



AUSTRALIAN VIETNAMESE AGED CARE SERVICES

AVACS Newsletter

April – May – June 2026



“ Dear AVACS residents, family members and staff,

On behalf of AVACS Board of Directors, I would like to extend our warmest greeting to you and your family members and welcome to another AVACS newsletter. Our nursing home has been in operation for more than 8 years and the needs for aged care in the community is still very strong. Currently we have achieved a full 100% occupancy and we have been able to help many sicked, lonely and socially disadvantage elderly people in the community.

Our AVACS nursing home has continued to do very well and keeping up with the new Quality Standards and Requirements set by the Australian Aged Care Quality and Safety Commission.

Among a few Nursing Home around Australia, we have achieved 5 Star Rating by the Australian Government to indicate the good quality of care across 4 key areas of performance such as Compliance, Quality Measures, Residents' Experience and Staffing. Our main objectives are caring for the residents with our best ability, treating them with respects and providing them with choices and dignity.

Our residents have received the best possible care from the nursing staff and carers, enjoyed eating the delicious Vietnamese food every day and enjoyed social interacting with other friendly residents through participating in many activities during the week.

On behalf of AVACS Board, I would like to thank you all AVACS staff for your diligent, loyalty and hard working to care for our residents. The Board has appreciated all AVACS staff who worked so hard and loyal to AVACS.

I also would like to thank you all residents and family members for your understanding, co-operation and support for AVACS over the past 8 years.



5-STAR RATED CARE

Finally, I would like to remind all family members to get your flu vaccine up to date and check your temperature before visiting the nursing home in order to protect our vulnerable residents. Thank you very much for your co-operation.

Dr. David Minh Tang

AVACS President

15/07/2026

✿ April Falls Prevention Promotion

AVACS promotes the month of April Falls Prevention with the installation of a promotion stand at the main entrance foyer. On the stand, there were helpful health literatures relating to falls prevention, practical tips, and some walking equipment aids were on display at the stand. This stand attracts visitors and residents to take a look as they walk by. The physio team ran supervised exercise sessions to help the residents to practice their balance and to build up their leg strength using ankle weights and handrail exercises.





✿ Cooking Activity

Residents at AVACS enjoyed hands-on cooking activity. Residents teamed up with their culinary skills to prepare a delicious batch of fresh pandan and coconut jelly! The residents were engaged with this activity, taking charge of stirring the sweet mixture on the cooktop and carefully slicing the bright green jelly into perfect little bite-sized cubes. These activities brought the residents down the memory lane of their yesteryears, preparing and cooking food for their families. The residents set up a fun assembly line in the sunny dining area to portion the finished dessert into cups and containers together. This activity allows the residents to socialize and use their skills through participation of this activity. What a yummy dessert treat!



✿ Easter and Market Day

Easter Celebration at AVACS started with the residents participating in a variety of craft activities. They were gathered around the tables cutting patterned eggs and putting together colorful baskets with festive chicks and bunnies. It was a relaxing afternoon for the residents to enjoy each other's

company whilst bringing out their creativity selves. The Leisure and Lifestyle team set up a beautiful display symbolic of Easter festivity at the foyer, creating a peaceful and exciting atmosphere for the residents and visitors.





This year AVACS celebrated Easter in collaboration with the Market Day. The residents loved Market Day activity, and they were already excited the day before, walking past the multi-purpose room to have a glimpse of the items for sale. There were a lot of excitement leading to the opening of the Market Day, when the Facility Manager Shirley Leong rang the hand bell. Residents were assisted by staff walking around the market stall and looking for items of their interest, scarfs, bags, knitted hats, toiletries, costume jewellerys etc. Residents were served with hot cross buns, chocolate eggs and ice-cream for morning tea.



✿ Sensory Garden

AVACS has a sensory garden that is located in Wing B. There are a variety of flowers, herbs, vegetables and fruits. These organic vegetables and fruits are harvested seasonally. Flowers include a variety of roses, jasmine, hydrangeas and succulents. Fruits harvested includes mandarins, lemons, star fruits and kumquats. On 19 May 2026, star fruits were harvested in abundance, and the residents enjoyed touching, smelling and eating the harvested star fruits. Residents enjoyed taking photos with the harvested star fruits, whilst residents ate the freshly picked star fruit. Residents enjoyed harvesting activities and it brought back fond memories of their lives in Vietnam.



✿ International Nurses Day

On International Nurses Day we recognized the extraordinary skill, compassion and dedication of nurses across Australia supporting the Health Care Industry. On 12/05/2026, AVACS celebrated International Nurses Day to recognize the hard work, commitment and dedication of the nurses who worked tirelessly every day. All staff wore a pink ribbon to mark this special day, and a special lunch was served to mark this occasion.



🌸 Mother's Day

AVACS put together a beautiful Mother's Day celebration. The dining room was decorated with bright pink tablecloths, fresh flowers, and a pink balloon arch decorated with cherry blossoms that sets the scene for the celebration and for the residents to take photos on this very special day. Residents gathered around for a lovely morning tea, enjoying some sweet treats together while staff shared a few words with the residents, and a beautiful display of "I LOVE YOU MOM" tribute on the big TV screen. There were beautifully wrapped gift hampers to be gifted to the residents. It was heartwarming to witness the residents' smiles and taking photos with the staff.



🌸 Residents Outing Activities

Residents enjoy outdoor activities. Sometimes residents enjoyed the fresh outdoor air in the courtyard, enjoying their morning tea and companies of other residents, whilst they enjoyed freshly made waffles and hot chips. Residents also enjoy bus trips to visit community flower gardens, shops, temples, exhibitions or a Yum Cha trip to the Iron Chef restaurant for an amazing Yum Cha lunch. Residents and their representatives sat around the round table enjoying the company of other residents whilst eating the delicious baskets of dim sum dishes. Residents returned to AVACS feeling happy and contented after having the delicious dim sum lunch.



✿ Vesak Day

AVACS celebrated the peaceful Vesak Day on 29 May 2026. The lounge was decorated with colorful Buddhist flags strung across the ceiling, and a religious Buddhist altar was set up with fresh yellow lilies, bright oranges, steamed buns, and a central baby Buddha statue. AVACS was honored to have visiting nuns from the temple to lead the community in this very special, calming prayer service. The residents participated in the very special ritual and tradition of "Bathing the Buddha" ceremony. They took turns to come up to the altar to carefully pour water over the Buddha statue using a small wooden ladle. It was such a meaningful, touching experience for the residents to gather, reflect, and share in their spiritual belief and tradition together!



🌸 Doan Ngo Festival

The Doan Ngo Festival is traditionally celebrated on the 5th day of the 5th Lunar month. At AVACS, the Doan Ngo Festival was celebrated on 19 June 2026. The residents came together to enjoy each other's company, whilst tasting the delicious dumplings. Great stories about old customs and traditions were also exchanged during the celebration.



✿ Education for Residents and Representatives

The Seniors Rights Service visited AVACS to inform residents and their families about available support services and the New Aged Care Strengthened Standard – Statement of Rights. The session was interactive, with 21 residents and two family members attending the education session. There was positive feedback from residents and families. One family member described AVACS as “the best of the best,” highlighting not only the high-quality care provided to residents but also the support given to families to help them feel reassured. One resident shared their satisfaction, noting daily exercise and meaningful religious and cultural activities that meet their needs.



✿ Upcoming Events

- Monthly Birthdays
- Moon Cake Festival
- Vulcan Day
- Father's Day/Raffles

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

THANK YOU!



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.

ADVISORY

Facility Manager

EDITORIAL BOARD

AVACS Board of Directors
Recreational Activity Team



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