

**Issue
#227
AUGUST
2026**



The Joseph Banks



**EDITOR:
Julie
Aitken**

Funny Bone

Hello, Everyone!

Gusty August Goings On

Morning Tea at The Banks: *Tuesday 4 August*

Bus Outing: *Thursday 6 August*

North Harrisdale School Visit: *Thursday 6 August*

Pamper Session: *Thursday 6 August*

Global Quiz: *Friday 7 August*

Visit from Zuko: *Sunday 9 August*

Catholic Mass: *Wednesday 12 August*

Concert with Paul Robertson: *Wednesday 12 August*

North Harrisdale Prefects visit: *Thursday 13 August*

Pamper Session: *Wednesday 19 August*

Daffodil Day: *Thursday 20 August*

Movie on the BIG Screen: *Friday 21 August*

Visit from Zuko: *Sunday 23 August*

Bus Outing – Scenic Drive: *Tuesday 25 August*

Pamper Session: *Wednesday 26 August*

Consumers & Relatives Meeting: *Wednesday 26 August*

Concert with Jay Western: *Thursday 27 August*

Men's Group: *Friday 28 August*

Ladies' Group: *Friday 28 August*

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 Birthday to all
Horses in the Southern
Hemisphere!
1st August**



HERE IS THE WINNER



of the
JULY QUIZ

NORMA L



Well done, Norma!



Quiz # 207: COMMONWEALTH GAMES EVENTS

1. Netball
2. Judo
3. Discus
4. Pole Vault
5. Cycling
6. Boxing
7. Swimming
8. Lawn Bowls
9. Weightlifting
10. Javelin
11. Gymnastics
12. Sprints
13. Hurdles
14. Shot Put
15. Basketball
16. Long Jump

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

*To our newest
Residents,*

*John A, Farangis N,
Glenise C, Royce S
and Shirley B*

Welcome



A kid asks his dad how people were born. Dad says,
"Adam and Eve made babies."
The kid asks mum, who says,
"We evolved from monkeys."
The kid runs back to dad: "You lied!" Dad sighs.
"No, she was talking about her side of the family."

Gale



Charles S

*Who passed away
Wednesday 1 July 2026,
Aged 91 years*

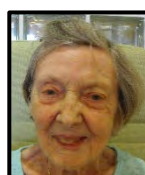


Jeanne (Jenny) V

*Who passed away
Saturday 11 July 2026,
Aged 95 years*



and



Betty N

*Who passed away
Monday 13 July 2026,
Aged 99 years*

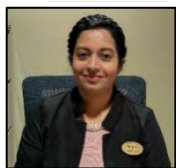
*Deepest sympathy to the family and
friends of Charles, Jeanne and Betty*

Although it's difficult today to see beyond
the sorrow, may looking back in memory
help comfort you tomorrow.

~ Author unknown



*It's strange to think that not so many years ago,
everyone owned a horse and only the rich had cars.
Today, everyone has a car and only the rich own horses.*



From the Manager

Dear Residents and Families,

As the colder weather continues, I would like to take this opportunity to remind everyone to stay warm, safe, and well throughout the winter season.

We encourage residents to dress warmly, stay hydrated, and let our staff know if they need any additional support or assistance.

I am pleased to share that our recent annual dental and optometrist visits were very successful. These visits are an important part of maintaining our residents' health and wellbeing, and it was wonderful to see so many residents participate.

Thank you to everyone involved in making these appointments run smoothly.

A special thank you goes to our dedicated staff who assisted with coordinating and supporting residents throughout these visits. Your patience, teamwork, and commitment ensured that each resident received the care and attention they deserved.

I would also like to express my sincere appreciation to our entire team for their continued diligence, compassion, and hard work. Your professionalism and dedication make a meaningful difference every day, and I am grateful for the care you provide to our residents and the support you offer to one another.

As we continue to strengthen our team, we are still onboarding new staff members. Over the coming weeks, you may notice some new faces around our home. Please join us in giving them a warm welcome as they become part of our community. We are confident they will be valuable additions to our team and look forward to them getting to know our residents and families.

Thank you to our residents and families for your ongoing trust, support, and partnership. We look forward to continuing to provide a safe, caring, and welcoming environment for everyone.

Warm regards,

Smita McAlees
Service Manager

August 2026

OPTOMETRISTS



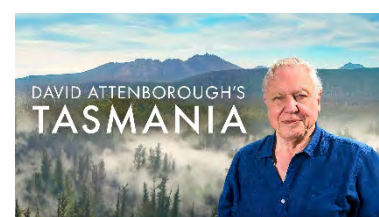
World Optometry Day is usually 23 March ... but JB Residents had their eyes checked by the visiting Optometrist in July!



The optometrist's name is Kerrie Stevenson, and she is a mobile optometrist who comes once a year or when needed.



On Friday 10 July it was once again time for a **MOVIE on the BIG SCREEN** This month, it was



One wonders if there were different prices for the Stalls and the Lounge Chairs ...





Tim Baptist



There was a lot of dancing during the Tim Baptist concert on 1 July.



Visit from North Harrisdale Primary School Children



North Harrisdale Primary School Choir came to JB on 2 July to sing for their friends, the Residents.





COOKING WITH ANNA

Anna and her family treated Residents with their cooking on Friday the 3rd, by making quiche. Yummy!!



Table Game – Find the Token

For this table game, Residents were required to find the token under the cup.



CHAIR HOCKEY

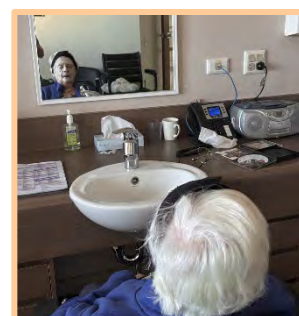
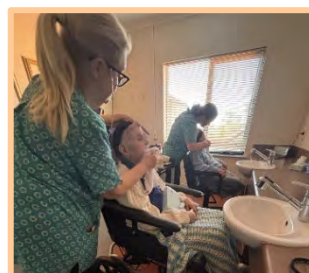
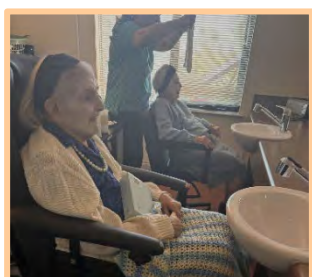
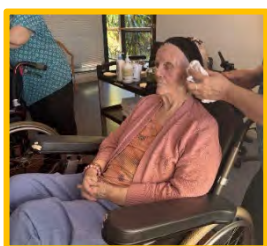


Residents practised their chair hockey on Tuesday 7 July in training for the Aged Care Games coming up on Thursday 6 of August.

The Aged Care Games are community and provider-led sports events designed specifically for residents living in aged care facilities to experience team participation, light physical activity, and social connection. These games are organised regionally or nationally by specific senior organizations and healthcare providers.



FACIALS



A little pampering goes a loo-o-o-o-o-ong way ...



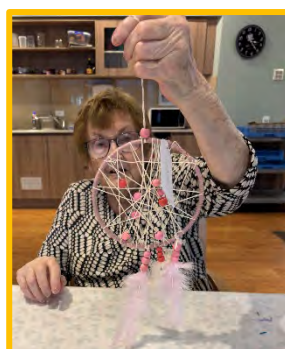


Badminton

A game of badminton was played on the 7th July and, as usual, was lots of fun.



DREAM CATCHERS



Some enterprising folks made Dream Catchers on Wednesday 8 July.



Catholic Residents attended Mass on Wednesday 8 July.





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Coffee Club

The JB Coffee Club was held on 10th of July. It is a great way to get to know each other, with lots of discussion about families and pets.



It was Saturday 11 July and time to get ready for SPRING! Residents gathered to plant some bulbs of Tulips and Daffodils.

A man came home from a card game one night to find his mad, nagging wife in rare form.

"Where have you been?" she demanded.

"It's a long story," her husband said. "But you'd better pack. I lost you in a card game tonight."

"How could you do such a thing?" she roared.

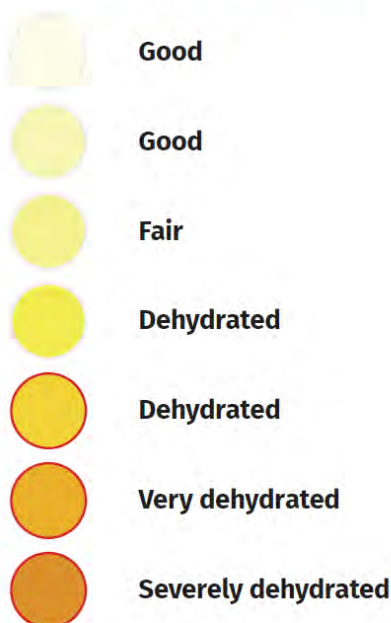
"It wasn't easy," the man said. "I had to fold with a royal flush."



Preventing Urinary Tract Infections

Recognise dehydration

Urine colour chart



Signs of dehydration

Top-to-toe

-
- Headache
 - Dry mouth or lips
 - Feeling of thirst
 - Dark/smelly urine
 - Urinating less than 4 x a day
 - Sunken eyes
 - Tiredness
 - Cold hands



Prevent dehydration

Encourage residents to drink 1 – 2 litres of fluids every day (unless advised not to by GP)



Encourage regular bladder emptying and mobilise as much as able

Act quickly to resolve constipation and continence problems

Please speak to the aged care home manager if you have any questions.

Adapted from NHS Nottinghamshire County Council 'To Dip or Not to Dip' project and Dr Annie Joseph's work.

Version 1 (September 2021)



Australian Government
Aged Care Quality and Safety Commission



Better use
of antibiotics



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ZUKO

visited Joseph Banks on

Sunday 12 July and received an enthusiastic reception.



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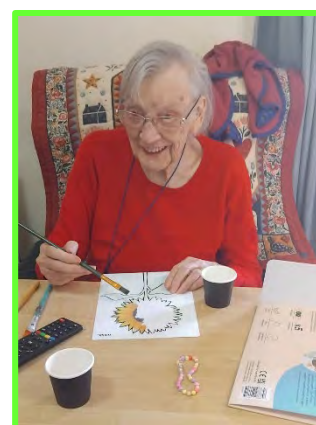


ZUKO – continued



AQUAPAIN

Aqua painting engenders a balance of creative touch, sense of achievement and joy. Simply paint with water and watch the picture magically grow.



AGED CARE BANNER

A Craft Banner was created on Tuesday 14 July for the Live Lighter Games.



These items have been donated by a family member.

The items are now on sale at JB and everything is priced at \$5.00, with all

proceeds going to the Lifestyle programme to benefit Residents.





**Seniors Recreation
Council of WA Inc.**

METRO (BELMONT)

**Thursday 6th August, Belmont Oasis,
Cnr Alexander & Robinson Avenue, Belmont**

NORTH METRO (KINGSWAY)

**Wednesday 2nd September,
Kingsway Indoor Stadium, 130 Kingsway, Madeley**

LiveLighter Aged Care Games 2026

10am to 2pm

*This is a fun event for "Seniors in Care", in Aged Care Facilities,
Day Centres, Clubs/Groups or in their own home.*

*Form teams of 6 to 10 participants and register to take part in
games specifically designed for "Seniors in Care".*

Winning team receives a trophy and all participants receive medals

For further information or to register call

08 6118 2718



Please speak to the aged care home manager if you have any questions.



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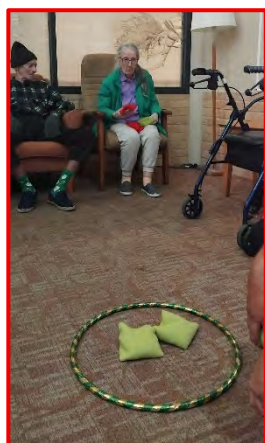


This month, on Wednesday 15 July, the Art Group Residents painted kangaroos in an Australian background.



THE GREAT JB BEAN BAG TOSS

The great JB Bean Bag Toss was held in the afternoon of Friday 17 July, in Grevillea.



An Englishman, a Scotsman and an Irishman were caught in the darkest jungle in Africa, by cannibals. They were led to a clearing, tied to stakes, and told that before being eaten, they would be granted a wish. The Englishman asked for a good meal and two girls, which he received. After having enjoyed his last wish, he was boiled, skinned and eaten.

His skin was stretched and made into a canoe.

The Scotsman suffered the same fate after his wish was granted.

The Irishman, when asked what his wish was, asked for a big, sharp fork. When he got it, he immediately started stabbing himself all over, saying, "You're not going to make a canoe out of me, you heathens!"





Shingles

healthdirect

Signs and symptoms

Tingling



Burning pain



Itching



Tiredness



Sensitivity to light



Headache



Red, bumpy rash



Blistering rash



Pain that lasts for more than 3 months after having shingles is called **post-herpetic neuralgia**.

Treatments

There is no cure for shingles, but antiviral medicine can help treat the condition.

- See your doctor for a prescription of antiviral medicines as soon as possible after symptoms develop.
- Start the medicine within 3 days of a rash appearing.
- If you are pregnant, check with your doctor first.

For pain relief, use paracetamol or non-steroidal anti-inflammatories. Be sure to keep your rash dry and clean, and wear loose-fitting clothes.



Vaccination

Vaccination is your best protection against shingles.

Shingles vaccination is recommended for:

- everyone aged 50 years and over
- people aged 18 years or older with a weak immune system
- people over 50 years who have contact with someone who has a weak immune system

Some people are eligible for free shingles vaccination.



Not sure what to do next?

Use healthdirect's Symptom Checker to get advice on when to seek medical attention.



MAGIC MEMORY

Magic Memory is a group activity that brings people together to share and reminisce about their past experiences. Participants roll a colourful die and select a matching card, each featuring a different topic such as leisure, household life, special occasions, childhood, and more.

The prompts encourage participants to recall meaningful memories, spark conversations, and connect with others through shared experiences. Magic Memory is a fun and engaging way to promote social interaction, stimulate memory, and create enjoyable moments together.



COOKING WITH LYNETTE & FAMILY

Beef Stir Fry was on the menu when Lynette and her family cooked for Residents on Sunday 19 July.
Yuuuummmmm ...



You come from dust. You will return to dust.
That's why I don't dust.
It could be someone I know.





FLOOR GAMES



*There is always something going on at JB!
Leader Ball was played on Tuesday 21 July
and a game of Skittles took place on
Thursday 23 July.*



BOARD GAMES

Meanwhile, on Wednesday 22 July, it was Board Games for all.



"Whoa! Too high, too HIGH!"



"Okay, you win, I'll take the spurs off!"



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It was fund-raising time again on Friday 24 July as Residents – and Staff! – celebrated National Pyjama Day.

National
Pyjama Day



**And then ...
There were
games!**



National Pyjama Day is all about getting cosy for a good cause, wearing your comfiest pyjamas - at work, school, and anywhere in between - while raising funds and awareness for children in foster care. This year, the official day was Friday, 24 July 2026, but Pyjama Day can be celebrated anytime in July or August! Every dollar raised supports The Pyjama Foundation's *Love of Learning Program*, helping kids in care - Australia's most educationally at-risk group - build brighter futures.

If you sign up (for FREE), you get a host kit packed with posters, balloons, stickers, bunting, and more. There's no cost to register, you will simply be asked to fundraise (because every dollar counts!).

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... continued ...

Check out this game that was played on National Pyjama Day:

Residents had to race each other by winding their teddy in the box towards themselves. Whoever manage to get their teddy in first won a chocolate.

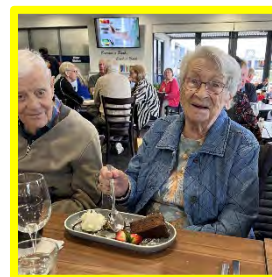


A big *thank you* to *Max Summers and his wife* for

providing lunch for the staff on Friday the 24th. It was received gratefully on such a very busy day.



A bunch of folks went to the Byford Country Club for lunch on 28 July.



A young child was just told the facts of life in a Health Education lesson. On arriving home, he went to his father and asked, "Where did I come from?" "You came by stork," replied his father. "And where did you come from, Daddy?" "The stork brought me, too." "And grandpa?" "The stork."

Next day, the young child stood up in the Health Education lesson and stated, "It is a known fact that there have been no normal sex relations in our family for three generations."



CARD MAKING

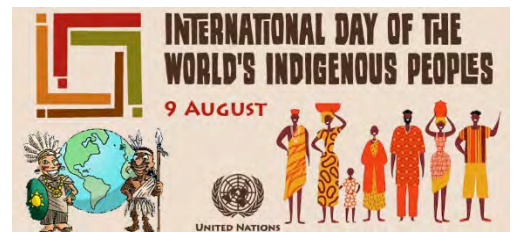
On Wednesday 29 July, Residents were involved with making greeting cards.



International Cat Day is on August 8, 2026. This annual global event was created in 2002 by the International Fund for Animal Welfare to celebrate cats and promote feline welfare.



The International Day of the World's Indigenous Peoples is observed annually on **August 9** to protect indigenous rights, celebrate native cultures, and honor historic contributions. It was established by the United Nations General Assembly in December 1994



World Lizard Day is celebrated annually on **August 14th** to raise awareness about reptile conservation. There are about 6000 species of lizards found on every continent except Antarctica. These cold-blooded creatures have long bodies and tails, four legs and moveable eyelids. Most lizards lay eggs, however, some give birth to live babies.



Every horse in the Southern Hemisphere celebrates their official birthday on **1 August**. In the Northern Hemisphere, the shared birthday falls on 1 January. This universal date was created to standardize age groups for horse racing, breeding and equestrian competitions, regardless of the foals' actual birthdate.



A BIG Thank YOU

... to Smita and Tanya who have rushed all this wonderful information through earlier than usual so I can have a week entertaining my gorgeous Grandie from New South Wales who arrives this week. ... ED (Julie).
AAAND ... it came to 19 pages, so I filled in the extra page! Hope it makes you smile!





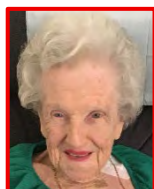
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Happy Birthday!



Celebrating a Birthday in **AUGUST** are:



7 Aug: **Jill L**

21 Aug: **Iris H**

10 Aug: **Phyllis H**

20 Aug: **Royce S**



... AND REMEMBER ...

The best part of growing old is that your secrets are safe with your friends ...
because they can't remember them either ... !

Special Days in AUGUST

1 Aug	Horses' Birthday Southern Hemisphere	14 Aug	World Lizard Day
3 Aug	National Watermelon Day	16 Aug	National Rum Day
3-9 Aug	Homelessness Week	19 Aug	National Potato Day
3-9 Aug	Keep Australia Beautiful Week	23 Aug	National Daffodil Day
8 Aug	International Cat Day	25 Aug	National Banana Split Day
9 Aug	International Day of ALL Indigenous Folks	28 Aug	Wear Purple Day

WORD SEARCH

Were You Born in August ... ?

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

ADVENTURE MADONNA
ANNIE OAKLEY MAJESTIC
ARISTOCRATIC NOBLE
AWESOME PORTLY
COSMIC PROPER
DECORUS ROYAL
DIGNIFIED SEEMLY
DUSTIN HOFFMAN SOBER
ELEGANT SOLEMMN
ENID BLYTON SOMBRE
GEORGE IV STATELY
HEROIC SUBLIME
HANDSOME TERRIFIC
IMPOSING TRAVEL
LEO VIRGO



How are you managing with all the exciting sporting events on TV?
My fridge is a short sprint away and I time my bathroom breaks like an Olympic event ...
and I'm currently managing my third bag of chips with the intensity of a championship coach.





The Joseph Banks Funny Bone August 2026



Quiz No 208: AUGUST

Name these items relating to August and hand them to Tanya by 25th August to win a prize?



1. T _ _ R _ _ _ _



2. P _ _ _ _



3. E _ _ _ _



4. S _ _ _ _



5. P _ _ _ A _ _



6. M _ _ _ T _ _ _



7. N _ _ _ _



8. B _ _ C _ _ _



9. F _ _ _ S _ _ _



10. G _ _ _ _



11. B _ _ O _ _ _



12. M _ _ J _ _ _



13. A _ _ H _ _ _



14. A _ _ O _ _ _



15. S _ _ C _ _ _



16. N _ _ A _ _ _

Good Luck!!

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



Staying at grandma's house, the little boy screams his night prayers at the top of his lungs:
"I PRAY FOR A BIKE! I PRAY FOR A COMPUTER!" His brother whispers, "Why are you yelling? God isn't deaf."
The boy replies, "I know, but Grandma is."



An old man sits at a fast-food counter with one burger, one order of fries, and a drink.
He cuts the burger in half and counts out the fries into two neat piles.
A kind stranger offers to buy them another meal, thinking they can only afford one.
The man smiles and says, "No thanks, we share everything. It's her turn first with the teeth today."

