



AUSTRALIAN VIETNAMESE AGED CARE SERVICES

AVACS Newsletter

January – February – March 2026



Dear AVACS residents, family members and staff,

Winter 2026 has arrived and soon another financial year gone by so quickly.

Our nursing home has been in operation for 8 years and now we have achieved a full 100% occupancy, and we have been able to help many sicked, lonely and socially disadvantaged elderly people in the community.

Our AVACS nursing home has continued to keep up with the new Strengthened 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. This is very good news and a great achievement for all of us. Our main objectives are caring for the residents with our best ability, treating them with respect and providing them with choices and dignity.

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

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

Recently, as the weather is getting colder, the NSW Health Department has alerted that the flu cases are on the rise and recommended that all residents, staff and visitors need to have flu vaccine if you had not done so. So, I would strongly recommend all residents, staff and visitors to have flu vaccine as soon as possible to protect everyone in the nursing home, especially to protect our beloved residents.

I would also like to remind all family members to get your vaccine up to date and check your temperature before visiting the nursing home. Thank you very much for your co-operation.

Dr. David Minh Tang

AVACS President

03/06/2026

★ Australia Day and ANZAC Day Celebrations

AVACS Community came together to celebrate the great Australian spirit.

This special annual event provided an opportunity for residents, staff, and volunteers to celebrate their shared home in Australia while enjoying traditional treats, lively activities, and an afternoon of reflection.



❀ TẾT · YEAR OF THE HORSE ❀

AVACS welcomed 2026 with the celebration of Year of the Horse Lunar New Year, with the Lion Dance entertaining the residents and visitors, bringing lots of excitement with the sound of the drums, firecrackers and the traditional “catch the lettuce ceremony”. AVACS team prepared an exciting entertainment program for the residents and families.

The facility was beautifully decorated to capture the Spirit of Tết. Staff and residents worked together to decorate the tree with stunning traditional yellow Mai (apricot) and pink Đào (peach) blossom trees with lucky red envelopes and golden ornaments. Each Wing has a cultural display featuring traditional Bánh Chung (sticky rice cakes), a classic tea set, and glowing red lanterns, serving as a beautiful reminder of the rich heritage that binds our AVACS family together.



🌸 Valentine's Day Event

On February 14, 2026, AVACS was filled with warmth, smiles, and plenty of sweet treats as residents and staff celebrated Valentine's Day. The celebrations began with a hands-on crafting activity that brought everyone together in the dining hall. Residents happily participated in assembling beautiful red paper gift boxes. Sitting at tables decorated with fresh yellow and pink flowers, our residents carefully folded and glued the little red baskets, adding a personal touch of love and care to each one.

Our dedicated staff members worked as a team packing the handmade red baskets with an assortment of delicious treats, including chocolate balls and bars. To make the gift delivery extra special, the staff set up a festive mobile cart draped in a pink tablecloth with a colorful bouquet of pink, white, and red heart-patterned balloons. As the trolley wheeled through the facility, the residents' faces lit up receiving their sweet surprises!



🌸 Celebrating Life and Joy: Monthly Birthday Parties

At AVACS, every single milestone is an opportunity to shower our residents with love, respect, and joy. Our 2026 Monthly Birthday Celebrations continue to be a cherished tradition, bringing together residents, staff, and family members to honor our elders as they celebrate another wonderful year of life. The main dining was filled with a warm atmosphere and excitement as residents gathered around beautifully set tables and showcase the special Birthday Cakes.



★ Small and Mighty: National Chia Seed Day

On March 23, 2026, the community at AVACS joined in the celebration of the National Chia Seed Day! This annual day recognizes the tiny but mighty chia seed, which has earned a reputation as one of the most nutrient-rich foods on the planet. Packed with omega-3 fatty acids, fiber, protein, and essential antioxidants, it is a fantastic addition to a healthy diet.



★ Our Thursday Catholic Gatherings

At AVACS, we understand that providing holistic care means nurturing not just the physical health of our residents, but their spiritual and emotional well-being as well. Every Thursday, our community comes together for our weekly Catholic group, offering residents a cherished opportunity to connect, reflect, and practice their faith.



★ Staff Training & Development

Staff Annual Fire Safety Training

Ensuring the safety and well-being of our residents is the highest priority at AVACS. On February 27, 2026, our dedicated team participated in a comprehensive, facility-wide Fire and Emergency Evacuation Training session.



Safety First: Annual Manual Handling Training

Led by qualified professional trainers, the sessions covered a wide range of actual scenarios, emphasizing correct posture, body mechanics, and team coordination to eliminate workplace injuries. Staff practiced specific protocols for:

- Using slide sheets and transfer belts correctly.
- Assisting residents with mobility frames.
- Mastering mechanical assistive devices, including the ALTO lifters.
- Simulating unexpected floor fall transfers using a mobile hoist sling system.



✿ Upcoming Events

- Easter Celebration 2026
- Anzac Day - 25/04/2026
- Mother's Day May 10, 2026
- International Nurses Day 2025 - Monday 12/05/2026
- Vesak Day 2025 - Fri 29/05/2026

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.



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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