



AVACS THE HOME

LATEST NEWS



Message from AVACS President

Dear AVACS residents, family members and staff,

Happy Easter 2025 to our beloved residents, family members and our AVACS staff and volunteers.

This year, our nursing home has been in operation for 7 years since June 2018 and now we have achieved a full 100% occupancy, and we have been able to help many elderly people in the community.

In March 2025, the Aged Care Commission Auditors have visited our AVACS Nursing home and after 3 days of auditing and interviewing the residents, staff, Managers and the Board, we have received a very good feedback and great outcome. Our AVACS nursing home has met and passed all 8 Aged Care Standards from the Aged Care Act. This is a very good result, and it has proved that our nursing home is one of the best in NSW. It proved that our clinical care, personal care and governance is of high standards.

On behalf of the Board Directors, I would like to congratulate and thank you all AVACS staff, especially all RN, RAO, Carers, Kitchen staff, Admin staff and Handyman for your hard work, teamwork and dedication to care for our residents. Special thanks to the Management level: Tracey, Shirley, Han and Kim Hoa for your great leadership.

I also would like to thank you all residents and family members for your cooperation and great support for our AVACS family and staff.

As Easter Holiday is coming up very soon, I would like to wish all residents, family members and AVACS staff a very happy and healthy Easter 2025.

*Dr. David Minh Tang
AVACS President
05/04/2025*

AUSTRALIA DAY 2025 CELEBRATION FOR RESIDENTS AT AVACS HOME

*Australia Day, the official National Day of Australia, commemorates the arrival of the First Fleet into Port Jackson, New South Wales, on the 26th of January 1788. On this special occasion, as the other seniors in aged care facilities across Australia, our residents at AVACS also embraced the true Aussie spirit by engaging in **Australia Day activities** conducted by our RAO Team and the residents enjoyed and cherished.*



On Australia Day, our AVACS community came together to celebrate this special occasion in a warm and festive atmosphere. Residents gathered around beautifully arranged long tables, adorned with flower vases featuring small Australian flags, creating a joyful setting. AVACS brought a spirited and festive atmosphere to residents by encouraging staff members to specially wear Australia Day red colour-themed t-shirts on the event day.



To mark the day, we treated our residents to delicious Lamington cake, ice cream, and crispy waffles, adding a sweet touch to the celebration. The event began with a heartfelt moment as everyone joined in singing the Australian National Anthem, a proud and unifying experience for all. Following this, we presented a lively musical performance as a gift of entertainment for our residents. The joy on their faces was evident as they sang along and enjoyed the melodies.



To make the celebration even more meaningful, we invited two residents, one male and one female, to share their thoughts on what Australia Day means to them. Their heartfelt reflections highlighted the significance of unity, gratitude, and the diverse heritage that makes Australia special.

The event was not just a celebration but also a reminder of the shared values and friendships within our AVACS family. Thank you to everyone who participated in making this Australia Day a memorable and enjoyable occasion!

LUNAR NEW YEAR'S CELEBRATION AT AVACS: A FESTIVE START TO THE YEAR OF THE SNAKE



The atmosphere at AVACS was filled with excitement and tradition as our facility was decorated for the Lunar New Year. Upon entering, residents and staff were greeted by a vibrant display featuring the Phúc-Lộc-Thọ tree and a pair of decorative lion figures. These made perfect photo spots for everyone to capture memorable moments of the occasion. To further enhance the festive spirit, staff, residents, and family members were encouraged to wear pink or red attire, and many donned the traditional áo dài.



The celebration began at 9:00 AM with a lively lion dance, performed in both dining halls of Wing A and C. Our residents, dressed in their best outfits with assistance from the staff, were thrilled to watch the energetic performance and welcomed the lively drumming that filled the halls.



By noon, everyone gathered for a special New Year's lunch. After lunch, each resident received a traditional red envelope from our CEO, Ms. Tracey TANG. Family members were also invited to join, thanks to the generosity of our AVACS Board who arranged the meal and the hardworking of our kitchen Team to cater the food for the event. While enjoying the festive dishes, residents and their loved ones were treated to a joyful musical program featuring volunteer performances by our talented Board of Directors, staff, a few family members and visitors.



Warm New Year's wishes not only to our loved residents but also to all staff were extended by the AVACS Board President and our Facility Manager, creating a heartwarming conclusion to the celebration. This Lunar New Year event brought everyone together in the spirit of unity and joy, marking a wonderful start to the Year of the Snake.



VALENTINE'S DAY 2025 AT AVACS: A CELEBRATION OF LOVE AND TOGETHERNESS



This year's Valentine's Day at AVACS was a beautifully decorated and heartwarming celebration, thanks to the efforts of our RAO team. The front hall was transformed into a romantic setting, complete with a "Tree of Love" adorned with strings of heart-shaped ornaments, floating balloons reaching the ceiling, and fresh rose arrangements adding a touch of elegance.



Residents gathered at a long table in the front hall to enjoy a special treat—slices of delicious cake, chips, ice cream and soft drink which was part of the birthday celebration for those born in February. The residents were also offered pieces of chocolate as a Valentine's treat from Shirley the Facility Manager when she moved around the table and celebrated the occasion with residents by beautiful photos taken. The event began with a joyful singalong of the Happy Birthday song, as staff and residents honored the birthday celebrants of the month with warm applause and



Following this, residents were introduced to the history and significance of Valentine's Day, learning about its origins and the universal message of love and appreciation that it represents. The highlight of the event was a delightful musical performance featuring love songs, presented by the RAO team and several talented family members who volunteered to share their voices. The event was filled with laughter, music, and a sense of togetherness, making this Valentine's Day a truly special moment for everyone at AVACS. It was a beautiful reminder that love comes in many forms—friendship, family, and the simple joy of celebrating with one another.



RESIDENTS' RECREATIONAL AND LIFESTYLE ACTIVITIES DURING THE FIRST QUARTER

RESIDENTS' INDOOR ACTIVITIES

The 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 Valentine's Day 2025 and Easter Celebration 2025. In addition, the residents also continued participating in picture card lacing and Bean Sorting game which they are most interested in.



The residents were engaged to join art craft to create the Tree of Love with various colourful heart-shaped objects on the celebration of Valentine's Day 2025 at AVACS.



Crispy Chips Day: A Tasty Snack Tradition: Once a month, we're switching things up with a special Crispy Chips Day! Instead of usual waffles, residents attended at the Tuesday cooking session to join RAO making fresh, delicious and golden chips together. This hand-on activity is a fun way for residents to enjoy different snacks while engaging in conversation and shared moments. Residents created new memories of this tasty treat every month. Then in the afternoon, residents enjoyed the ice cream with crunchy waffles for their Tuesday Happy Hour.



ENGAGING ACTIVITIES FOR RESIDENTS' WELL BEING

Besides the indoor activities mentioned above, our residents also enjoy a variety of activities including Picture Card Lacing, Puzzle Solving, Sunbathing, Exercises, Ball Games and Balloon Tennis designed to stimulate the mind, strengthen the body, and bring moments of joy. Each of these activities plays a role in creating a balanced and fulfilling daily routine for our residents.



Picture card lacing and **puzzle solving** encourage focus, problem-solving, and fine motor skills, keeping the mind active and engaged.



Residents participate in **sunbathing** with staff assistance at the courtyard every Wednesday morning. **Sunbathing** provides residents with warmth, relaxation, and a dose of vitamin D, supporting overall well-being.



Residents are engaged to join **body stretching exercises** and **ball games** every morning. These activities promote movement, coordination, and social interaction, helping to maintain physical health in a fun and engaging way. In addition, our residents had a fantastic time playing **Balloon Tennis**, a lighthearted game that promotes movement, coordination and laughter. This game is a kind of gentle physical exercise that is accessible and enjoyable for everyone.



This month, our residents have enjoyed a delightful mix of hands-on activities that brought both joy and a sense of being with the nature. Many took part in nurturing our lovely outdoor plants, carefully watering the flowers and helping them thrive. Their green thumbs have truly brightened our shared spaces!



We also had a wonderful time making waffle cakes together with the residents every Tuesday morning. The sweet aroma filled the air, and the smiles of our residents were just as heartwarming when they were interested in eating the fresh waffles. Beyond the fun and delicious outcome, the waffle cake making activity also encourages social interaction, and sparks fond memories through the familiar scents and tastes of home to the residents.

COVID-19 BOOSTER VACCINATION

Remember friends! We must succeed in government programs so that it is healthy and strong

Date & Time:
Saturday, 25 January
2025
At 11.00 – 13.00
Place: Australian
Vietnamese Aged
Care Services



COVID-19 BOOSTER VACCINATION FOR RESIDENTIAL AGED CARE WORKERS AND STAFF AT AVACS

Why to be vaccinated against COVID-19:

Vaccination continues to be important in managing the risks related to COVID-19 in high-risk settings such as residential aged care and healthcare facilities. As having Covid-19 vaccination protects you and the people you care for, your family and community especially the residential elderly residents who are very vulnerable and with high immunocompromise from the impacts of COVID-19 including serious illness, hospitalisation and death.

Although the Australian Government is not mandating COVID-19 vaccinations for aged care workers any longer, they are encouraged to get a COVID-19 vaccination every 12 months to protect from the infection and severe disease for themselves and for the residents they care for.

Therefore, on the Saturday 25th January 2025, a Covid-booster vaccination session was carried out at AVACS. The staff at AVACS including not only the Care Staff but the staff from the other departments were also offered to have the Covid-19 booster vaccine at AVACS. And staff were lucky to be provided the Covid-19 vaccine injection service by our beloved AVACS Board President, Dr. David TANG right at AVACS for staff's convenience.

UPCOMING EVENTS INCLUDED IN THE 2ND QUARTER NEWSLETTER OF AVACS (APRIL – JUNE 2025)

Easter Celebration 2025

Anzac Day - Friday 25/04/2025

Mother's Day - Sunday 11/05/2025

International Nurses Day 2025 - Monday 12/05/2025

Vesak Day 2025 – Monday 12/05/2025 (the 15th of April 2025 Lunar Calendar)



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 trips.
- **Happy Hour** has been re-organised with providing more types of snacks to residents in the program. They will be alternatively provided with spring rolls and pizzas along with chips and ice cream which are always the regular food available on site to give residents something different and make their Happy Hour more enjoyable.
- **Introducing Hands-on Cooking and Baking Activity: A Taste of Vietnamese Traditions:** this is a fun and interactive baking session where the residents could make Vietnamese traditional cakes together such as steamed buns, Vietnamese dumplings and glutinous balls. From shaping to steaming cakes, this activity is a wonderful way to engage residents' senses, creativity and share memories through the joy of baking.

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

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