



AVACS THE HOME

THE NEWSLETTER OF AVACS NURSING HOME

THE LATEST NEWS

MESSAGE FROM PRESIDENT



COVID-19

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Our Home



INTERNATIONAL
NURSE'S DAY
2021

HAPPY MOTHER'S DAY



HAPPY
VESAK'S DAY

MESSAGE FROM AVACS PRESIDENT

BY DR. DAVID TANG

Dear AVACS residents, family members and staff,
Currently, Greater Sydney and in particular Smithfield, where our nursing home located, is under strict lockdowns due to the third wave of Covid 19 pandemic. This time it is more dangerous because the Delta variant is very infectious, the virus is spread by the body fluid droplets and airborne so if you are in the enclosed environment with poor ventilation or just walking closely near the infectious person then you would have a very high chance of contracting the virus.

In order to reduce the risk of transmission and avoid catching the disease, I would encourage everyone to:

1. Having your Covid 19 vaccine and flu vaccine as soon as possible.
2. Keeping social distance, stay at least 1.5 m apart.
3. Wearing mask when you are going to work or visiting the residents or going out in the community for essential reasons only.
4. Washing hands with soap or hand sanitizer often.
5. 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.

On behalf of AVACS Board, I would like to thank you all AVACS staff for the job well done to care for our resident and to keep our residents safe. I also would like to thank you all residents and family members for your understanding and cooperation during this critical time.
Hope to see everyone very soon after the lockdowns.

Dr. David Tang
AVACS President
08/07/2021

COVID-19 VISITOR ACCESS INFORMATION FOR OUR HOME

Following a directive from NSW Health, Avacs will be in lockdown for all non-essential staff and visitors.

Exemptions are permitted on compassionate grounds on a case by case basis

All staff and visitors should be aware of current locations of interest released by NSW Health.

Video or telephone calls are available to assist in keeping in touch with your loved one, please call the reception to arrange. Window visit is offered to the families

All staff must follow COVID-19 protocols, including entry screening, hand hygiene and social distancing.

We will continue to keep you up-to-date with any changes.



GREATER SYDNEY LOCKDOWN

FLU AND COVID VACCINATION PROGRAM

Avacs residents and staff are now 100% vaccinated to keep every one safe.

Congratulations to Care Manager Kim Hoa Nguyen for her outstanding performance and coordination for the facilitation of the Residents' Covid-19 vaccination program





HAPPY MOTHER'S DAY

This year staff and residents have celebrated Mother's day with a surprise lavish morning tea of cakes, chocolates and flowers. The residents eyes lit up when they came into the dinning room and saw all the delicious treats.



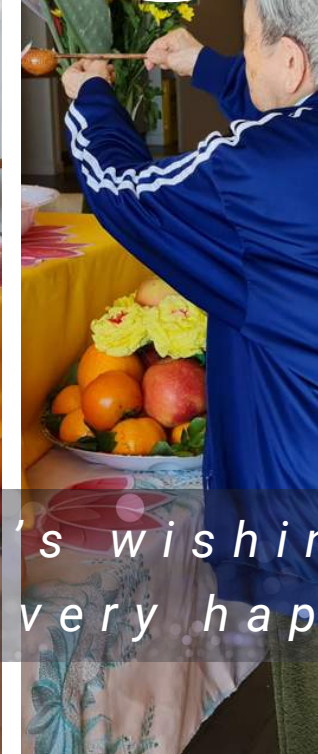
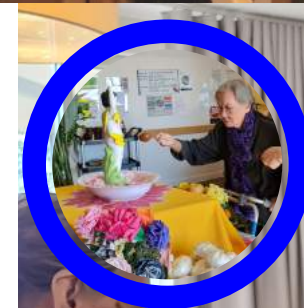
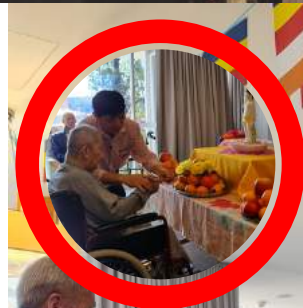
"When you look into your mother's eyes, you know that is the purest love you can find on this earth."

- Mitch Albom



HAPPY VESAK'S DAY

Vesak is one of the most important Buddhist festivals. It is also known as Wesak or Buddha Day. It is a celebration of Buddha's birthday and, for some Buddhists, marks his enlightenment (when he discovered life's meaning). It is also a time to reflect on his teachings and what it means to be Buddhist.



Here's wishing you and your family a very happy Vesak Day 2021!

INTERNATIONAL NURSE'S DAY 2021

MAY ALL THE CARE AND KINDNESS YOU GIVE TO OTHERS COME BACK TO WARM YOUR HEART. HAPPY NURSES DAY TO YOU.



International Nurse Day was celebrated at Avacs with staff lunch and many thanks from residents for the wonderful work our nurse do, their kindness, compassion and devotion makes the world of difference to our residents and their families everyday.

International Nurse Day was the perfect OPPORTUNITY to honour all Avacs hard-working nursing staff



HAPPY INTERNATIONAL NURSE'S DAY!

GROUP ACTIVITIES



Staff has continued with regular group activities in line with social distancing guidelines.



There are plenty of edibles that we are planting in wintertime, including **garlic, leeks, onions, radishes, lettuce, peas, potatoes, chard, spinach, rhubarb, and other leafy greens such as bok choy and kale.** Residents could enjoy harvesting these vegetables. Gardening is a wonderful physical and emotional activity for our residents. It is an opportunity to reminisce about times gone by while reaping the benefits of sunshine, fresh air and gentle exercise.



BUS OUTING



On 02/06/2021, our residents had a trip around Cabramatta. The residents enjoyed the drive viewing shopping centre with Vietnamese people.

BUS TRIPS FOR RESIDENTS

Our residents enjoy choosing their weekly destinations. Bus trips keep our residents engaged within the community. It's interesting to bring back memories of familiar areas or to see the change that progress has made whilst travelling around the suburbs and surrounds.

Outings consist of scenic drives, morning tea outings at the park. Oh and the occasional stop for an ice cream along the way!

On 16/06/2021, our residents had another trip to Bird Island, Georges Hall park. This small nature reserve is adjacent to a busy main road yet throbs with bird life. Corellas, the short stubby cousins of the cockatoo, swoop in and make a racket with their asthmatic screeching. They perch in the trees beside the lake near the island. The residents enjoyed the view and had morning tea in the park.



UPCOMING EVENTS

Vu Ian Ceremony
Moon Festival
Farther's Day

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.

MAKE A NOTE

Our resident & representatives meeting will on August 18, 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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