AUSTRALIAN VIETNAMESE AGED CARE SERVICES

AVACS Newsletter

July – September 2026



Message from AVACS President

Dear AVACS residents, family members and staff,

Welcome Spring 2026 and the weather is getting warmer with more sunshine, and many beautiful flowers are blooming.

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 disadvantage elderly people in the community.

Our AVACS nursing home has continued to keep up with the new Quality Standards and Requirements set by the Australian Aged Care Quality and Safety Commission. Our main objectives are caring for the residents with our best ability, treating them with respect and providing them with choices and dignity.

In September, our residents celebrate Father's Day and Moon Festival with special and delicious food, mouth-watering Moon cakes and exciting entertainment.

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.

Dr. David Minh Tang
AVACS President
12/10/2026

★ Father's Day Celebration

AVACS celebrated Father's Day on Friday 4th September 2026. All the dads gathered for a special morning tea, enjoying the Father's Day cake, and the lucky prizes. The care team entertained the dads with special meaningful songs to bring them back to their yester years. There were many stories shared by the dads.









★ Cooking Activities

The residents always enjoyed the weekly cooking activity. They gathered in the sunny communal area, ready with aprons on, to cook up some Vietnamese favourite sweet treats. Recently, the RAO team worked with the residents to cook a huge pot of traditional sweet soup (chè). The residents helped to mix the ingredients like coconut cream, white sugar, and vanilla. In other week, the cooking activity includes the cooking of the delicious coconut pandan crispy waffles, and the aroma permeates throughout the home during the cooking. The residents really enjoyed using their cooking skills in the weekly cooking activities, and their memory of being the MasterChef in their own kitchens.





★ Daily Activities

At AVACS, the RAO team always bring something fun, active, and engaging for our residents. There's always a wonderful mix of activities to keep both minds and bodies moving—from lively group sessions rolling and kicking a giant exercise ball around to relaxing with the morning newspaper over a warm cup of tea. Residents also love participating into hands-on cognitive and sensory games like sorting different beans and piecing together jigsaw puzzles or gathering around the craft tables to cut out intricate flower patterns and assemble colourful hanging decorations. The activities keep the residents staying active, sharing plenty of laughs with friends, and making every single day meaningful and enjoyable together.









★ Moon Cake Festival Celebration and Raffles

The Moon Cake festival at AVACS was held on 25/09/2026. The residents were very excited leading up to the celebration, with the care team helping them to put on their best outfit for the occasion. Thank you to Chef Tam who prepared a special celebratory occasion lunch, and the Facility Manager Shirley Leong wishing the residents and families “Chuc Mung Trung Thu” and presenting each resident with a moon cake. All the residents had delightful smiles as they held a lantern, and it is like bringing them back to their childhood days with the lantern parade. Staff entertained the residents with some special songs to mark the special occasion. The Raffles was held, with the announcements of residents, visitors and staff prize winners. The Raffles raised $550 for the RAO funds. A big thank you to the residents, families and staff who supported the Raffles activity.










★ Vulan Day Celebration

Vulan Day is held on the 15th day of the 7th Lunar month. It is a day dedicated to honouring ancestors and expressing their deep appreciation for parents. Residents participated in this meaningful Vulan festival day at AVACS. Residents listened attentively as the Buddhist nun explained the significance and traditional meaning of Vulan. Following the special service conducted by the nun, each resident received a yellow rose to wear on their clothing as a symbol of remembrance and appreciation for their parents. The Residents were engaged and respectful throughout the activity.








★ Library Corner

At AVACS, there is a quiet area in each Wing. The quiet areas provide the residents and families with an area where they could spend quiet time together, or a resident who just wanted some quiet time alone. In addition, the Spiritual garden that is located at the back of AVACS, provides families and residents with an area to spend reflective spiritual time. The library corner at AVACS is a wonderful cozy spot where residents love to spend their time relaxing. With its bright, sunlit windows and neatly organized bookshelves, it is the perfect environment to settle into a comfortable armchair and get engrossed in a good book or magazines. Some residents enjoy quiet time together, whether they are reading traditional paperbacks, diving into Vietnamese titles, or catching up on their reading digitally using a tablet. Other residents use the peaceful space to sit by the window with a pen and take notes or write while soaking up the warm sunshine and quiet environment.




★ COVID Vaccination Clinic

Keeping our community safe and healthy is AVACS top priority. The 2026 COVID vaccination day at AVACS was well planned and coordinated. It was convenient for the residents and staff to have a vaccination clinic on site at AVACS. A trolley was sent up with the vaccination equipment for the vaccination administration. The medical team and visiting doctor administer the vaccinations and paperwork. Residents gathered comfortably in the lounge area, chatting and keeping each other company while waiting patiently for their turn. Thanks to the vaccination team of doctors and registered nurse, the residents received their vaccination in a timely manner, with plenty of encouragement and warm smiles. The residents looked happy and reassured after the vaccinations, knowing that the vaccination would reduce their incidences of getting COVID infection.









★ Monthly Birthday Celebration

We had an absolute blast celebrating the monthly birthdays at AVACS with a big, colourful party! The dining room was buzzing with energy as residents gathered around tables dressed in bright pink and green covers. To set the perfect party mood, the space was decked out with bundles of colourful balloons, pretty hanging paper lanterns, and a stunning floral archway featuring a glowing "Happy Birthday" sign. The birthday VIPs got to snap some sweet photos in front of the festive backdrop alongside a gorgeous, pink-frosted cake. Our

wonderful staff made the rounds, handing out slices of the cake so everyone could join in on the tasty fun. It was such a heartwarming afternoon filled with friends clapping, chatting, and sharing plenty of smiles together as a community.









★ Bus Outing

As spring arrived, the residents had the opportunity to enjoy a wonderful time at Parramatta Park. Everyone was excited to visit the park, admire the beautiful cherry blossoms and enjoy the fresh atmosphere. During the outing, the residents had a great time taking photos and capturing many beautiful memories together, they also enjoyed sitting under the shade of the trees, chatting with each other and relaxing in the cool, peaceful surroundings. The residents were happy to spend time outdoors, enjoy the lovely spring scenery and socialize with one another. It was a lovely day filled with laughter, relaxation and memorable moments.






★ Government Activities:

Census – AVACS has completed the Compulsory Census on 11 August 2026on behalf of the residents.

Voting - A mobile Poling arrangement has been organized to facilitate the coming election. Members of the poling team will visit AVACS residents on the day as per the Australian Election commission.

★ Upcoming Events

- Monthly Birthdays
- Melbourne Cup 20026
- Christmas
- 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.



★ 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 Consumer Advisory Body 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