



AVACS THE HOME

LATEST NEWS



Message from AVACS President

Dear AVACS residents, family members and staff,

Happy New Year 2025 to our beloved residents, family members and our AVACS staff and volunteers.

I am sure that our residents and staff have had a joyful and wonderful Christmas and New Year Celebrations together with your family members and having lots of delicious food and Christmas presents.

This year, our nursing home has been in operation for 7 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. With a good support and cooperation of the family members, our AVACS Staff have been doing an excellent job to care for our residents and our nursing home have been rated 5 Star nursing home from the Aged Care Commission in 2024. So, thank you very much everyone for a job well done.

In January 2025, at AVACS Nursing home, we are preparing and continuing our celebrations to welcome the Lunar New Year, Tet Nguyen Dan, the year of the Snake. On Sunday 2nd February, our residents, family members, AVACS Board and staff will celebrate and welcome the Lunar New Year with delicious food and lion dance and red lucky money bags.

On behalf of AVACS Board, I would like to wish all residents, family members and AVACS staff a very happy, healthy New Year 2025 and all the best for the New Year.

Dr. David Minh Tang

AVACS President

18/01/2025



MELBOURNE CUP – THE RACE THAT STOPS THE NATION

The Melbourne Cup, held annually on the first Tuesday of November at Flemington Racecourse, is not just a horse race, it's a national event that transcends sport.



The Melbourne Cup Day at AVACS nursing home is not just about the race but about creating unforgettable memories for all involved. The staff's dedication to making this day special for the residents is truly commendable, and their efforts are appreciated by everyone. The event serves as a reminder of the importance of connection, celebration, and the power of coming together to enjoy life's simple pleasures.



The excitement of the Melbourne Cup was in the air. The residents were eagerly preparing for the big day, dressing up and getting ready to celebrate. The staff members, always dedicated to creating a joyful atmosphere, have gone the extra mile by crafting unique hats for both them and the residents. It's a heartwarming collaboration that showcases the strong bond between the staff and the residents.



As the race that stops the nation approaches, anticipation builds. At precisely 3 pm, everyone gathers to watch the thrilling event unfold. Laughter and cheers fill the room as the horses thunder down the track. The residents, staff, and even family members all join in the excitement, creating an atmosphere of unity and camaraderie.

To add another layer of fun to the festivities, a Melbourne Cup ticket sweep is organized for the staff, residents, and their families. Everyone gets a chance to participate and experience the thrill of potentially winning. It's an inclusive activity that brings everyone together, fostering a sense of community within the nursing home.



CHRISTMAS PARTY



The Christmas season at AVACS Nursing Home was a heartwarming affair, transforming the facility into a festive wonderland. Beautiful decorations adorned the common areas, creating a joyful atmosphere for the residents. The highlight was the special Christmas party, where elderly residents enjoyed a delightful lunch, served with cheer. Everyone dressed up for the occasion, adorned in festive hats and hat bands, enhancing the spirit of celebration.



The management team, alongside a friendly Santa Claus, made rounds to greet the residents, spreading joy and warmth. Each resident received thoughtful gifts, symbolizing care and connection. Photographs captured these cherished moments, as hugs and smiles reflected the happiness shared among all. This event not only brightened the day but also reinforced the sense of community and compassion that makes AVACS Nursing Home a special place to live during the holiday season.



STAFF'S PARTY



The recent Christmas party for AVACS's staff held at the Mounties Club was a heartwarming celebration of teamwork and dedication. During the event, our President, Facility Manager, and Care Manager each took the opportunity to address the gathering, expressing gratitude for the exceptional efforts of our staff. Their speeches highlighted our collective achievements over the past year in providing compassionate care to the elderly, which is at the core of our mission.



The evening was further enlivened by wonderful performances from our staff and their families, who showcased their singing and dancing talents. This not only brought joy to everyone present but also fostered a strong sense of community among all attendees. We are proud of the remarkable work done by our staff and look forward to another successful year of nurturing and caring for our residents.





At AVACS nursing home, we recently introduced a delightful sorting beans activity designed to engage our residents in a meaningful way. This activity not only promotes physical exercise but also encourages concentration and coordination.



Residents gather as a group, actively sorting various types of beans while enjoying light conversation and reminiscing about old cooking traditions. This shared experience not only occupies their day but also fosters social interaction and camaraderie. Preparing for cooking memories allows them to reflect on cherished moments, creating a warm and inviting atmosphere essential for their well-being. By blending physical activity with social engagement, we aim to enhance both their mental and physical health.



MORNING EXERCISES AND ACTIVITIES



At AVACS Nursing Home, we prioritize the health and well-being of our residents through engaging morning exercise routines. Our gentle movements, designed for those seated in chairs, are tailored to promote mobility and social interaction.

One of our favorite activities is the "Football on Chair" game, where residents gather in a circle and kick a gym ball to one another. This fun exercise not only enhances coordination but also fosters camaraderie among the participants, whether they are passing the ball to fellow residents or staff members. Additionally, our Recreational Activities Organizer (RAO) initiates an exciting "Bouncing Ball" game. Residents take turns passing and bouncing the ball, encouraging active participation and enhancing their hand-eye coordination. Catching the ball in the air adds to a delightful challenge, making each session enjoyable and beneficial.



These structured activities are crucial in maintaining an active lifestyle while ensuring that residents remain connected and engaged within our community.

HAPPY NEW YEAR 2025



As we welcome the New Year 2025, the team at AVACS Nursing Home extends warm greetings to all our cherished residents. May this year bring you joy, happiness, and good health. We wish you a year filled with memorable moments and the company of loved ones. Thank you for being a part of our community, and let's embrace all that this new year has to offer together.



The RAO team is currently engaged in a creative project aimed at celebrating the upcoming Lunar New Year at the AVACS nursing home. This involves creating a vibrant theme that reflects the traditions and customs associated with the holiday. The team is focusing on incorporating traditional decorations such as red lanterns, peach blossoms, and a "Blessing, Happiness, and Health" tree, which are symbols of luck and prosperity.



ACTIVITIES ON OFFER FOR UPCOMING MONTH

- Australia Day 26.01.2025
- Luna New Year 2025

THANK YOU

The AVACS team has dedicated tremendous effort to ensure the highest quality of care for some of society's most vulnerable individuals, particularly during the ongoing challenges posed by COVID-19 in Residential Aged Care Facilities. We extend our heartfelt gratitude to our residents and their representatives for their patience, understanding, and unwavering support throughout this trying period.

WE VALUE YOUR FEED BACK

At our facility, we prioritize the delivery of exceptional care and value your insights. Your comments, compliments, and complaints are instrumental in enhancing the services we provide. We encourage you to share your feedback directly with our staff at any time. Additionally, feedback forms are readily available throughout our premises. You can submit these forms by giving them to a staff member, depositing them in our suggestion box, or mailing them back to us. Thank you for helping us improve!

COMMITTEE MEETINGS

Our Resident & Representatives meeting takes place every two months, while the Resident Advisory Committee Meeting occurs on a quarterly basis. Your participation in these meetings is both welcomed and valued. Please stay tuned for an email containing the specific dates for these meetings, which will be sent to committee members and residents' representatives.

**EDITORIAL
BOARD**
AVACS Board of
Directors

ADVISORY
Facility Manager