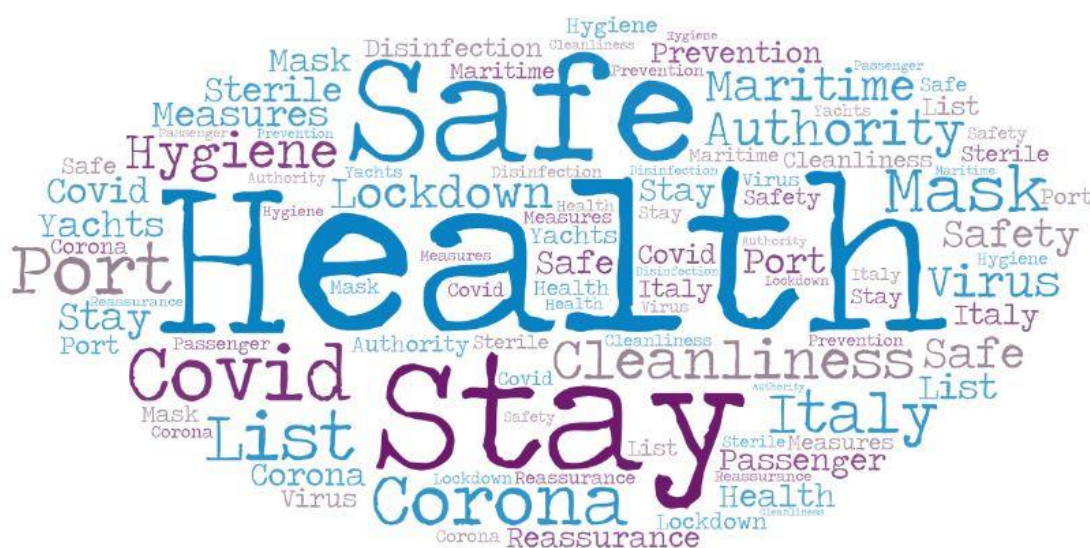
AVACS President

23/11/2020

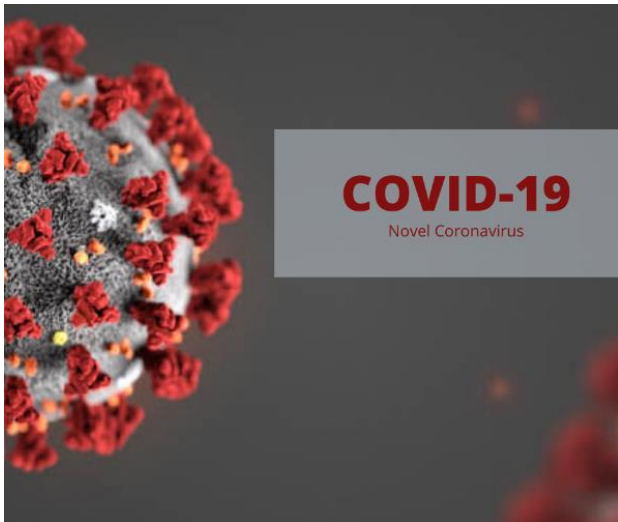


October/November 2020 AVACS Newsletter

Newsletter Contents:	Page	
- Message from AVACS President	1	Editorial Board
- COVID-19 update	3	❖ Board Director
- Welcome new residents	3	❖ Recreational Activity Team
- Lifestyle & Wellbeing update	4	
- Spring has Sprung	5	Advisor
- Love always finds a way	6	❖ Facility Manager
- Melbourne Cup	7	
- The Hair Salon	8	
- Music time	8	
- Stay active with the games/Art and Craft	9	
- Birthday	10	
- Employee of the month	10	Australian Vietnamese Aged Care Service
- Notice/Feedback	11	783-785 The Horsley Drive
- The new Charter of Aged Care Right	12	Smithfield 2164
		Contact phone: 82348853



COVID-19 update



It is great to see Sydneysiders gaining more freedom the Covid-19 lockdowns we experienced since July 2020. AVACS has reviewed the lockdown process with reference to NSW Health advice to Residential Aged Care Facilities. Avacs has re-opened to visitors from Monday November 2. We ask that you contact the reception to make an appointment and please follow our strict COVID-19 visitor screening and visiting protocols. While we do not

have any cases of COVID-19 in our home, carefully managing visitor access to AVACS helps protect our vulnerable residents from the ongoing threat of community transmission.

A warm welcome to our home

Welcome to new residents – Mrs Ba Thi Nguyen, Mrs Thoa Thi Nguyen.

It's wonderful to have you here at AVACS with us.



Lifestyle & Wellbeing update

Welcome to our Oct/Nov Newsletter. We have a jam-packed month planned for our residents with events such as Moon Festival, the Melbourne Cup and Teacher Appreciation Day as well as daily exercise classes, craft or just simple Karaoke afternoon.



Exercise is an important part of the daily routine at Avacs. Residents have been making the most of the wonderful spring sunshine this month, taking their morning exercise classes outside to enjoy the fresh air.



Spring has Sprung!

Gardening is an activity many of our residents enjoy.



Our residents have been busy gardening in the spring sunshine and are now harvesting delicious vegetables and Vietnamese herbs. The residents are very proud to show off the harvest, a zucchini weighing over half a kilo.



Love always finds a way...

Regular visits from family and friends have kept our residents' spirit up.

AVACS has designated areas for residents and representative to spend time with each other during the visits. Some of these areas include the Library, courtyards, and designated meeting rooms.



Our staff always assist in any way to support the residents and representatives in maintaining connection and communication via phone calls, emails, letters, or video calls.

To make a booking please contact the reception.

Resident enjoys talking to their loved ones, and it brings a smile on their face.



Melbourne Cup

Happy Melbourne Cup day 2020... We hope everyone enjoy the Race that stops a Nation.



And the winners are ...

Mrs Tam Thi Chiem

Mr Vincent Baha

Mr Vinh An Trang



MELBOURNE CUP
at AVACS



The Hair Salon

Welcome back Hairdresser Mai (volunteer)

The hair Salon open every Monday morning 10am -12pm

Residents can make the booking with RAO & care staff



Keep Calm because It's Karaoke Time

Karaoke time is still our residents favourite lifestyle.

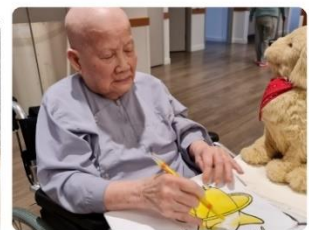
Residents enjoy the singalong or showing their talent by singing songs to entertain the other residents. There are a few residents at AVACS who are talented musicians.



Staying active with new games



Art and Craft



Birthday

October & November 2020 Birthday celebration for our residents. In combination, many hundreds of years!!!



Employee of the month

Employee of the Month (November 2020) is awarded to Care staff Nghia Dang. He is nominated by his colleagues and residents for bring passionate about his work, always willing to help the residents, supports the team and always work with a smile to make a difference to the residents. Congratulations and well done to Nghia Dang.

The nomination forms are available at the reception. Please take the time to complete the form to nominate a staff that you believed to deserve the recognition for their outstanding performance and service.



Notice



Our resident & representative meeting are on December 11 at 2pm. Please make a note and we welcomed everyone to attend.

When you are visiting your loved one at AVACS, please do not forget to “Do the Three” to help us keep our residents and staff safe.

Please visit AVACS Website at avacs.org.au to access more information about us, services, activities, photo gallery and links.

We value your feedback

We are dedicated to providing 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 at the foyer and can be handed to a staff member, placed in a box or posted back to us.

Advocacy Services: 1800 700 600





Charter of Aged Care Rights

I have the right to:

1. safe and high-quality care and services.
2. be treated with dignity and respect.
3. have my identity, culture and diversity valued and supported.
4. live without abuse and neglect.
5. be informed about my care and services in a way I understand.
6. access all information about myself, including information about my rights, care and services.
7. have control over and make choices about my care, and personal and social life, including where the choices involve personal risk.
8. have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions.
9. my independence.
10. be listened to and understood.
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf.
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly.
13. personal privacy and to have my personal information protected.
14. exercise my rights without it adversely affecting the way I am treated.

Consumers

As a consumer, you have the option of signing the Charter of Aged Care Rights (the Charter). You can receive care and services even if you choose not to sign.

If you decide to sign the Charter, you are acknowledging that your provider has given you:

- information about your rights in relation to the aged care service;
- information about your rights under the Charter; and
- a copy of the Charter signed by your provider.

Providers

Under the aged care law, providers are required to encourage all consumers to sign the Charter. You must give consumers a copy of the Charter that sets out:

- the consumer (or authorised person)'s signature (if they choose to sign).
- the full name of the consumer (and authorised person, if applicable).
- your signature.
- the date on which you gave the consumer a copy of the Charter; and
- the date on which you encouraged the consumer (or their authorised person) to sign the Charter.

Charter of Aged Care Rights takes effect from 1 July 2019