

Issue #223
APRIL
2026



The Joseph Banks



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Aitken

Funny Bone

Hello, Everyone!

APRIL ARRANGEMENTS

Concert with Cass: *Wednesday 1 April*

Anglican Easter Service: *Wednesday 1 April*

Mad Hatter Morning Tea: *Thursday 2 April*

GOOD FRIDAY: *Friday 3 April*

HOLY SATURDAY: *Saturday 4 April*

EASTER SUNDAY: *Sunday 5 April*

Easter Bunny Visit: *Sunday 5 April*

EASTER MONDAY: *Monday 6 April*

The Banks Morning Tea: *Tuesday 7 April*

Pamper Session: *Wednesday 8 April*

Concert – Glen Levi: *Wednesday 8 April*

Global Quiz: *Thursday 9 April*

Craft – Making Poppies: *Saturday 11 April*

Visit by Zuko : *Sunday 12 April*

Pamper Session: *Wednesday 15 April*

Concert – Dana: *Friday 17 April*

Cooking with Pina: *Sunday 19 April*

Bonus Quiz: *Thursday 23 April*

Big Screen Movie “South Pacific”: *Friday 24 April*

ANZAC Service: *Sunday 26 April*

PUBLIC HOLIDAY: *Monday 27 April*

Armchair Travel: *Tuesday 28 April*

Consumers & Relatives Meeting: *Wednesday 29 April*



And, of course, all the usual activities including art & craft, cooking, knitting group, board games, bingo, physio, exercise & news, pet therapy, Snoezelen, seated yoga, drumming, floor games, board games, Sing-a-long and quiz time.



**Happy
Easter,
Everybody!!**



HERE are THE WINNERS



of the

MARCH QUIZ

J McL, Cherie L & Anita H

Well done, Judith, Cherie & Anita!

Quiz # 203: **WHAT ROOM ARE YOU IN?**

1. Pantry 2. Kitchen 3. Dining Room 4. Bathroom 5. En Suite 6. Study or Office 7. Library 8. Nursery 9. Laundry 10. Gym 11. Home Theatre 12. Sewing Room 13. Music Room 14. Games Room 15. Craft Room 16. Bedroom

Good luck with your Lucky Scratchie, Judith, Cherie and Anita.

Be sure to put in your entries this month, everyone!



To our newest Residents,

**Lynette H,
Dorothy H and
Stanley H**

Welcome



From the Manager

Dear Residents and Families,

I hope this message finds you well. As we progress through April, I want to provide a brief update on some positive changes in our home. We're pleased to share that the air conditioning units are being replaced for improved comfort, balcony rails are being freshly painted for enhanced safety and appearance, and we're hiring new staff for additional domestic help. We've also welcomed our new maintenance staff member, Mark—please extend a warm welcome to him!

On a sadder note, our valued Kitchen Supervisor, Jacob, has resigned as he's pursuing another job opportunity and preparing for his upcoming wedding—congratulations to Jacob and we wish him all the best.

Our staff continue to work diligently to maintain high standards of care, activities and comfort and we truly appreciate your ongoing support and partnership.

Please see the new additions in this newsletter, including important clinical information and updates.

If you have any concerns or suggestions, my door is always open.

Warm regards,
Smita McAlees
Service Manager

Health, Safety and Wellbeing (Clinical News)

Stay hydrated by drinking regularly throughout the day—water and cordial are available at all meals. Prevent falls by always using walking aids and asking for help if you're unsure about your footing. Support your mental wellbeing by joining activities or talking to staff if you're feeling low.

Health Posters on Display: RES survey, Statement of Rights

Gentle Exercise Ideas

- **Seated Leg Marches & Ankle Circles:** Keep joints moving—lift knees alternately and rotate ankles gently (10 reps each).

... / continued on Page 3



From the Manager ... *continued*

- **Gentle Arm Raises:** Reach arms overhead slowly while seated, then lower (8-10 reps).
- **Soft Ball Passing:** Fun small-group game to improve coordination and social connection.

Try these daily for 5-10 minutes—staff available to assist!

Did You Know? (Clinical News)

Advance Care Planning

Did you know you can record your wishes through Advance Care Planning? This important process helps ensure your preferences for future health decisions are respected if you're unable to communicate them yourself. It covers medical treatments, end-of-life care, and personal values. Speak with our Clinical Coordinator to start a free discussion or complete a formal Advance Care Directive.

More info: My Aged Care (myagedcare.gov.au/advance-care-planning) or Healthdirect (healthdirect.gov.au/advance-care-planning).

Guardianship and Powers of Attorney

Did you know guardianship and enduring powers of attorney can assist with decision-making for health, finances, or lifestyle when needed? A guardian makes decisions on your behalf, while a power of attorney appoints someone you trust to act for you. These tools provide peace of mind for you and your family. Our team can connect you with the relevant state authority (e.g., Public Advocate in WA) for free advice.

More info: WA Public Advocate (publicadvocate.wa.gov.au) or Office of the Public Guardian.

Suggestion Box – "You Asked, We Listened"

A resident suggested activity tables for weekend activity. There are now activity tables in each wing with jigsaw puzzles and residents and families are enjoying some quality time together. Thank you for this valuable input!

Share your ideas anonymously via our suggestion box in the foyer—we love hearing from you to keep improving our home.

Recipe Corner: Easy Lemon Cordial Scones

Ingredients (makes 12):

- 3 cups self-raising flour
- 1 cup lemonade (or cordial mix)
- 1 cup thickened cream
- Zest of 1 lemon

Method:

1. Preheat oven to 180°C. Line tray with baking paper.
2. Mix all ingredients into a soft dough.
3. Pat to 2cm thick, cut into rounds.
4. Bake 15-20 mins until golden. Serve with jam & cream.

A taste of home—simple, light, and perfect for afternoon tea!



The Joseph Banks Funny Bone April 2026

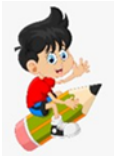


St Davids Day was celebrated at Joseph Banks on the 1st March. Welsh cakes were made for the occasion and by the smiles on the faces of the Residents, they must have tasted pretty good!



Harrisdale primary school visits began again on the 5th of March and will be visiting every two weeks.

Visit from North Harrisdale Primary School Children





JAKE DENNIS



Jake Dennis came on 6th March to entertain at JB. Many Residents could relate to his Motown music which brought back memories of the 1960s.



Residents made CD Sun Catchers for their bedrooms on the 11th March for craft.



Crafts



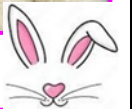
*I taught my dog to play the trumpet on the London Underground.
We went from Barking to Tooting in half an hour.*





The Bunnings Bunny

The Easter Bunny from Bunnings came in early this year with a visit on 11th of March, and gave Residents a gift of the Bunnings bear, one named Brian and the other Bridget ... with hugs galore!





The Statement of Rights

The Statement of Rights clearly identifies your rights when seeking or receiving aged care services. Under the new Aged Care Act, which comes into effect on 1 July 2025, your provider is legally obliged to deliver services in line with these rights.



Autonomy and freedom of choice

I have the right to make my own choices – about my care, relationships, lifestyle and taking risks – with support if I want it.



Equitable access

I have the right to have my needs assessed in a way that works for me including having my cultural background, past trauma or cognitive conditions, such as dementia, respected.



Safe, quality care

I have the right to be treated with dignity and respect by experienced aged care workers who value my identity, culture, spirituality and diversity.



Privacy and confidentiality

I must have my privacy respected and my personal information kept confidential, and be in control of who this information is shared with.



Communication and complaints

I have the right to be informed in a way I understand and to raise concerns without fear of reprisal. My feedback must be dealt with fairly and promptly.



Support and social connections

I can stay connected to important people, pets and culture including independent advocates. As an Aboriginal or Torres Strait Islander I can stay connected to Country and Island Home.



 For free, confidential and independent support call the Aged Care Advocacy Line 1800 700 600





Rights in real life



Autonomy and freedom of choice

Jack's* aged care home has a blanket non-smoking policy. Staff are permitted to smoke at a nearby reserve. Jack felt this was an appropriate alternative for him. Jack's aged care provider initially disagreed, citing health risks and their duty of care. With the support of an aged care advocate, Jack successfully reminded the provider of his right to exercise choice, including when that choice involved personal risk.



Safe, quality care

Eleni* lives with dementia. As the condition has progressed, she has reverted to her first language – Greek. Eleni's daughter and representative (registered supporter under the new Act), Kay*, called OPAN because she felt Eleni's inability to communicate had caused her to become socially isolated and withdrawn. With Eleni and Kay's consent, the advocate arranged a meeting to review Eleni's care plan with support from Dementia Australia. As a result, the aged care home amended their roster to ensure greater consistency in staffing. Greek communication cards were provided to help overcome language barriers. Eleni was also referred to the Aged Care Volunteer Visitors Scheme to enable regular visits from someone from her cultural background.



Respect for privacy and information

When Rosemary first moved to an aged care home, she noticed that questions about her health care (e.g. vaccination permission) and her finances (e.g. monthly statements) were being referred to her family. She reminded management of her right to make decisions about her financial affairs, her right to have her personal information protected, and her right to be provided with information about the aged care services she receives, including the costs of those services. The provider agreed to redirect all of Rosemary's correspondence directly to her.



Support and social connections

Cecily belongs to a tightknit social group that meets regularly for coffee. When Cecily moved into residential aged care, her friends gathered in the home's courtyard or common area for their weekly catch-up. Cecily's daughter, Sue, felt the visits were too tiring for her mother and asked the manager to stop them. The friends approached OPAN for assistance. An advocate visited Cecily at the aged care home after her friends gained Cecily's consent. She was missing her friends, who brought joy, laughter and cake. The advocate supported Cecily to have the visits reinstated.

**Names have been changed for privacy reasons*



Scan the QR code to read the Statement of Rights





The Joseph Banks Funny Bone April 2026



Residents made hats with plaits, for JB's St Patrick's Day events on the 14th of March, again with the help of family members.



... and they proudly wore these hats and wigs to the afternoon event with the Irish dancers on the 17th March.



Irish blessing



As you slide down the banister of life, may the splinters never point in the wrong direction.

@jfbanksrbhg



Never iron a four-leaf clover. You don't want to press your luck!

They say there's only two kinds of people on St Patrick's Day: the Irish and the people that drive them home.



Baking biscuits for St Patrick's Day on the morning of the 17th March.



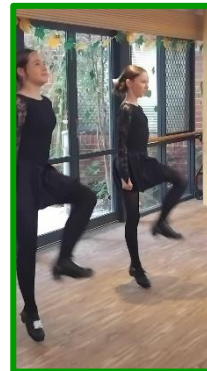
Q: What do you call an Irishman bouncing off the wall?

A: Rick O'Shay



St Patrick's Day Dancers

Irish dancers came along on the 17th and Staff members dressed up for the occasion



**So ... this Irishman walks out of a bar ...
No, seriously! It can happen!!**



Irish Joke

Paddy and Murphy were walking down the road when Paddy noticed a mirror on the road. Paddy picked it up and looked in the mirror.
I know that guy in the mirror he said.
Murphy took the mirror off him and looked into the mirror and said.

Of course you know who it is! It's me you idiot!





The Joseph Banks Funny Bone April 2026



During this art class on the 18th March, the budding JB artists worked on still life paintings of tea pots and a vase.



Vanessa

Vanessa, came on 20th March and sang her mix of English and Italian songs which is always a hit with JB's Italian Residents.



***I rang the council today to ask if I could have a skip outside my house tomorrow.
The guys says, "You can cartwheel round the block for all I care!"***

I've named my dog Ten Miles just so I can tell people I walk ten miles twice a day.



Information session for Residents and Relatives



Do you feel heard, valued and supported?

Learn more about your rights and how Advocare can support you.

Come along to hear about:

- ✓ Access to aged care advocacy assistance
- ✓ Advocare's programs
- ✓ The Statement of Rights explained
- ✓ Information on elder abuse and our helpline

Date:

Time:

Venue:

Advocate:

Aged Care Advocacy Line

 **1800 700 600**

Advocare
Empowering older people in WA



IRISH SING-A-LONG

On 21st March, an Irish sing-a-long was held in Grevillia with the help of family members.



Thank you to all those family members who help out at JB with many of the activities. You are very much appreciated.



COOKING WITH WILMA

Cooking with Wilma and her family on the 29th of April. Burnt butter cookies were on the menu that day – and much enjoyed!





The Joseph Banks Funny Bone April 2026



JB Residents were invited to North Hartsdale Primary School for an Easter Hat Parade on 31st March.

They also had their own hats this year, which they had made during a crafts session at JB. After the parade, they joined in for morning tea before heading home.



Snorelson Therapy enables Residents to enjoy a massage while relaxing with soft music and the smells of lavender



God invented whiskey to keep the Irish from ruling the world!





ZUKO

Once again, the lovely Zuko visited JB. He loves the cheese that the Residents have been giving him.



Irish Joke

Paddy says "Mick, I'm thinking of getting a Labrador."



"Blow that", says Mick. "Have you seen how many of their owners go blind?"

Irish Joke

Paddy goes to court for armed robbery! The jury foreman comes out and announced "Not Guilty!" "That's grand", shouted Paddy! "Does that mean I can keep the money?"



Irish Joke

An American tourist asks an Irishman, "Why do scuba divers always fall backwards off their boots."



The Irishman replies, "They have to fall backwards. If they fell forwards they'd still be in the boat!"





Australian Government
Department of Health, Disability and Ageing

Residents' Experience Survey

Share feedback on the care you receive

The survey gives you a chance to share your experience on the care you receive.

Scheduled survey date

15/04/26

On the day:

1

A small number of residents will be randomly selected to participate in the survey. Your participation is voluntary.



2

If a survey team member invites you, they will **first ask you for your consent** to participate.



3

The survey will take **10 to 30 minutes**.



4

Your **name will not be connected to your responses**. No one at your aged care home or the Australian Government will be informed of your participation.



5

We can arrange an **interpreter or other support** for you. **A family member or friend can be with you.**



Speak with your staff at your aged care home or email the survey team at RES@acna.org.au.

Scan the QR code or visit:



www.health.gov.au/our-work/residents-experience-survey



Happy Birthday!



Celebrating a Birthday in **APRIL** are:

- 4 April: **Doreen B**
- 8 April: **Kathleen M**
- 9 April: **Hera E**
- 10 April: **Maxwell S**
- 16 April: **Judith M**
- 16 April: **Edna W**
- 28 April: **Daphne L**



... AND REMEMBER ...

Like cheese and fine wine ... you keep getting better with age!

Special Days in APRIL

- | | | | |
|----------|-----------------------|----------|----------------------------|
| 1 April | April Fool's Day | 13 April | World Rock 'n' Roll Day |
| 3 April | GOOD FRIDAY | 20 April | Volunteer Appreciation Day |
| 4 April | HOLY SATURDAY | 22 April | Secretary's Day |
| 5 April | EASTER SUNDAY | 23 April | Movie Theatre Day |
| 6 April | EASTER MONDAY | 24 April | Fashion Revolution Day |
| 7 April | World Health Day | 25 April | ANZAC DAY |
| 11 April | World Parkinson's Day | 29 April | World Wish Day |

WORD SEARCH

DOGS ... DOGS ... DOGS ...

B A S E N J I U A P N N A I R T O F E N
 D U H B R C A I B D C H D B F O D M D P
 O S P A A S A H L N R N A U O Y R S L W
 U O C D B E A G L E A S O L X P F I A E
 C B E H F U E W T L S I D L T O F C S S
 I L I I N F D R D E B H N P E O I H E A
 A O L C S A I N T B E R N A R D T O S E
 H O L I H E U T U H I E I O R L S W G W
 C D O R V O H Z S O H E C G I E A C K H
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 A E O R D N U O H R E E D Z B K N G E B
 I C B E A N X I D W R E I T N E U U E U
 N F L B H E P K T M N E U H P P T B A I
 B O N O R P N T A T C C H I N O O K N D
 P D A D E B O N H Y K S U H L E C N I N
 K L A T A R E T N I O P B S [T C W N A

- BASENJI
- BASSETT HOUND
- BEAGLE
- BICHON FRISE
- BLOODHOUND
- BORDER COLLIE
- BOXER
- BULL MASTIFF
- CHIHUAHUA
- CHINOOK
- CHOW CHOW
- CORGI
- DEERHOUND
- DOBERMAN
- FOX TERRIER
- HUSKY
- KELPIE
- LHASA APSO
- MASTIFF
- NEWFOUNDLAND
- PEKINGESE
- POINTER
- POMERANIAN
- PUG
- RETRIEVER
- ROTTWEILER
- SAINT BERNARD
- SCHNAUZER
- SHIH TZU
- TOY POODLE
- WHIPPET
- WOLFHOUND



The older the fiddle ... the sweeter the tune!





Quiz No 204: How Much is that Doggie?

Can you name these **DOG BREEDS** and hand them to Tanya by 24th April to win a prize?



1. A _____ H _____



2. B _____



3. C _____



4. D _____



5. G _____ S _____



6. G _____ D _____



7. G _____



8. I _____ S _____



9. J _____ R _____



10. C _____ S _____



11. L _____



12. M _____



13. P _____



14. D _____



15. S _____ T _____



16. B _____ H _____

Good Luck!!

Name..... Room number.....



Q: Why don't blind people skydive?

A: It scares the hell out of the dog.



Some days you're the dog, some days you're the lamp post.



Finnegan, drunk as usual, walks into the church confessional. The priest waits and waits for Finnegan to say something. Finally, the priest pounds on the wall of the confessional.

"Ain't no use in knocking!" Finnegan yells back. "There's no paper on this side, either?"

