



AVACS THE HOME

THE NEWSLETTER OF AVACS NURSING HOME

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THE LATEST NEWS

MESSAGE FROM PRESIDENT



HAPPY MOON FESTIVAL



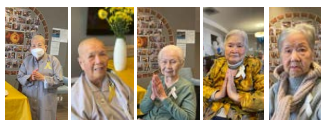
MARKET DAY



FREDDIE
THERAPY DOG



VESAK DAY!



VU LAN FESTIVAL

Happy MOTHER'S DAY



Happy FATHER'S DAY



MESSAGE FROM AVACS PRESIDENT

BY DR. DAVID TANG

Dear AVACS residents, family members and staff,

Time goes by very quickly, AVACS has been in operation for 4 years and now we have achieved a full 100% occupancy and we have been able to help many sick, frail, lonely and socially disadvantage elderly people in the community over the past 4 years.

In June 2022, our AVACS nursing home has fully passed and met all 8 Accreditation Quality Standards conducted by the Australian Aged Care Quality and Safety Commission. This is a very good news and a great achievement for all of us. Our main objectives are caring for the residents with our best ability, treating them with respects and providing them with choices and dignity.

On behalf of AVACS Board, I would like to thank you all AVACS staff for your diligent and hard working to care for our residents. The Board has appreciated all AVACS staff who worked so hard and loyal to AVACS during the Covid outbreaks and lockdowns periods over the past 2 years.

I also would like to thank you all residents and family members for your understanding, co-operation and support over the past 4 years.

The Moon Festival this year is coming up very soon on 10 September 2022. Like previous years, there is nothing happier than our residents would celebrate the Moon Festival with their family members and staff. They will enjoy the delicious Moon cakes with a cup of tea with other resident friends by their side.

I would like to wish everyone having a very Happy Moon Festival 2022.

Dr. David Minh Tang

AVACS President

22/08/2022



Happy MOTHER'S DAY



It's Mother's Day!
There are many mothers who call Avacs home and we celebrate and honour each and every one every day of the week.
But on Mother's Day, we'd like to say a special thank you to all the Mums who live with us, and all the Mums who work for Avacs. You're all so wonderful and we hope you enjoy your special day.

Happy FATHER'S DAY



Father's Day At Avacs
To celebrate Father's Day this year, the fathers were treated very special on BBQ Day. They enjoyed a beer, there were hugs and plenty of treats, as well as a specially decorated wall which proved to be the perfect backdrop for some special Father's Day photographs. We printed photos of all the fathers and stuck them on a board so everybody could have a look see.



THANK YOU Party

Our staff have work in an extraordinarily dedicated way since COVID swept across the nation, selflessly putting in extra hours to ensure a continuity of care for all our residents.





HAVE A BLESSED VESAK DAY!

Wishing you all wisdom tranquility & peace



VU LAN FESTIVAL

Vu Lan festival: A cultural activity with Buddhist philosophy in Avacs
The Vu Lan festival is often celebrated on the full moon day of the seventh lunar month, to show filial piety to parents, and grandparents.

Vu Lan has its origin in a myth of Maudgalyayana Bodhisattva, whose legendary filial piety was used to remind people of their duties to their deceased relatives. Following Buddha's advice, Maudgalyayana made merits on his mother's behalf, which helps her to be reborn in a better place.

Therefore, this is an opportunity to remember the merits of parents and ancestors and is considered by Buddhism an important holiday in the seventh lunar month every year.





MARKET DAY

AN UNIQUE SHOPPING STYLE IN AVACS HOME



Shopping sounds like a fun idea and give our residents a sense of independence. With some petty cash on hand, our residents have had enjoyed the market day. They love to buy what they like and not have to rely on other people. Well done to the team and thanks for all your support and contributions. We are compassionate people providing quality care to all our lovely residents.



INTRODUCING AVACS THERAPY DOG FREDDIE



Freddie is a very friendly therapy dog introduced to AVACS residents in April 2022. Freddie is a male 11-year-old English Springer, who loves to be stroked and patted by the residents. Freddie's owner, Shirley Leong, Facility Manager adopted him from an animal shelter when he was 4 years old, and he soon became the beloved pet of the family.

Research has evidenced that the presence of an animal can reduce feelings of anxiety and depression for people living in aged care homes. The act of stroking a pet encourages calmness and boosts morale.

Freddie attends AVACS every Friday, and he would do his morning round with Shirley to greet the residents during breakfast time in all the Wings. There are many smiling faces of the residents when Freddie enters the common areas, and he would go to any resident who waved and signaled him to go to them. Freddie would sit next to the resident and allow them to stroke and pat him for as long as they like and then he would go to the next resident who waved and signaled him to go to them. Residents would call Freddie "Thang Map" as Freddie is a little fat! Freddie goes on rounds with the Recreational Lifestyle Officer during the morning exercise period. During the morning round, the residents would ask many questions, such as: Does Freddie eats a lot, how often does he get a bath, does he bite, who looks after him when Shirley is at work, does Freddie barks a lot.

Since Freddie commenced visiting AVACS residents, some residents who are normally quiet and communicate minimally, would initiate conversations about Freddie, like what of the week and counting down to the day that Freddie will be visiting AVACS. As for Freddie, he is also counting down the days he is due to visit AVACS, although he gets the day wrong sometimes! Freddie is now part of the AVACS team.

ALL YOU NEED
IS *Love*
AND A *Dog*

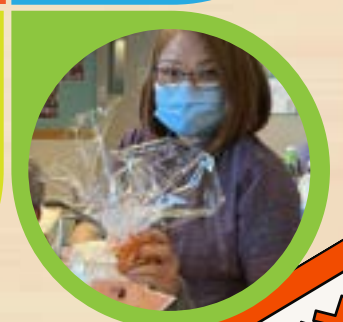


HAPPY MOON FESTIVAL

The Mid-Autumn Festival is a harvest festival celebrated on the night of the full moon with moon cakes, and lanterns. Thank you to Nancy & Jim Lee for delicious homemade "banh Trung Thu" for our residents every year.



And CONGRATULATIONS to our Moon Festival raffle winners. A big thank you to everyone who purchased raffle tickets and who even made additional donations. We are incredibly thankful for your generous support. We have raised \$1387 for Avacs resident's leisure & lifestyle activities projects.



UPCOMING EVENTS

Melbourne Cup
Christmas Celebration
New Year Celebration



WE VALUE YOUR FEED BACK

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 throughout our home and can be handed to a staff member, placed in a suggestion box or posted back to us.

THANK YOU

As we have worked hard to provide the highest quality of care to some of society's most vulnerable people; even more so over the past 15 months as we have faced the ongoing challenges of COVID-19 in our sector. We thank you for our residents and representative's patience and understanding.

EDITORIAL BOARD

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