

**Issue
#226
JULY
2026**



The Joseph Banks



**EDITOR:
Julie
Aitken**

Funny Bone

Hello, Everyone!

JULY JAUNTS

Concert – Tim Baptist: *Wednesday 1 July*
Harrisdale Primary School Choir: *Thursday 2 July*
Pamper Session: *Wednesday 8 July*
Catholic Mass: *Wednesday 8 July*
Global Quiz: *Thursday 9 July*
Movie on the Big Screen: *Friday 10 July*
Pamper Session: *Wednesday 15 July*
Anglican Church Service: *Wednesday 15 July*
National Pyjama Day: *Friday 24 July*
Men’s Group: *Friday 24 July*
Ladies’ Group: *Friday 24 July*
Bus Outing: *Tuesday 28 July*
Armchair Travel: *Tuesday 28 July*
Consumers & Relatives Meeting: *Wednesday 29 July*
Concert with Paul Robinson: *Friday 30 July*

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.





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HERE ARE THE WINNERS



of the
JUNE QUIZ



Cherie E & Geoff L

Well done, Cherie & Geoff!

Quiz # 206: **Kitchen & Home Inventions**

1. Toaster 2. Lawn Mower 3. Hair Dryer
4. Oven 5. Camera 6. Clock 7. Toilet
8. Vacuum Cleaner 9. Sewing Machine
10. Radio 11. Scissors 12. Iron 13. Heater
14. Zipper 15. Foil 16. Scales

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



To our newest Residents,

Ernst and

Margarete K and

Geoffrey L



*If I had to box a professional athlete,
I would choose a soccer player.*

*America believes in education. The average professor
earns more money in a year than a professional athlete
earns in a whole day.*

Gale



Judith McL

*Who passed away
Friday 24th June 2026,
Aged 93 years*



*Deepest sympathy to Judith's
family and friends*

Mothers never really die,
they just keep house up in the sky.
They polish the sun by day and light the stars that shine at night,
keep the moonbeams silvery bright and in the heavenly home above they wait to welcome those they love.

*Today the Liverpool team visited an orphanage in Liverpool.
"It's heartbreaking to see their sad little faces with no hope,"
said Jimmy age 6.*

I went bobsleighbing last night. Killed 15 people called Bob!

*I went to lunch with a champion chess player yesterday.
It took him 8 minutes to pass me the salt ...*



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From the Manager

Dear Residents and Families,

I would like to take this opportunity to provide you with an update on recent developments within our home and to thank you for your ongoing support and understanding. We are pleased to advise that several improvement projects are currently underway to enhance the comfort, safety, and wellbeing of our residents.

- **New carpet installation** will be shortly commenced in the facility, creating a warmer and more comfortable environment for residents and visitors.
- **New air conditioning units** are being installed in the facility to improve temperature control and comfort throughout the year.
- We have also recently upgraded to a **new call bell system**, which will improve communication between residents and staff and support more timely responses to resident needs. The work is ongoing.

While these upgrades are important investments in our home, we acknowledge that the installation process has caused some temporary disruptions. We apologise for any inconvenience experienced, particularly during the recent interruptions to the phone and call bell systems. We appreciate your patience and understanding while these essential works were completed.

Our hospitality team has recently launched the **new Winter Menu**, featuring a variety of seasonal meals, comforting favourites, and nutritious options designed to meet residents' preferences and dietary requirements. We hope residents are enjoying the new selections, and we welcome any feedback.

As many of you are aware, the facility recently experienced a COVID-19 outbreak. Thanks to the prompt actions of our staff, infection prevention and control measures were implemented quickly and effectively. I would like to acknowledge the dedication and professionalism of our team, who worked tirelessly to contain the outbreak and minimise its impact. Through early identification, isolation procedures, enhanced cleaning practices

and close monitoring, we were able to prevent serious illness and support positive outcomes for those affected.

We also thank residents and families for their cooperation during this period. Your support played an important role in helping us protect the health and wellbeing of everyone in our community. As always, our focus remains on providing a safe, comfortable, and welcoming home for all residents. We appreciate your continued trust and support as we continue to make improvements and deliver high-quality care and services. Should you have any questions or feedback please do not hesitate to speak with a member of the team.

Warm regards,

Smita McAlees
Service Manager
July 2026

OK. So "Naked Running" apparently means: no music, no watch, no GPS, no electronics ...
Would have been nice to have known that an hour ago!

Bastille Day Dinner 2026 Celebrate the French National Day with Alliance Française!

Alliance Française de Perth is organising the annual Bastille Day celebration.

Enjoy a complimentary glass of sparkling wine on arrival before indulging in a traditional French dinner.

And then ... catch up on the dance floor!

**Saturday 18 July, 6pm-11.30pm at
Claremont Yacht Club
4 Victoria Ave, Claremont WA 6010
\$105 AF Members | \$120 General
Admission - This event is for +18.**

*Went to the doctor and he told me I needed a pacemaker.
So now I've got this annoying Kenyan athlete two yards in
front of me everywhere I go!*



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The goal is simple:
the right medicine,
at the right dose for
the right person.



GET IN TOUCH



OFFICE

101 Norma Road,
Myaree WA 6154



YOU AND YOUR MEDICINES.

What Is Polypharmacy?

OPTIMAL 
MEDICATION SOLUTIONS



What Is Polypharmacy?

- + “Poly” means *many* and “pharmacy” means medicines.
 - + It simply means **taking five or more regular medicines.**
 - + Many residents take more than that — and that’s okay if **they’re all needed and helping.**
- “The goal isn’t to count medicines — it’s to make sure each one is still the right one for you.”

Why We Have So Many Pills?

- + As we get older, we often develop more than one health condition.
 - + Each condition might need its own treatment.
 - + Different doctors or hospitals may add medicines over time.
- “Sometimes, medicines that were once needed may no longer be necessary.”

When Too Many Medicines Can Cause Problems.

- + Make you feel **tired, dizzy, or confused.**
 - + Cause **falls or constipation.**
 - + Affect **your appetite or sleep.**
 - + Make it hard to remember when to take what.
- “If you ever feel ‘not quite right,’ don’t stop your medicines on your own — talk to the nurse, your doctor, or pharmacist.”

How We Look After Your Medicines.

- + **Nurses** check your medicines every day.
 - + **Doctors** review them regularly.
 - + **Pharmacists** look for ways to make them safer, simpler, and more effective.
- “We might suggest changing doses, switching to safer options, or even stopping a medicine that’s no longer needed — but only after discussing it carefully with you and your doctor.”

How You Can Help.

You can play an important part in keeping your medicines safe:

- + **Ask questions:** “What is this medicine for?” “Do I still need it?”
 - + **Tell staff** if you feel unwell, dizzy, or forgetful.
 - + **Let us know** if you’re having trouble swallowing, remembering, or opening packets.
 - + **Bring your medication list** when you go to hospital or appointments.
 - + **Be open** about what you take — even vitamins or herbal medicines.
- “You know your body best — if something doesn’t feel right, speak up.”

What Is a Medicine Review?

A medicine review is when the pharmacist and your doctor go through all your medicines with you.

We check:

- + If each medicine is still needed.
- + If there are any side effects.
- + If doses are right for you.
- + If there’s anything we can simplify.

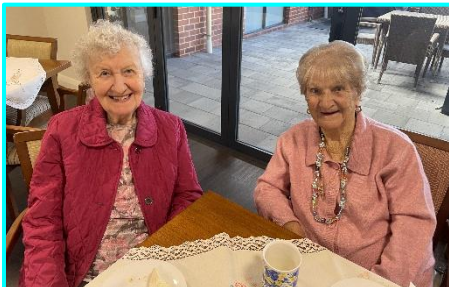
Key Takeaways.

- + Taking many medicines is common — and often necessary.
- + Always ask questions and tell us how you feel.
- + The best medicine plan is one that suits *you* and helps you feel your best.
- + We’re here to support you every step of the way.



The Banks

Residents enjoyed another wonderful morning tea at the Banks on Tuesday 2 June, amid the very warm hospitality of the residents of The Banks.



Dice Bingo

With COVID in the facility for two weeks, scheduled activities were disrupted and/or cancelled.

Not to be outdone, Residents gathered in small groups in their wings for social interaction. In this case, it was Dice Bingo, where the Resident is required to roll the correct number on the dice in order to complete their card.



*I used to go out with a girl called Lyndsey Doyle.
She smelled like a cricket bat.*





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COVID ACTIVITIES

In Banksia, a small group had a social morning with coffee and cake.



ROBOT CAT: MUFFINS

The family of Shirley Fyfe has kindly donated a robotic cat as a thank-you to the JB team for the love, care, and support shown to their mother during her time in our care.

Shirley had a beloved cat named Muffins, and in her memory, the robotic cat has been named "Muffin" after her cherished companion.



HAPPY HOUR

One of JB's lifestyle students, Glenis, played her ukulele and sang some old time songs during Happy Hour on 5th June.



*A shark can swim faster than me ... but I can run faster than a shark.
So, in a triathlon, it would all come down to who is the better cyclist.*





Dementia. What next?

A diagnosis of dementia can leave you feeling lost. But have hope...

Forward with Dementia paves the way with information, tools, strategies and advice to help you move forward and live positively with dementia.

forwardwithdementia.org/au



Forward
with dementia ●●●
A guide to living with dementia



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CHAIR YOGA

Chair yoga was held on Thursday the 18th June but once again, due to COVID restrictions, the activity was confined to the Residents in that wing.



This is the winner of JB's latest raffle. Congratulation Brid! And thanks to Lyn, a Resident at JB, who knitted the Baby's Blanket which formed part of the Raffle.

Advocare Empowering older people in WA

The peak body for seniors in Western Australia, Advocare

visited Joseph Banks

on 24th June. Advocare offers support to older adults, their families and representatives to navigate and resolve issues with aged care services.



*My wife asked me if I could clear the kitchen table ...
I had to get a running start but I made it!*



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Residents went on a bus outing on the 23rd of June to The Local in Cockburn for lunch. They traveled in style in the new Retirees bus.



VANESSA

On Friday 26th June, Vanessa came to entertain at JB.



Keep an Eye Out for the Opening Ceremony of the Commonwealth Games

A total of 74 nations and territories participate in the Commonwealth Games, despite the Commonwealth of Nations having 56 member states. This higher number occurs because dependent territories (such as Gibraltar and the Cayman Islands), the Australian external territory of Norfolk Island, and the four Home Nations of the United Kingdom (England, Scotland, Wales, and Northern Ireland) all send separate teams.

Finnie, the Unicorn, is the mascot of the 2026 Commonwealth Games

The Commonwealth Games 2026 in Glasgow, Scotland, starts on 23 July and ends on 2 August.





Easy Home Modifications TO PREVENT FALLS

Install Handrails

along indoor and outdoor staircases, hallways, and anywhere you feel you need a little extra support.



Use nonslip mats and treads

to help improve traction on bathroom floors, shower, bathtub, outside decks, and outside steps.

Falls are the leading cause of injuries among older adults, sending more than two million people to the emergency department each year.



Improve lighting.

Make sure you have adequate lighting in hallways, stairways, and outdoor walkways, and areas in which you're likely to walk in the middle of the night.



Install grab bars

near showers, bathtubs, and toilets. Avoid grab bars that "stick on" to shower tiles with suction, which are less reliable than metal grab bars attached to wall studs.

Many of the fall hazards are right in our own homes, and a few inexpensive changes could **lower your fall-risk.**



Inexpensive fixes.

Remove all floor clutter. Rearrange furniture so that it works well with the flow of traffic. Use double-sided tape to secure the edges of area rugs to the floor, and remove small throw rugs.



Repair steps and flooring.

Repair crumbling outdoor steps, loose wall-to-wall carpeting, and uneven floorboards. Call a handyman to repair stairs or floorboards, or a carpet store to come and tighten wall-to-wall carpeting.



For other strategies and tips to avoid falls, check out **"Preventing Falls,"** the online guide from Harvard Medical School.

www.health.harvard.edu/fall

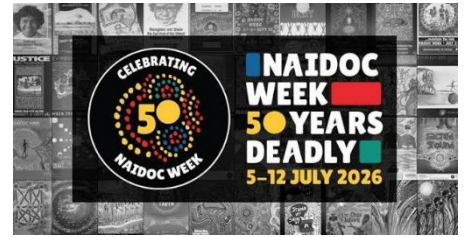


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NAIDOC WEEK

National NAIDOC Week 2026 runs from 5-12 July 2026. This year's official theme is "50 Years of Deadly," which celebrates a half-century of the NAIDOC movement and honors the Elders, activists, and communities who have shaped Indigenous voices and resilience.



White people and all non-Indigenous Australians are strongly encouraged to participate in and celebrate NAIDOC Week. The week is designed as an inclusive time for everyone to come together to learn about, connect with, and celebrate the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples.

While involvement is welcome, the focus of the week should remain on First Nations peoples. Participation is most meaningful when it involves listening, reflecting, and educating oneself.



JB's new Robotcat, Muffins, has already gained an admirer, as can be seen here with Doreen enjoying the new Resident.



WOT'S ON?

For those Residents who are interested in sports, there's lots to see on the TV at the moment. **Wimbledon Tennis Tournament** started 22 June and continues until Sunday, 12 July.

At the same time, the **Tour de France** began Saturday 4 July and will show some incredible scenery of the French countryside and heritage castles and cathedrals until Sunday 26 July.

Then it's the **Commonwealth Games** from Thursday 23 July right through to Sunday 2 August.

And, no! It doesn't mean you can stay up all night watching TV!! Beauty sleep is important!





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DO YOU THINK THERE'S MORE TRAFFIC ON THE ROADS THESE DAYS?

Well, you're not wrong!!

Western Australia is adding an average of **150 to 200 net new residents every single day!**



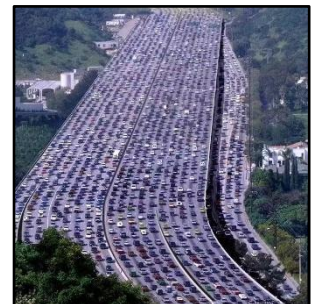
□ Annually, this equates to a net population increase of roughly **65,000 to 81,000 people.**

□ This growth is driven overwhelmingly by overseas migrants and a smaller, positive rate of interstate migration from states like New South Wales and Victoria.

Western Australia's population reached **3,076,528** in the December 2025 quarter, growing at an annual rate of 2.2%. Around 80% of the state's residents live in the Greater Perth metropolitan area, which holds **about 2.45 million people.** Since the previous year, the **population** has grown by 2.22%. The next state to that was Victoria with a 1.7% increase.

But, thankfully, we're a lot better off than they were in the US six years ago when the following was penned:

The population of this country is 327 million.
 76 million are retired.
 That leaves 251 million to do the work.
 There are 48 million people who are permanently disabled.
 Which leaves 203 million to do the work
 There are 74 million children younger than 6
 Which leaves 129 million to do the work
 There are 95.2 million children and young adults in school.
 Which leaves 33.8 million to do the work.
 At any given time, there are roughly 4 million people on vacation
 Which leaves 29.8 million to do the work
 Of this there are 15 million employed by the federal government, not including the military.
 Leaving 14.8 million to do the work.
 2.8 million are in the armed forces preoccupied with North Korea and the Middle East.
 Which leaves 12 million to do the work.
 Take from that total the 10.8 million people who work for state and city Governments.
 And that leaves 1.2 million to do the work.
 At any given time there are 188,000 people in hospitals.
 Leaving 1,012,000 to do the work.
 Now, there are 1,011,998 people in prisons.
 That leaves just two people to do the work.
 You and me.
 And there you are,
 Sitting on your ass,
 At your computer, reading jokes.
 Nice. Real nice.



*Three Irishmen were driving to the park. As they got closer, they saw a sign that said, "Park Left."
"Too bad," they said, and turned around to go back home.*



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Happy Birthday!



Celebrating a Birthday in **JULY** are:



6 July: **Pamela L**
 8 July: **Anita H**
 10 July: **Janice W**
 13 July: **Roy P**
 13 July: **Noreen C**

15 July: **Philip C**
 18 July: **Pamela J**
 20 July: **Wilma C**
 25 July: **Mary I**
 27 July: **Susan McW**



... **AND REMEMBER** ...
 Because you were born, we get to eat cake today!!



Special Days in JULY

- | | | | |
|---------|--------------------------------|---------|------------------------|
| 1 July | International Chicken Wing Day | 14 July | Bastille Day |
| 5 July | Start of NAIDOC WEEK | 15 July | National Hot Dog Day |
| 7 July | World Chocolate Day | 21 July | National Lamington Day |
| 9 July | International Fashion Day | 23 July | Gorgeous Grandma Day |
| 11 July | World Population Day | 26 July | National Parents' Day |

WORD SEARCH

Some Commonwealth Games Countries

NMRNDGOSRGHANATS IKAPIA
 NEWZEALANDNALTOCSWDMLD
 EOAU IITKAAMNEJITAEAMF
 NANSTLIGUFTAKNALIRSLNG
 KCDUAAEROAIWAIGMDMIEEB
 NIARBRUEZSVSTPRLACZASS
 FNBPIITLNYOHTOSELAIBMAZ
 AISYRSBAATTONNTNLNCIMT
 GMJCIULDAVABGAAEADDAOL
 AONIKANAMIBIADBSI IAGAM
 ADAUMA AUGANDA KENYA OIAI

- | | |
|-------------|-------------|
| AUSTRALIA | MALAYSIA |
| BOTSWANA | MALTA |
| BELIZE | NAURU |
| CANADA | NAMIBIA |
| CYPRUS | NEW ZEALAND |
| DOMINICA | PAKISTAN |
| ENGLAND | RWANDA |
| FIJI | SCOTLAND |
| GIBRALTAR | SAMOA |
| GRENADA | SRI LANKA |
| GHANA | TONGA |
| ISLE OF MAN | TOGO |
| INDIA | UGANDA |
| JAMAICA | VANUATU |
| KENYA | WALES |
| KIRIBATI | ZAMBIA |
| LESOTHO | |



You can run every day for a thousand days and still not be called an athlete.
 You can cook a thousand meals and not be called a chef.
 But as soon as you kill ONE PERSON ...





Quiz No 207: COMMONWEALTH GAMES EVENTS

Can you name these sports and hand them to Tanya by 25th July to win a prize?



1. N _ _ _ _



2. J _ _ _



3. D _ _ _ _



4. P _ _ V _ _ _



5. C _ _ _ _



6. B _ _ _ _



7. S _ _ _ _



8. L _ _ B _ _ _



9. W _ _ _ L _ _ _



10. J _ _ _ _



11. G _ _ _ _



12. S _ _ _ _



13. H _ _ _ _



14. S _ _ P _ _ _



15. B _ _ _ _



16. L _ _ J _ _ _

Good Luck!!

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



The average paid athlete weighs more than the average felon. Which means, as you would expect, the pros outweigh the cons.



There's so much debate about whether to allow Russian athletes to compete internationally. Whatever else happens, I hope they let Russians compete in the Paralympics. With the way the war's going, they'll have a heck of a team.

