



AVACS THE HOME

THE NEWSLETTER OF AVACS NURSING HOME

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THE LATEST NEWS

International

MESSAGE FROM

PRESIDENT



**HAPPY
NEW YEAR
2022**

*Happy
101
Birthday*



MARKET DAY



MESSAGE FROM AVACS PRESIDENT

BY DR. DAVID TANG

Dear AVACS residents, family members, and staff,

On behalf of AVACS Board, I would like to thank you all AVACS staff for your diligence and hard-working to care for our residents and keeping our residents safe. I also would like to thank all residents and family members for your understanding and cooperation during the pandemic lockdowns. Under the NSW Health and State Government Directions, many restrictions have now been lifted and the family members are able to visit the residents if they are fully immunized and showing no symptoms and have Negative RAT test results.

In order to keep up with the good work, to care for and protect our residents from Covid 19 illness and Flu illness this coming winter, I would encourage everyone to have your Covid vaccine booster and Flu vaccine as soon as possible before June this year. We also need to continue to keep up with our good infection control by keeping social distance, wearing mask when visiting the residents, washing hands often and if you feel unwell with a sore throat, runny nose, coughing, or fever, please do not come to the nursing home and see your GP for COVID 19 testing.

Hope to see everyone soon at Mother's Day Celebrations in May 2022.

Dr. David Minh Tang
AVACS President
16/03/2022



International Women's Day is a day to recognise how far we have come towards gender equality, and also how far we have left to go. Today we remember that as long as one woman faces discrimination, harassment, inequality, or oppression, we all do.

Avacs celebrates International Women's Day in style. With colorful jelly cups and cakes, a garland of balloons, and a determination to "Break The Bias", the staff at Avacs pulled out all the stops for this year's International Women's Day.



Sharing empowering messages with some of the residents, staff proudly marked the day which means so much to so many of our female (and male) staff around the country.



#BreaktheBias —spotlights the individual and collective biases against women that fuel gender inequality.

Year of the Tiger

HAPPY

NEW YEAR

2022



WISHING YOU THE FULLNESS OF THE VIGOR AND VITALITY OF THE TIGERS

Lunar New Year is the most important holiday and joyful for us. This is the period people welcome a new coming year with good health, luck and success.

As every year, Avacs celebrates "Tet Nguyen Dan" traditionally with lanterns, flowers, lights decorations. Our residents and staff are wearing red because red is good luck colour in general in our culture.

Especially this year we have special Lion dances accompanied by the music of beating of drums from Avacs team visits all the residents and their rooms to bring luck, good health, joy and happiness.

Lots of "banh chung", "banh tet" and sweets provided on our traditional lunches at work on New Year days.

Residents are happy to go out and celebrate the special time with their families and friends.

YEAR OF THE TIGER

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Happy 101 Birthday

A CENTURY PLUS ONE FOR NHAC SI XUAN TIEN

In January, the staff put together a very special celebration for bac Xuan Tien who reach his 101st birthday

There can't be many among us who have 101 candles to blow out on our birthday cake, but for Avacs resident Pham Xuan Tien, this remarkable achievement was marked with a special party for the occasion.



WISH YOU ALL THE BEST.



Happy Valentine's Day

Happy Valentine's Day everyone! Love was plastered all over our Avacs home today. The residents and staff enjoyed a delectable afternoon tea and cheese cake went down a treat! From all of us here at Avacs- We wish you a wonderful day filled with love!



COOKING ACTIVITIES



The residents have been enjoying a host of cooking activities. They worked together to measure out ingredients and exchanged opinions about to get the right consistency with different batches. Enjoyable tasks like this are always a good way to get people talking and reminiscing about what they used to do when they used to cook in the past. The finished results were enjoyed very much with a cuppa on the side of course. All designed to help them bond in their community and make them smile.

Crunchy

**FRIED SPRING ROLL
AS CRUNCHY AS THE FIRST BITE**

REVIEW



"Must try! Vietnamese sticky rice dumpling is super delicious"



CLASSIC WAFFLES

DIRECTIONS

- Step 1: In a large bowl, mix together flour, salt, baking powder and sugar; set aside. Preheat waffle iron to desired temperature.
- Step 2: In a separate bowl, beat the eggs. Stir in the milk, butter and vanilla. Pour the milk mixture into the flour mixture; beat until blended.
- Step 3: Ladle the batter into a preheated waffle iron. Cook the waffles until golden and crisp. Serve immediately.

INGREDIENTS

- 2 cups all-purpose flour
- 1 teaspoon salt
- 4 teaspoons baking powder
- 2 tablespoons white sugar
- 2 eggs
- 1½ cups warm milk
- ½ cup butter, melted
- 1 teaspoon vanilla extract



**A lovely, crispy waffle
perfect for the morning**

Delicious

MARKET DAY

AN UNIQUE SHOPPING STYLE IN AVACS HOME



Our very first Market Day was held in early December last year with success. A Big Thank You to all the staff who have brought in lots of goods and our residents have enjoyed the shopping. This activity is exciting and stimulating. It brings fun, laughter, and goodwill.

Melbourne

CUP

RACE DAY FUN

Happy Melbourne Cup day 2021! Our gorgeous residents celebrated Melbourne Cup with fancy hats, delicious food, a glass of bubbles and race on the big screen for everyone to enjoy. We hope you back a winner and have a fabulous day enjoying the race that stops a nation.



THANK YOU

Leading National Aged care provider, 100% of Avacs residents and staff have received full course of Covid-19 vaccination include booster dose. Our number one priority is the safety and well being of our residents and staff. Thank you for the great work you are doing, we are grateful for your support.

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.

MAKE A NOTE

A hopeful 2022 with easing of restrictions. Avacs currently have no confirmed case of Covid-19 , this is very pleasing news and we remain prepared and confident.

Our resident & representatives meeting will on next month 15 April 2022, please make a note and your participation in this meeting is welcomed.

If you would like to visit our home, please be aware of the current visitor protocols. All decisions are made in line with NSW Health guidelines.

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