



AVACS THE HOME

LATEST NEWS



Message from AVACS President

Dear AVACS residents, family members and staff,

Welcome Spring into our lives with warmer weather, birds are singing, and beautiful flowers have begun to bloom.

This year, our nursing home has been in operation for 6 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. I am sure that our residents and family members have enjoyed so much AVACS Father's Day Party on Sunday 01/09/2024. It was a very special day which was dedicated to honor and appreciation for all fathers.

Also, our residents and AVACS staff have celebrated this year Moon Festival on 17/09/2024 with delicious food and special Maxim's Moon cakes, donated by Mr. Quoc Xuyen Lam and Mrs. Lancy Lam, Ettason Import and Export company Directors and also Homemade Moon cakes, specially made by Mr. Jimmy Lee and Mrs. Nancy Lee. Thank you very much Mr. and Mrs. Quoc Xuyen Lam and Mr. and Mrs. Jimmy Lee for your generous donation and great support for our nursing home.

Next week on Tuesday 05/11/2024 will be Melbourne Cup and as traditions for many years, the whole Australia will stop to celebrate the exciting event of horse racing. I hope our residents and staff also enjoy the special Melbourne Cup celebrations at our facility.

On behalf of AVACS Board, I would like to thank you all residents and family members for your co operation and support over the past 6 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.

Dr. David Minh Tang

AVACS President

29/10/2024

A JOYFUL MARKET DAY FOR OUR ELDERLY RESIDENTS AT AVACS HOME

Our recent Market Day event was a shining program in creating shopping opportunities for our residents to experience joy, connection and a sense of community. This day has brought residents and staff together for a day filled with laughter, social interaction and meaningful exchanges as this was the first event held right after the Covid19 outbreak occurred at AVACS. The Market Day plan was built for weeks including designing the Market poster, preparing for the variety of goods ranging from handmade crafts to books, clothing, and collecting the pre-loved items donation from staff. The effort put in by RAO Team was carried out in every detail, from setting up and decorations of the stalls to the carefully curated items on display.



The market buzzed with activity as residents move from stall to stall, browsing the offerings and engaging in friendly conversations with the other residents and staff. The smiles on residents' faces spoke volumes about the enjoyment they felt as they explored the items and made their selections. One of the most popular stalls featured toiletries, clothing items, perfumes and herbal oil, which many residents admired and purchased for their personal uses and for gifts to their loved ones.



The success of Market Day would not have been possible without the dedication and generosity of our staff to assist resident shopping around the stalls. Additionally, a special fund was set up by the staff to sponsor the residents' purchases, ensuring that everyone had the opportunity to participate fully.

Market Day was more than just an opportunity to shop. It was a chance for our residents to connect with one another in a fun and relaxed environment as after shopping, residents shared their finds with friends and discussed their purchases over a cup of drink, having a snack and ice cream serves provided from the Home. They felt totally well-entertained and recovering their energy after browsing around the Market.



CELEBRATING VU LAN: A DAY OF GRATITUDE AND REVERENCE AT AVACS HOME

Our AVACS Home recently held a heartwarming Vu Lan celebration, a day dedicated to honouring our ancestors and expressing gratitude to our parents. The event, which has become an annual tradition at our home, was conducted by our regular visiting monks and brought together residents, visitors and staff in a spirit of reverence and reflection.



The ceremony began with the visiting monks sharing the residents the story of the origin of Vu Lan celebration. Then, the particular moment of the ceremony was when the visiting monks performed the ritual of placing brooches made of cloth roses on the residents and staff. The monks gently pinned white roses on most of residents whose parents had passed away as a gesture of remembrance and respect for the departed. Pink roses were given to residents and staff those who still have one or both parents, symbolising the ongoing presence of parental love and care. The yellow roses were given to the monks and residents who used to be a monk at the temple as a religious respect.



After the rose offering ceremony, the visiting monks started leading a particular chanting session for Vu Lan celebration, creating a serene atmosphere. The sounds of the chants resonated throughout the room, bringing a sense of peace and spiritual connection to all who attended. Many residents expressed their feeling of slight emotion and warmth as they remembered their own parents while chanting about the upbringing and sacrifice of parents for the quality of children life.



After the ceremony, the visiting monks gave each of residents a mandarin and a custard puff provided by the donation of Mrs. Thuan NGUYEN, a resident of AVACS Home. These small gifts symbolised the care, offering a sweet and refreshing end to a spiritually enriching experience. The residents left the ceremony with hearts full of warmth, gratitude and much of appreciation.





HAPPY MOON FESTIVAL

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



In a heartwarming display of community spirit, Facility Manager Shirley Leong and Care Manager Kim Nguyen joined the residents for a delightful Moon Cake Festival.

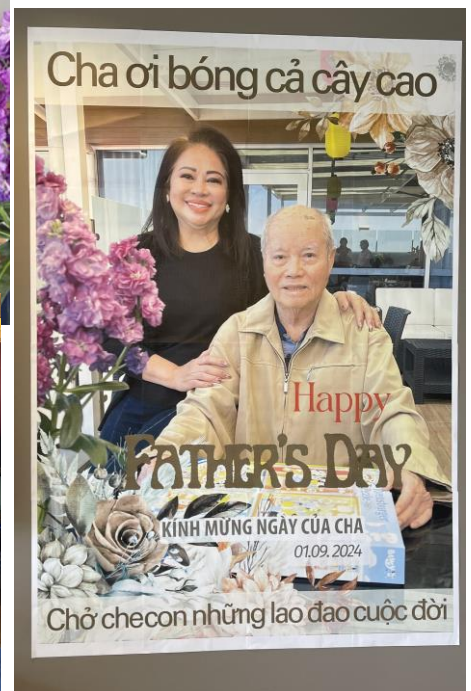


The vibrant lion dance performance at the Moon Festival brought joy to the residents of AVACS Nursing Home. As the lion pranced and leaped with grace, the seniors watched in awe, their faces lighting up with delight. The rhythmic drumming added to the festive atmosphere, creating a sense of community and celebration. This cherished tradition not only entertained but also connected everyone to their cultural roots, making the day truly unforgettable.





AVACS Nursing Home hosted a heartwarming Father's Day party, bringing joy to residents and their families. The event featured live music, delicious refreshments, and heartfelt speeches honoring the incredible fathers in attendance. Residents shared cherished memories and enjoyed the company of loved ones. Staff members ensured everyone felt special, creating a festive atmosphere filled with laughter and gratitude. The celebration highlighted the importance of family bonds, making it a memorable day for all involved.



BIRTHDAY PARTY

At AVACS Nursing Home, our mission is to enhance the well-being of our residents by providing personalized care with dignity and respect. We value compassion, integrity, and excellence in all that we do, creating a nurturing home for those entrusted to our care.



Celebrating residents' birthdays is more than just a party; it's a way to brighten their day and bring joy to their hearts. Recognizing and honoring each resident on their special day can greatly enhance their overall quality of life and sense of belonging.



STANDARD 6: FOOD AND NUTRITION

When it comes to the care and well-being of residents in nursing homes, food and nutrition play a crucial role in maintaining their health and quality of life. Our AVACS nursing home focuses on ensuring that residents have access to beverages and snacks throughout the day to support their physical and mental health. By introducing small fridges in each servery, residents can conveniently grab a drink or snack whenever they desire. This ensures that they stay hydrated and nourished throughout the day.

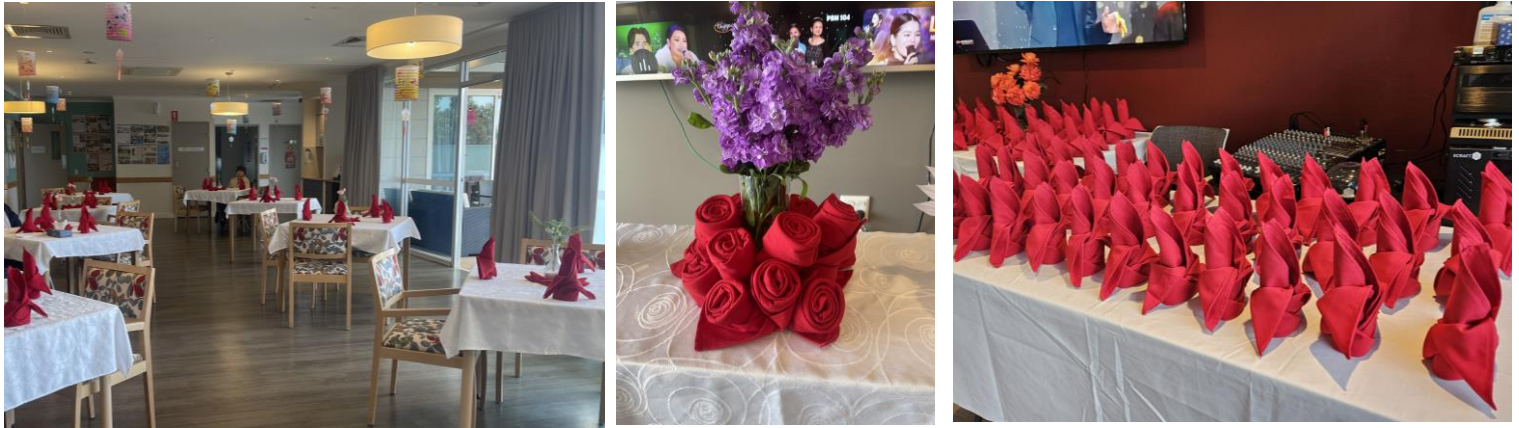
One of the key aspects of Standard 6 is promoting independence and autonomy in residents' food choices. Nursing homes are encouraged to provide menus that offer a variety of options to meet individual preferences and dietary needs. This allows residents to choose the foods they enjoy and are familiar with, promoting a sense of control and dignity in their dining experience. By empowering residents to make their own food choices, nursing homes can help enhance their quality of life and overall satisfaction.



Bowl of Fruits in Each Servery: AVACS__also provides additional fresh fruits for residents in each servery. Having a bowl of fruits readily available encourages residents to incorporate more fruits into their diet, promoting better overall health. Fruits are packed with essential vitamins and minerals that are beneficial for the body, making them a key component of a balanced diet.

A SIMPLE TOUCH THAT MAKES A BIG IMPACT

Eating is not just about sustenance; it's a sensory experience that can greatly impact a person's well-being. In AVACS, providing a quality dining experience contributes to residents' overall happiness and satisfaction.



Imagine sitting down for dinner and seeing a beautifully folded napkin waiting for you. It's like a warm welcome. This small gesture can bring joy to residents who might feel lonely or forgotten. When staff take the time to fold napkins carefully, they show respect for the meal and the people enjoying it. It tells the residents, "We care about you."



MOVIE TIME MAGIC IN AVACS HOME:

A JOURNEY BACK TO YOUTH

There's something truly special about Movie Time at AVACS. It's more than just watching films; it's about reliving memories, sharing laughter, and creating new moments. Picture this: a room filled with residents, snacks in hand, laughter echoing off the walls, transporting everyone back to the best days of their youth.



When our residents watch films from their younger days, it's like stepping into a time machine. Classic films from the 30s, 40s, and 50s bring back cherished memories of first dates, special occasions, and carefree moments. Can you remember the excitement of going to the cinema? For many, those experiences still hold a special place in their hearts.



THE HEALING POWER OF GARDENS

The vibrant flower garden at AVACS Nursing Home is a source of joy and tranquility for residents. Maintained by dedicated staff, the garden offers a colorful retreat where individuals can relax and enjoy nature. Recently, a small harvest event allowed residents to pick fresh blooms, fostering a sense of community and engagement. This beautiful space not only enhances the home's aesthetics but also promotes well-being among its cherished residents.



One highlight of our activity calendar is our spring garden activities, where residents can enjoy the fresh air, sunshine, and blooming flowers while engaging in meaningful and enjoyable tasks such as watering the plants, tending to the garden beds. These activities not only provide a sense of accomplishment and purpose but also offer therapeutic benefits such as stress reduction, increased physical activity, and improved mood



ENHANCING RESIDENT WELL-BEING THROUGH FLORAL ART

At the AVACS Nursing Home, residents can delight in the artful beauty of floral arrangements guided by our RAO team. Whether it's brightening up communal spaces or individual rooms, our flower arrangements bring a touch of nature's charm indoors. Residents are encouraged to participate in arranging flowers, creating a sense of accomplishment and joy. This engaging event not only fostered creativity but also encouraged social interaction among the residents, enhancing their sense of community. The nursing home staff were thrilled to see the joy and satisfaction it brought to everyone involved.



The staff engages with residents in a warm and supportive manner, making the process not just about crafting bouquets but also fostering connections and creativity. With each petal and stem carefully placed, residents find not just a hobby but a therapeutic and cheerful experience in our community.



FLAVORFUL MOMENTS:

Cooking as a Therapeutic Activity for Seniors



At AVACS Nursing Home, a delightful cooking activity brought residents and staff together. As the aroma of freshly cooked waffles filled the air, residents watched, reminiscing about their favorite recipes. The staff guided the process, ensuring everyone was involved. This heartwarming event fostered community spirit, creating cherished memories for all involved.



RAO team engage residents in a delightful cooking activity, transforming the balcony garden into a hub of laughter and creativity.



MUSIC THERAPY

In our nursing home, we understand the importance of creating a vibrant and engaging environment for our residents. One way we achieve this is through music activities that are not only entertaining but also therapeutic. Our RAO team, along with staff and family members, came together to create a music bar experience that is truly special for our residents.



Residents Nursing Home Music Bar:

Our nursing home has a dedicated music bar where residents can gather to enjoy live performances by our talented staff and family members. This unique setup allows residents to request their favorite songs and create a personalized playlist that brings back fond memories. From classic tunes to modern hits, our music bar caters to a wide range of musical preferences.



Music has the power to uplift spirits, evoke emotions, and stimulate memories. For our residents, music activities provide a sense of nostalgia, comfort, and joy. It is a form of self-expression that transcends language and age barriers, allowing residents to connect with each other on a deeper level. Research has shown that music therapy can improve cognitive function, reduce stress, and enhance overall well-being in older adults.

ACTIVITIES ON OFFER FOR UPCOMING MONTH

- Melbourne Cup
- Christmas Party
- New Year 2025

THANK YOU

- AVACS team have worked hard to provide the highest quality of care to some of society's most vulnerable people and even more so when faced with the ongoing challenges of COVID-19 infection in Residential Aged Care Facilities. We thank our residents and representatives for their patience, understanding and support.

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 are 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

AVACS Board of Directors
Recreational Activity Team

ADVISORY

Facility Manager