



# AVACS THE HOME

## LATEST NEWS



### Message from AVACS President

Dear AVACS residents, family members and staff,

We are to farewell Winter with cold blizzards and rainy days, and welcome Spring into our lives with warmer Weather and beautiful flowers begin to bloom.

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 frail, lonely and socially disadvantaged elderly people in the community.

As you all know, our nursing home just recovered from the COVID 19 outbreak a few weeks ago, and all COVID infected residents recovered quickly with no serious complications. It is so important that we need to keep up with our Infection Control all the time by encouraging all the residents and staff to keep their COVID and Flu vaccination up to date, perform hand hygiene, cough hygiene, wearing mask and gloves Clinically indicated and advise any visitors not to come into the nursing home when they are sick with cold and Flu symptoms.

Father's Day is coming up very soon on Sunday 07/09/2025. It is a very special day which is dedicated to honor and appreciate all fathers. I would like to take this opportunity to congratulate all fathers and send my best wishes and Happy Father's Day to all the fathers in our nursing home, including our residents and staff members.

Also, as part of our Vietnamese culture for thousands of years, our residents will celebrate this year Moon Cake Festival in early October 2025 with delicious food and Moon cakes as previous year.

On behalf of AVACS Board, I would like to thank all the residents and family members for your cooperation and support over the past 7 years.

The Board has also appreciated all AVACS staff who worked so hard and loyal to AVACS to care for our beloved residents like our own family members.

Happy Father's Day  
Happy Moon Cake Festival 2025

Dr. David Minh Tang  
AVACS President  
19/08/2025

## ***A JOYFUL EASTER CELEBRATION 2025 AT AVACS FOR RESIDENTS, VISITORS AND STAFF TO JOIN***

*To celebrate Easter at AVACS, residents took part in cheerful handcrafting activities that brought colour and creativity to our home. They carefully cut out Easter egg patterns, each one uniquely decorated with their personal touch. These handmade pieces were later assembled by the RAO team and beautifully hung from the ceiling in the front hall, where a festive Easter display featuring bunnies and brightly coloured eggs set the scene for the season.*



*Residents on the handcrafting session to cut the Easter Eggs patterns for Easter Celebration 2025 at AVACS.*

*In addition to this, residents enjoyed colouring Easter egg designs, which were proudly displayed in the communal rooms of both wings on the ground level. To top off the celebration, residents had their photos taken with the RAO team and a charming Easter chocolate egg basket—each resident receiving a chocolate egg as a sweet keepsake of the day.*



*Residents spent time colouring the Easter Eggs printings, which is one of their favourite activities whenever Easter comes.*



*Residents and staff with lovely Easter bunny bands and hats were celebrating Easter 2025 together when residents had a great chance to have photos taken with Easter egg baskets and cross buns which are the traditional treats on this special occasion.*



## A HEARTWARMING CELEBRATION OF MOTHER'S DAY AND RESIDENTS' MAY BIRTHDAY AT AVACS



*Thank You*  
Mothers for all that you do

*This year, Mother's Day at AVACS was organized extra special by combining it with a joyous celebration for all our residents who were born in May. On this occasion, we gathered everyone together in the activity hall of Wing C for a morning tea filled with love, laughter, and shared memories.*



*The event began with a warm welcome and a heartfelt ceremony led by our MC with a short speech about true meaning of Mother's Day and its origin, reminding everyone of the profound role mothers play in our lives. As the program continued, our passionate team took to the stage with a series of live singing performances with the heartfelt songs dedicated to mothers that left smiles and a few happy tears in the audience.*



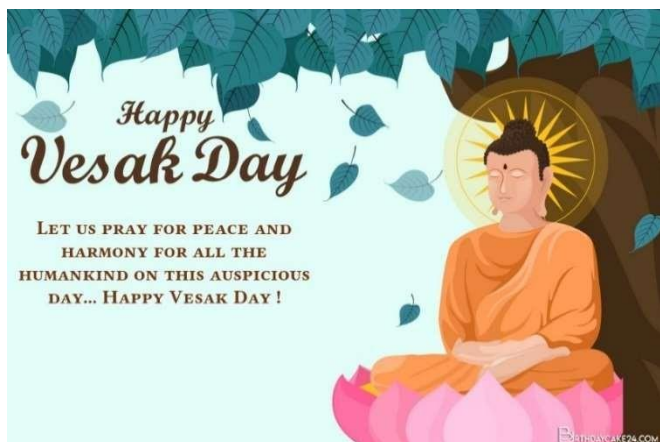
*Of course, no celebration is complete without some treats! Our residents were delighted with birthday cake and refreshing soft drinks, making the moment even more festive. To keep the energy high, we wrapped up the afternoon with an exciting raffle draw, bringing lots of joy and anticipation. Residents eagerly held onto their tickets as we announced the lucky winners. The prizes were truly special — from bottles of fine red wine to a sandwich press machine, a smoothie device, and even a luxurious perfume. Every winner left the hall beaming with happiness.*



*Altogether, it was a wonderful celebration that honored our mothers and celebrated our May-born residents in a way that reflected the warmth and community spirit we treasure so dearly at AVACS.*



## CELEBRATING VESAK DAY 2025 AT AVACS HOME



*On Vesak Day 2025, AVACS Nursing Home was filled with serenity and reverence as residents, staff, and visitors came together to celebrate the sacred occasion of the Buddha's birth, enlightenment, and passing into Nirvana.*

*This special event was organised by the dedicated RAO Team, which was both meaningful and beautifully presented.*

*The ceremony space was carefully prepared to reflect the spiritual significance of Vesak. The focal point was a ceremonial table, elegantly draped in a yellow tablecloth—symbolizing peace and enlightenment. At the center stood the Young Buddha statue, a reminder of the sacred moment of his birth in the legendary Lumbini Garden.*



*Surrounding the statue were vibrant floral arrangements and seven symbolic lotus flowers, representing the seven holy lotuses said to have bloomed under the Buddha's feet at the time of his birth. The display captured the essence of purity, grace, and the profound beauty of Buddhist tradition.*



*Residents and staff alike took part in the celebration, offering prayers, sharing reflections, joining to bath the Buddha statue, listening to the Buddhist nun when she shared to the residents about the history of Vesak Day and honoring the teachings of the Buddha. The ceremony gave our residents an opportunity to worship to the Buddha on his holy birthday, brought a sense of calm and unity to the home, allowing everyone a moment to reflect on compassion, mindfulness, and inner peace.*

*It was a deeply moving day for all who attended. The RAO Team would like to thank everyone who contributed their time and spirit to make this Vesak celebration 2025 at AVACS Home truly special and successful.*



## RESIDENTS' RECREATIONAL AND LIFESTYLE ACTIVITIES DURING THE 2ND QUARTER OF 2025

### ***Enriching Life at AVACS Nursing Home: Outings & In-Home Activities by the RAO Team***

*At AVACS Nursing Home, the RAO Team continues to bring joy, engagement, and variety to residents through a wide range of outings and in-home programs designed to nurture both body and mind.*

### ***Midweek Sunshine & Community Outings***

*Every Wednesday morning, residents look forward to sunbathing morning tea in the garden, an opportunity to relax, soak in the sunshine, and enjoy a warm drink in good company. Fortnightly on Wednesdays, residents also venture out to the local open market, where they can browse fresh produce, enjoy the lively atmosphere, and stay connected to the wider community.*



### ***Seasonal Harvest Joy***

*Back at home, residents have been enjoying the simple pleasures of melon, and lettuce harvesting from the garden at AVACS Home. These hands-on experiences bring back fond memories and encourage gentle activity in the fresh air.*



### ***Engaging Minds and Creativity Indoors Activities***

*In-home activities remain a core part of daily life. Residents regularly take part in crossword solving, newspaper reading, puzzles, doll therapy and even ice cream making, a delightful treat on warmer days. In addition, bean sorting sessions offer a soothing, tactile activity that promotes focus and dexterity.*





## RESIDENTS' RECREATIONAL AND LIFESTYLE ACTIVITIES DURING THE 2ND QUARTER OF 2025

In the 2<sup>nd</sup> quarter of the year, in addition to the activities listed above, the residents continue enjoying the regular activities at AVACS such as waffle making on Tuesday morning, Sunbathing on Wednesday morning, visiting the Spiritual Garden on a cool afternoon during the week, Friday Prayer Group activity and especially harvesting the ripe mandarin which was the seasonal fruit at AVACS in Winter.



These activities have been giving the residents the home-like experience when they could cook the waffle and smell its fragrance, giving the resident a chance to stay outdoor to catch the sunlight, and maintain the of the residents' spiritual need which is a significant living need of our residents for the rest of their lives.



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## AVACS CLINICAL INFORMATION OF THE 2<sup>ND</sup> QUARTER 2025

### **Education Update**

AVACS staff have participated in mandatory, face-to-face onsite training sessions conducted by accredited contractors. These sessions covered Fire Safety and Manual Handling, ensuring our team is well-equipped to maintain a safe working environment and to deliver safe quality care to the residents. In view of the winter season, intensive education sessions are delivered to the care team on Infection Prevention and Control policies and procedures. In addition to face-to-face training and educational sessions, all staff are enrolled to complete online training modules delivered by AUSMED.



*The Registered Nurses team members were on the CPR practical session of the First Aid Training at AVACS*

## **UPCOMING EVENTS INCLUDED IN THE 3<sup>ND</sup> QUARTER NEWSLETTER OF AVACS (JULY – SEPTEMBER 2025)**

*Residents' August Birthday Celebration*

*Market Day*

*Vu Lan Festival 2025: Saturday 06 September 2025*

*Father's Day 2025: Sunday 07 September 2025*

*Moon Festival 2025: Monday 06 October 2025*



## **ACTIVITIES ON OFFER FOR UPCOMING MONTHS**

- **Bus trips** have recently been resumed to take residents to the Wednesday market at the Fairfield Showground to bring them a true experience of shopping at the local market that they did before.
- **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.
- **Hands-on Cooking Activity: A Taste of Vietnamese Traditions:** this is a fun and interactive cooking session where the residents could make Vietnamese traditional sweets and food 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 cooking.

## **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**