

Issue  
#225  
JUNE  
2026



The Joseph Banks



EDITOR:  
Julie  
Aitken

# Funny Bone

*Hello, Everyone!*

## JUNE JOLLIES

**Morning Tera at The Banks:** Tuesday 2 June

**Concert with Mario:** Tuesday 2 June

**Harrisdale Primary School Visit:** Thursday 4 June

**Global Quiz:** Friday 5 June

**Pamper Session:** Wednesday 10 June

**Catholic Mass:** Wednesday 10 June

**Harrisdale Primary School Choir:** Thursday 11 June

**Concert Glen Levi:** Friday 12 June

**Visit from Zuko:** Sunday 14 June

**Anglican Church Service:** Wednesday 17 June

**Movie on the BIG Screen:** Friday 19 June

**Bus Outing:** Tuesday 23 June

**Armchair Travel:** Tuesday 23 June

**Consumers & Relatives Meeting:** Wednesday 24 June

**Concert with Vanessa:** Friday 26 June

**Bonus Global Quiz:** Tuesday 30 June

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.

Dear  
Mother Nature,  
get back  
on your meds,  
pop open a  
bottle of wine,  
and start  
thinking warm,  
happy  
thoughts....





# The Joseph Banks Funny Bone June 2026



HERE IS THE WINNER

of the


MAY QUIZ

**Cherie E**

*Well done, Cherie!*



Quiz # 205: **Mmmmm's the Word!**

1. Match 2. Monk 3. Monster 
4. Mouse 5. Muffin 6. Magazine 7. Monkey
8. Mailbox 9. Mountain 10. Moon
11. Mask 12. Map 13. Man 14. Microscope
15. Mirror 16. Mat

Good luck with your Lucky Scratchie, Cherie.  
Be sure to put in your entries this month,  
everyone!

To our newest  
Residents,

*Sue McW and  
Geoffrey C*

**Welcome**



*A garage sale is actually a Garbage sale  
but the "b" is silent.*

*Living on earth may be expensive, but it includes  
an annual free trip around the sun.*

*Gale*



**John M**

*Who passed away  
Thursday 7th May 2026,  
Aged 92 years*



*Deepest sympathy to John's  
family and friends*



HOST: Glasgow, Scotland  
 NATIONS: 74 Commonwealth Games Associations  
 ATHLETES: 3000 expected  
 EVENTS: 215 in 11 sports  
 OPENING: 23 July 2026  
 CLOSING: 2 August 2026  
 MAIN VENUE: The Hydro (Opening Ceremony)  
 WEBSITE: Glasgow2026.com

*A Mormon was seated next to an Irishman on a flight from London to the US.*

*After the plane was airborne, drink orders were taken. The Irishman asked for a whiskey, which was promptly brought and placed before him.*

*The flight attendant then asked the Mormon if he would like a drink. He replied in disgust, "I'd rather be savagely raped by a dozen whores than let liquor touch my lips."*

*The Irishman then handed his drink back to the attendant and said, "Me, too, I didn't know we had a choice."*



## From the Manager

Dear Residents and Families,

I would like to take this opportunity to acknowledge and thank Marino for his dedication, support, and hard work during his time with us. We recently farewelled Marino and wish him all the very best in his future endeavours. He will be greatly missed by both staff and residents.

I would also like to remind everyone that COVID-19 and flu vaccinations are strongly encouraged for both staff and residents to help keep our community safe and healthy, especially during the colder months. Please ensure you stay up to date with your vaccinations and speak with management if you require any assistance or information regarding vaccine appointments.

### Clinical Corner – Staying Well This Winter

As we move into the colder season, it is important to focus on staying healthy and active. Older adults are more vulnerable to respiratory illnesses such as influenza, COVID-19, and pneumonia during winter months. Simple steps such as regular hand hygiene, staying hydrated, eating nutritious meals, and keeping physically active can make a big difference to overall wellbeing.

Did you know that even light daily exercise, such as walking, stretching, or chair-based activities, can help improve circulation, maintain muscle strength, and support mental health? Our lifestyle and clinical teams continue to support residents with activities that promote both physical and emotional wellbeing.

We also encourage families and visitors to avoid visiting if they are unwell, helping us protect our residents and staff.

Thank you for working together with us to maintain a safe and healthy environment for everyone.

Warm regards,

**Smita McAlees**  
**Service Manager**

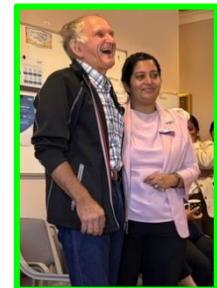
June 2026

## Farewell to Marino

After 12 years of dedicated service, Marino is now retiring from his role. Throughout his time with us, he has been a hardworking, friendly, and reliable team member who always went above and beyond in his duties.

He cared for the facility as though it were his own and took great pride in his work every day. His commitment, positive attitude, and willingness to support both residents and colleagues have left a lasting impact on everyone who had the pleasure of working with him.

We sincerely thank him for his many years of dedication and wish him a long, happy, and well-deserved retirement.



*ED: More photos of the Farewell to Marino appear further into this issue.*

## Welcome to Mark



I would like to introduce myself as the new Maintenance Officer for JB, taking over from Marino. I have some very big shoes to fill, and I am looking forward to continuing the great work that has been done here.

I enjoy my role and especially value the opportunity to interact with both our residents and staff.

Before joining JB, I worked at Aegis Amherst in Canning Vale for 1.5 years. I started at JB on 20 February 2026 and have been working in maintenance roles since 2013. Prior to that, I gained experience in a variety of different roles, which have helped me develop a broad range of skills and knowledge.

I look forward to getting to know everyone and working together.



## Seaside Singers

On 4th May, the Seaside Singers came to JB and delighted the Residents with the old-time songs.



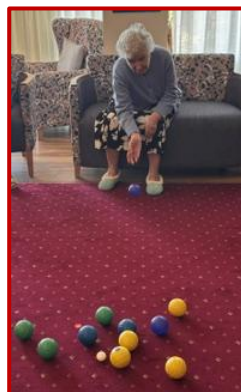
## RESIDENTS VOLUNTEERING

Residents often volunteer to help around the JB facility, which is not only appreciated but gives the Residents a strong feeling of achievement, belonging and the satisfaction of contributing. Here we see one Resident helping to fold the washing.



## BOCCE

On Tuesday 5th May, a game of Bocce was held in the Darwinia wing.



## Facials

Facials were popular, as always, on Tuesday 5th May at Joseph Banks.



*I used to be in a band, we were called 'Lost Dog'. You probably saw our posters.*

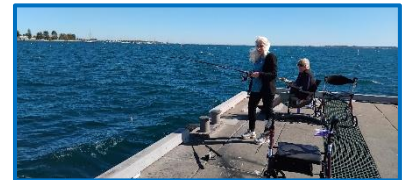
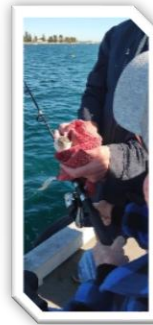




# The Joseph Banks Funny Bone June 2026



On Friday the 8th May, a group of Residents went fishing on Val street jetty, Rockingham, sponsored by Fishability. Two family members came to join their dad in fishing. The high winds off the jetty made it difficult to fish but Residents still gave it a good crack. And a few blow fish were caught and thrown back. One family member lost his hat and went fishing for it by jumping in! Afterwards, everyone had KFC for lunch. It was cold ... but a very pleasant outing.



The founder of Fishability, the late Nev Thomas, had a dream that all Western Australians, no matter what their ability, should have the opportunity to enjoy the simple pleasures of fishing. The group provides accessible fishing opportunities for children and adults who require support to experience the joy of fishing. Programs are run by trained and experienced volunteers and include the use of accessible fishing gear such as purpose-built motorised rods, reels and fishing holders.



## Morning Tea for Marino

Here are some photos taken at the morning tea which was held to farewell Marino.



*I saw a guy on his motorcycle and the back of his shirt said, "If you can read this the b\*tch fell off."*



# The Joseph Banks Funny Bone June 2026



## Mother's Day Wine & Cheese

On Friday the 8th May, Cheese and wine was served for all JB's wonderful Mothers .



## Mother's Day

This year, all the JB mothers were given a rose and a bar of chocolate from JB.

There was also a visit from the Kittens on Mother's Day. These little furry delights are always a hit with Residents.



... And here are the yummy results of the Mother's Day Cupcake decorations.





Australian Government  
Aged Care Quality and Safety Commission

## Aged Care Code of Conduct

Quick guide for older people



The Aged Care Code of Conduct describes how **registered providers and the people delivering your care must behave and treat you**. It includes the 8 requirements below.



**Respect your rights** to express yourself and make your own decisions about how you want to live



**Act with integrity,** honesty and transparency



**Treat you with dignity and respect** and value your diversity



**Take action promptly** about matters that may impact on the safety and quality of your care



**Respect your privacy**



**Deliver care free from all forms of violence and abuse,** including discrimination, exploitation, neglect and sexual misconduct



**Deliver** funded aged care services in a **safe, competent manner, with care and skill**



**Prevent and respond** to all forms of violence and abuse, including discrimination, exploitation, neglect and sexual misconduct

If you or someone you know has a concern or complaint with your service, contact:

**Older Person Advocacy Network (OPAN)**

**Phone** 1800 700 600

**Aged Care Quality and Safety Commission**

**Phone** 1800 951 822 **Web** [agedcarequality.gov.au](http://agedcarequality.gov.au)

**Write** Aged Care Quality and Safety Commission  
GPO Box 9819, in your capital city



October 2025

ACR-COC-013

Aged care  
**reforms**



# The Joseph Banks Funny Bone June 2026



Egg and Bacon Pie chefs were aplenty on the 12th May at JB.



A small painting group gathered on 13th May to enjoy some painting.



Then, on 20th May, the Art Group were given Pelicans as the theme of their work.



## PAUL ROBINSON

Residents enjoyed a concert with Paul Robinson on 13th May.



*A guy is sitting at home when he hears a knock at the door. He opens the door and sees a snail on the porch. He picks up the snail and throws it as far as he can. A year later, there's another knock at the door. He opens it and sees the same snail. The snail says, "What was that all about?"*





# How to Handrub?

**RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED**

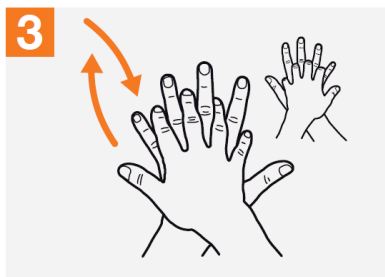
 **Duration of the entire procedure: 20-30 seconds**



1a Apply a palmful of the product in a cupped hand, covering all surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



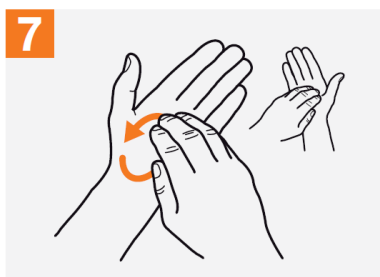
4 Palm to palm with fingers interlaced;



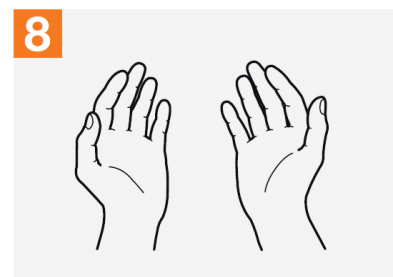
5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Once dry, your hands are safe.



**World Health Organization**

**Patient Safety**

A World Alliance for Safer Health Care

**SAVE LIVES**  
Clean Your Hands

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WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.

May 2009



# The Joseph Banks Funny Bone June 2026



## JB RAFFLE

Here is the next JB Raffle.

Lyn, a Resident at JB, knitted the Baby's Blanket which is part of the Raffle.

Make sure to pick up a bundle of tickets to win this cuddly bear - which would make a fabulous gift for the grandies! - and Lyn's gorgeous rug.

Tickets are 1 for \$1 or 3 for \$2.



**Thank you** to  which has kindly donated these garden beds and soil for use by the JB Residents.



## Table Games



## Farewell Talk



JB Residents, family members and Carers were invited to a one-hour session on Making Your Farewell arrangements on Wednesday 27 May, starting at 10.15am. The session was conducted by Julie Carlton, an experienced hills-based Funeral, Memorial and Celebration of Life celebrant.

If there is anyone who is interested in further information about this very important aspect of life, let Tanya know on [treeves@jb.retireeswa.org.au](mailto:treeves@jb.retireeswa.org.au).



## Call the Aged Care Advocacy Line

1800 700 600 | [opan.org.au](http://opan.org.au)



Our professional advocates help you to work through any issues you may be experiencing with your aged care.

For more information scan the QR code or visit: [opan.org.au](http://opan.org.au)



### Support

Free, independent and confidential advocacy support with aged care issues.



### Information

Information about your rights and the aged care options that are available for you.

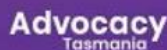


### Education

Free education sessions and e-Learning for you and community groups, online or in person.

No.04

OPAN member organisations by state or territory



OPAN is funded by the Department of Health, Disability and Ageing through the National Aged Care Advocacy Program (NACAP).



## Visit from North Harrisdale Primary School Children

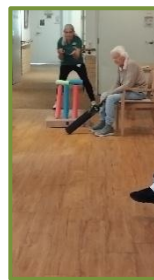


It was on Thursday, 14th May, that the children from North Harrisdale Primary School came once again to visit the Residents at JB ... and by the look of things, it was, yet again, a great deal of fun for all.



### ARMCHAIR CRICKET

Residents enjoyed a game of Armchair Cricket on Tuesday 26th May. Lots of laughs echoed around the 'oval' from everyone, especially Kat, of the JB Lifestyle team, as she watched the cricket ball fly across the room!



### Jewellery making took place at JB on Friday 29th May.





# The Joseph Banks Funny Bone June 2026



## Happy Birthday!



Celebrating a Birthday in **JUNE** are:

- |                            |                           |
|----------------------------|---------------------------|
| 1 June: <b>Robert S</b>    | 17 June: <b>Doris B</b>   |
| 2 June: <b>Thelma McD</b>  | 20 June: <b>Henrica S</b> |
| 6 June: <b>Margarete K</b> | 21 June: <b>Mark S</b>    |



### ... AND REMEMBER ...

Doing things that you are not supposed to do makes your vision, hearing and alertness considerably better.

## Special Days in JUNE

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 1 June WA Day                      | 10 June Action Anxiety Day        |
| 4 June National Cheese Day         | 16 June National Vegemite Day     |
| 4 June National Stroke Week starts | 18 June International Sushi Day   |
| 6 June Anniversary of D-Day        | 21 June Winter Solstice           |
| 8 June Carer's Week starts         | 23 June International Widows' Day |
| 9 June Diabetes Awareness Day      | 29 June Wimbledon Tennis opens    |

### WORD SEARCH

### HOME INVENTIONS

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

- |              |              |
|--------------|--------------|
| AIR FRYER    | GAS OVEN     |
| BICYCLE      | GRATER       |
| BIRO         | LIGHTS       |
| BLENDER      | MICROWAVE    |
| BREADMAKER   | MIXMASTER    |
| CALCULATOR   | MOBILE PHONE |
| CAR          | PACEMAKER    |
| CLING WRAP   | PUMP         |
| COMPUTER     | RICE COOKER  |
| COOKTOP      | SCISSORS     |
| CREDIT CARD  | SCREWDRIVER  |
| DISHWASHER   | TOOLS        |
| DRYER        | TV           |
| ELECTRIC FAN | TWEEZERS     |
| ELEVATOR     | VIDEO TAPE   |
| FREEZER      | WAFFLE IRON  |
| FRIDGE       |              |



The Wi-Fi went down during family dinner tonight. One kid started talking and I didn't know who he was.





## Quiz No 206: Kitchen & Home Inventions

Can you name these kitchen inventions and hand them to Tanya by 25th June to win a prize?



1. T \_ \_ \_ \_



2. L \_ \_ M \_ \_



3. H \_ \_ D \_ \_



4. O \_ \_ \_



5. C \_ \_ \_ \_



6. C \_ \_ \_ \_



7. T \_ \_ \_ \_



8. V \_ \_ \_ C \_ \_



9. S \_ \_ M \_ \_



10. R \_ \_ \_ \_



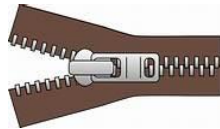
11. S \_ \_ \_ \_



12. I \_ \_ \_ \_



13. H \_ \_ \_ \_



14. Z \_ \_ \_ \_



15. F \_ \_ \_ \_



16. S \_ \_ \_ \_

### Good Luck!!

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



"You sound reasonable. It must be time to up my medication."



A teenager brings her new boyfriend home to meet her parents.  
They're appalled by his haircut, his tattoos, his piercings.  
Later, the girl's mom says, "Dear, he doesn't seem to be a very nice boy."  
"Oh, Mum, plee-ease!!" says the exasperated daughter.  
"If he wasn't nice, would he be doing 500 hours of community service?"

