



AVACS THE HOME

LATEST NEWS



Message from AVACS President

Dear AVACS residents, family members and staff,

Winter with cold blizzard wind and rainy days is nearly over and we are welcome Spring into our lives with warmer weather and beautiful flowers begin 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 frail, lonely and socially disadvantage elderly people in the community.

Father's Day is coming up very soon on Sunday 01/09/2024. It is a very special day which is dedicated to honor and appreciation for all fathers. I would like to take this opportunity to congratulate all fathers and send my best wishes and Happy Father's Day to all fathers in our nursing home, including our residents and staff members.

Also, as part of our Vietnamese culture for thousands of years, our residents will celebrate this year Moon Festival on 17/09/2024 with delicious food and special Moon cakes, donated by Mr. Jimmy Lee and Mrs. Nancy Lee. Thank you very much for your generous donation and great support for our nursing home.

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.

Happy Father's Day.

Happy Moon Festival 2024

Dr. David Minh Tang

AVACS President
14/08/2024

HAPPY EASTER 2024 AT AVACS HOME



Easter is an important celebration of the year. It is one of the principal holidays, or feasts, of Christianity. It marks the Resurrection of Jesus three days after his death on the Cross to bear sins for all mankind. For many Christian churches, Easter is the joyful end to the season of fasting and regret for their mistakes and willingness to correct them. At our AVACS Home, Recreational and Lifestyle Team carried out many Easter-themed activities toward Easter for our residents to participate to celebrate this special occasion such as colouring Easter Eggs sheets, pattern sticking art craft, making the Easter Eggs tree, a warm morning tea for the residents to have fun together and having memorial photos taken with Easter decorations.



Easter is a time of religious reflection, and it is a time to indulge in chocolate eggs and hot cross buns. In ancient mythology, the egg symbolized the creation of the world and represented life and death. Over time, Christians adopted the symbolism, and the egg came to represent Jesus emerging from his tomb on Easter Sunday. Rabbits can reproduce quickly and are considered a symbol of the growth and development. According to legend, every Spring, rabbits come down to earth to lay eggs for human on earth. Since then, the image of rabbits holding eggs has become a symbol of Easter.



Our residents were served with hot cross buns and chocolate eggs as traditional Easter gifts for morning tea from the Home. After that the residents were gathered at the communal room in Wing C, put a bunny band for female residents and Easter fancy hats for male residents as well as having photos taken with Easter Bunny Chocolate Baskets to celebrate the Easter 2024.



Residents felt interested when trying the egg passing game and put their own creativity on coloring activity toward the spirit of Easter 2024

ANZAC DAY 2024 HONOURED AT AVACS HOME



Each year, Anzac Day, 25 April, is one of Australia's most important national occasions, a day of national remembrance in Australia and New Zealand to honor the members of the Australian and New Zealand Army Corps (ANZAC) who served in the Gallipoli campaign, their first engagement in the First World War (1914–1918). This significant ceremony is celebrated national wide to broadly commemorate all Australians and New Zealanders who served and died in all wars as well as peacekeeping operations. At our AVACS Home, Anzac Day is also a special day for the residents to not only honor the former members of the Australian and New Zealand Army Corps but also to honor and promote the value of our residents who used to serve in the army of the South Vietnam before migrating to Australia under boat refugee scheme; This occasion is a great time for our residents to remember and

The Anzac Day 2024 was conducted formally at AVACS. The front hall where the Anzac Day event happened was decorated stunningly with the Australia Flag tree, the bunch of Rosemary and the Australian War Memorial Wall of Poppies done by handmade art craft from the residents and RAO Team. The residents at the ceremony had a chance to attend the offline Dawn service broadcasted on YouTube from the distance at the ceremony hall, had the Rosemary brooches put on their shirts, served with Anzac biscuits and Lamington cake, the traditional treats of this day to feel the atmosphere of the Anzac Day this year when being in residential care.



The monthly birthday party for the residents who were born in April was celebrated at the same occasion with Anzac Day 2024 program at AVACS to give our residents more fun and more feeling of gathering. The residents born in the month were promoted and brought more feeling of respect when being praised by the well-prepared party by RAO Team and the presence of the other residents at the Home.





To celebrate Mother's Day 2024 at AVACS Home, a Raffle Draw was organised on the event on the purpose of doing a fundraising program to purchase an art craft machine for our residents. Our residents were assisted to gather at the communal hall Wing C to attend the Mother's Day brunch, having photos taken with the beautiful bouquet, listening to special staff singing performance and excitedly cheering out with staff when winning the prizes from the Raffle game.



Facility Manager, Shirley had photos taken with our loved residents on the Mother's Day week on her drop-in-visit round daily through the facility.



We are so proud of Mrs. Kim Dao LUU, our very new resident as a teacher in the past to share her speech about the meaningfulness of Mother's Day that was to always remember and honor their dear mothers who passed away despite their age and Mother Day is to pay gratitude to the mothers of the talent people who built this beautiful Australia. Especially the Mother Day 2024 on 12th of May is also the birthday of our new resident, Kim Dao LUU who was so lucky to have her birthday celebrated together with the other residents born in May in the same Mother's Day party at AVACS



The fun of the day was more complete when the lucky names of the residents and staff were called out for their winning of the prizes from our exciting Raffle Draw Program. We would like to send our sincere thanks to all of residents and staff supporting our fundraising program this year.

International Nurses Day (IND) is an international day observed around the world on 12 May each year, to mark the contributions that nurses make to society. To emphasize the significance of the nurses in creating healthy people, the International Council of Nurses (ICN) has carried out the theme to appreciate the value of the nurses: Our Nurses. Our Future. The Economic Power of Care. At AVACS Home, with the appreciation to the care Team for their exceptional care to our residents, we also formally celebrated the International Nurses Day by setting up a Nurses Tree with hanging all of Nursing staff name tags on the tree branches, a big banner printed with the picture of AVACS staff including RAO, Register Nurses and Personal Carers as representatives for AVACS Nursing Team and a special lunch with Vietnamese bread rolls from AVACS Directors Board.



Representatives of Team members from RAO Team, and Nursing Team at our AVACS Home to celebrate the International Nurses Day



Residents did the hand crafts of the staff name tags with thank-you message together for making the nurse tree decoration with the meaning of appreciation toward nursing staff at AVACS Home on International Nurses Day 2024



CELEBRATING VESAK DAY 2024: A HEARTFELT TRIBUTE AT AVACS HOME



On the Vesak Day 2024, our AVACS Home transformed into a haven of peace and joy as residents, and staff came together to commemorate the birth, enlightenment, and passing of Shakyamuni Buddha. This significant day, revered by Buddhists worldwide, held special meaning for our elderly residents, providing them a chance to reflect, celebrate, and connect with their cultural and spiritual heritage. The Vesak Day, also known as Buddha Birthday, is one of the most important festivals in the Buddhist calendar. This year, it marked 2568 years of celebration since the Buddha was born and is celebrated during the full moon of May.

The communal hall was adorned with very vibrant decorations for the Vesak Day including beautiful lotus and Daisy flowers, worship fruit and vegetarian buns creating a sacred and festive atmosphere.



At our AVACS Home, the Vesak Day celebration began with a serene morning ceremony session led by our regular visiting monks. Our residents had a chance to listen to the monk sharing the story of Buddha birthday, and the solace in the teachings of Buddha in finding the cause of suffering and the path leading to the end of suffering. Then residents participated in a candle-lighting ceremony and bathing the Buddha ritual. Residents poured water over the shoulders of the statue of the infant Buddha by using a ladle as a reminder of cleansing the mind and heart.



WELCOME OUR RESIDENT, MR. HOANG TRUONG TO THE CATHOLIC FAITH

We are delighted to announce that Mr. Hoang TRUONG, a cherished resident of our nursing home, has recently undergone the sacred rite of Baptism, officially joining the Catholic faith. Mr. TRUONG, who has been a devout Buddhist throughout his life, took this significant step following the heartfelt advice of his loving wife, with whom he has shared many years of companionship.



The Baptism ceremony was organized formally with the presence of Mr. Hoang TRUONG's family including his wife and his children. It was a deeply moment and a profound spiritual milestone to Mr. TRUONG. The ceremony was conducted by our regular visiting priest, and it showed AVACS Home valued the resident's personal and spiritual needs as part of their holistic care.



CLINICAL INFORMATION OF THE 2ND QUARTER 2024 AT OUR AVACS HOME

Palliative Care Program:

Avacs continues to engage with ELDAC (End of Life Directions for Aged Care) Care Model which has helped nurture, teach and support our caring team. The nursing team has developed an Advance Care Plan processes that help the families of our residents make better decisions about comfort, care and inclusion for those men and women living in Avacs home at the end of their lives. We are proud of our resources and the support we can offer in terms of loving care to our residents and their families. If families require more assistance and have questions about comfort and end-of-life care, please talk to our registered nurses and a referral can be arranged.

RESIDENTS ACTIVITIES DURING THE 2ND QUARTER OF 2024 (APRIL – JUNE)

HARVESTING MANDARIN ORANGES: A JOYFUL WINTER ACTIVITY FOR OUR RESIDENTS AT AVACS HOME



This winter marked a special occasion at AVACS Home, as we embarked on our first-ever mandarin orange harvest. This crisp, cool air of the season was filled with excitement as our residents joined together to participate in this delightful new tradition. This activity not only brightened the chilled days but also brought a sense of purpose and community to our beloved elderly residents. The residents with the baskets in their hands were so eager to take part in the harvesting process to engage with the nature and enjoy the fruit of their labour.



Harvesting mandarin oranges is more than just a pleasant pastime; it holds deep significance for our elderly residents. Engaging in this activity allows them to reconnect with the natural world and experience the simple pleasure of working with their hands. This activity also reminds residents about the cycles of life and the beauty of nature's bounty.

THE OTHER RESIDENTS' ACTIVITIES DURING THE WINTER

At AVACS Home, we believed that staying active and engaged is key to the well-being of our residents. Our diverse range of indoor activities is designed to cater to the interests and abilities of each individual, ensuring that everyone has the opportunity to participate and enjoy. From arts and crafts to music therapy, games and social gatherings, our programs not only provide entertainment but also foster a sense of community, purpose and joy. Our indoor programs have brought warmth and happiness to the hearts of our cherished residents.



The hide and find game + sunbathing



Art and creativity games



Morning tea and sunbathing for residents after morning exercises at the courtyard, being A...



Puzzle games



Doll therapy

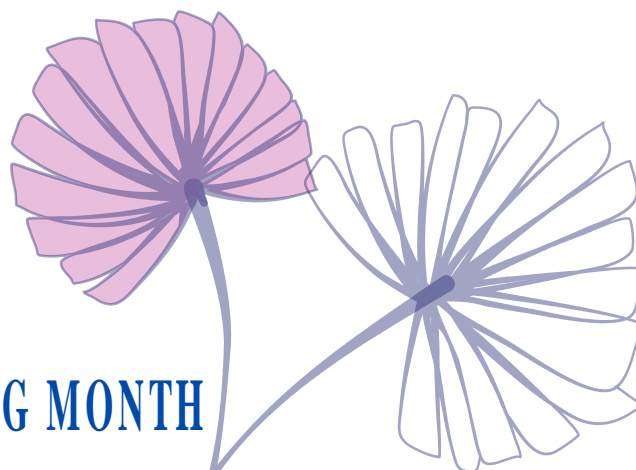
Upcoming events at AVACS

AVACS Market Day (Wednesday 14/08/2024)

Vu Lan Celebration (Friday 16/08/2024)

Father's Day (Sunday 01/09/2024)

Moon Festival (Tuesday 17/09/2024)



ACTIVITIES ON OFFER FOR UPCOMING MONTH

- **Bus trips** are temporarily on hold to modify the van at AVACS to make it easier for the residents to get in the van for their more convenient outing trips.
- **Happy Hour** will be re-organized with more types of snacks to give to residents in the program. They will be alternatively provided with spring rolls and pizzas along with chips and ice cream to give residents something different and make their Happy Hour more enjoyable.
- **BBQ Day** is still one of the favorite days that our residents look forward to each month. In addition, residents will be continued accommodating with the multi-cultural food in their new menu designed by the Board of Directors to provide our residents with more tastes of international cuisine during the days of the week to improve their dining experience.

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 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.

Committee Meetings

Our Resident & Representatives meeting are held every 2 months, and the Resident Advisory Committee Meeting are held quarterly. Please make a note and your participation in this meeting are welcomed and valued. These dates will be emailed to committee members and residents' representatives.

ADVISORY

EDITORIAL BOARD

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