

Issue

#228

SEPTEMBER

2026



The Joseph Banks



EDITOR:

**Julie
Aitken**

Funny Bone

Hello, Everyone!

SAUCY SEPTEMBER STUFF



Concert – Tim Baptist: *Thursday 3 September*
Cannington Show: *Friday 4 September*
Father's Day event: *Sunday 6 September*
Pamper Session: *Each Wednesday in September*
Catholic Mass: *Wednesday 9 September*
Harrisdale Primary School Visit: *Thursday 10 September*
R U OK Day? Afternoon: *Thursday 10 September*
Give it a Go Belly Dancing: *Friday 11 September*
Concert – Love Heart Dance Group: *Monday 14 September*
Concert with Cass: *Wednesday 16 September*
Football Morning Tea: *Friday 18 September*
BIG SCREEN Movie "Galapagos": *Friday 18 September*
Armchair Travel (Japan): *Tuesday 22 September*
Men's Group: *Friday 25 September*
Ladies' Group: *Friday 25 September*
KING'S BIRTHDAY Public Holiday: *Monday 28 September*
Bus Outing: *Tuesday 29 September*
Global Quiz: *Tuesday 29 September*
Residents' Meeting: *Wednesday 30 September*

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.



It is likely that the AFL competition will have to be cancelled!!

Under the new Anti-Terrorism Laws the Bombers are banned; the new IR legislation rules out the Dockers ... and the Asian bird flu epidemic is wreaking havoc with the Crows, Eagles, Hawks, Magpies and Swans.

Any transfers to the Cats, Lions, Dogs and Tigers must now be quarantined for at least 12 months.

Religious vilification laws mean that no one can legally barrack for the Demons or the Saints.



THERE WERE NO WINNERS

of the

SEPTEMBER QUIZ



But here are the answers,



anyway



Quiz # 208: **AUGUST**

1. Tony Robinson 2. Poppies 3. Earth
4. Sardonyx 5. Princess Anne 6. Mother Teresa
7. Napoleon 8. Bill Clinton 9. Fiona Stanley
10. Gladioli 11. Barack Obama
12. Michael Jackson 13. Alfred Hitchcock
14. Annie Oakley 15. Sean Connery
16. Neil Armstrong

Be sure to put in your entries this month,
everyone! You could win a scartchie!

To our newest
Resident,
Cedric C



We have the perfect dad-son relationship.
You're my son, and I'm perfect!

I love all my children the same. Except for the one
that sleeps... I love that one more.

Gale



John A

Who passed away
Wednesday 5th August 2026,
Aged 92 years



Deepest sympathy to John's
family and friends

Those we love and lose
are always connected by
heartstrings into infinity

Terri Guillemets



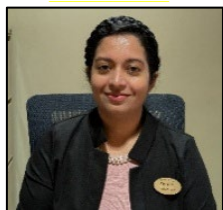
Trying to clean your house while your kids are awake is
like trying to brush your teeth while eating Oreos!

National Teddy Bear Day is celebrated on
Wednesday, September 9, 2026.

If you don't have a Teddy Bear of your own to
hug, why not **Donate** a clean, gently used or
new teddy bear to a local charity, hospital, or police
station to comfort children in need.



Never laugh at your significant other's choices —
because you happen to be one of them.



From the Manager

Dear Residents and Families,

As we welcome the month of September, I would like to take this opportunity to provide an update on some of the recent improvements and developments within our community.

Firstly, I would like to thank all residents and families for your patience and understanding during the transition from our old call bell system to the new call bell system. As with any major technology upgrade, we experienced a few challenges along the way. We appreciate your cooperation while these issues were addressed and are pleased to advise that the new system, including the new resident pendants, is now in place and operating more effectively. These upgrades will help us continue to improve resident safety and communication with our care teams.

We have also welcomed several new team members to our service. To ensure our staff continue to provide safe and high-quality care, ongoing education and training sessions have been conducted across a range of clinical, safety, and customer service areas. We appreciate the dedication of all staff in maintaining high standards of care and support for our residents.

I am also pleased to introduce **Eula**, who has joined us as our **Work Health and Safety (WHS) Coordinator**. Alongside Eula, **Tashi** has taken on the role of **WHS Representative**. Together, they will be supporting initiatives that promote a safe environment for residents, visitors, and staff.

Another positive improvement is the installation of a **new entrance gate at the Retirement Village**. This enhancement has been introduced to improve security and access to the village while maintaining a welcoming environment for residents and visitors. As we move into spring, September brings warmer weather and opportunities for residents to enjoy outdoor activities, social events, and time with family and friends. We look forward to sharing more enjoyable activities throughout the month.

Thank you for your continued support and partnership. We remain committed to providing a safe, caring, and comfortable environment for all residents.

Warm regards,

Smita McAlees
Facility Manager
September 2026

*Tom arrived at the costume party with a girl on his back.
"I am a turtle," he explained. "Who's on your back?"
"Oh, that's just Michelle."*

IT'S GRAND FINAL FEVER TIME!

It's the AFL Grand Final and one man notices an empty seat right on the half-forward flank. He asks the fan sitting next to him, "Who in their right mind has a ticket to the Grand Final and doesn't use it?"

The other guy sighs and says, "Well, that seat belonged to my wife. She passed away. It's the first Grand Final we haven't attended together since we got married in 1964."

The first bloke is shocked: "Oh, I'm so sorry. But couldn't you find a family member or friend to come with you?"

The husband shakes his head: "No, they're all at the funeral."

RUOK?
A conversation could change a life.

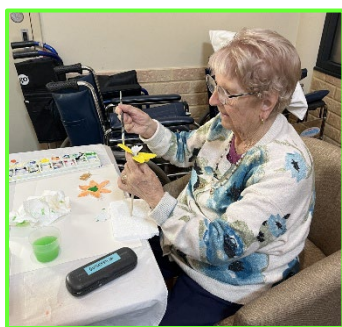
R U OK? Day is a ***national day of action*** in Australia held on the second Thursday of September – taking place on Thursday, 10 September 2026 – reminding everyone that every day is a good day to ask, "Are you OK?"

It is an Australian suicide prevention charity and registered public health promotion that encourages people to have conversations that could change a life.



arts & crafts

On Sunday 2 August, Residents prepared daffodils for Daffodil day on 20 August.



The Banks

Once again, Residents enjoyed a wonderful morning tea on Tuesday 4 August with friends from the Village, who always go to a lot of trouble to make it a special occasion.



Vale Dolly Parton, singer, songwriter, businesswoman, actress, humanitarian, philanthropist, cultural influencer ... among many other facets of her extraordinarily generous life.





The Joseph Banks Funny Bone September 2026



Seniors Recreation
Council of WA Inc.

LIVELIGHTER

Joseph Banks' Residents participated in the Live Lighter Aged Care Games on Thursday 6th of August, and won the best dressed team, "**Stingers**", in their Bee costumes. The LiveLighter Aged Care Games are fun, inclusive community sporting events organized by the Seniors Recreation Council of Western Australia to give older adults in care a chance to enjoy gentle competition, teamwork, and social connection. The Games feature adapted, low-impact group activities like seated hockey, seated pass ball, bean bag toss, skittles, and quoits and focuses on fun, laughter, and participation rather than intense rivalry, complete with team uniforms, creative themes, and medals for participants.



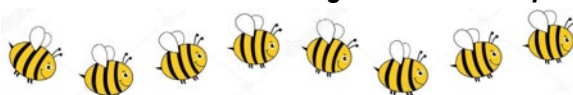
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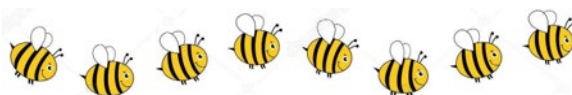
LivELighter ... continued



Did you hear about the Irishman who failed his driving test when he opened the door to let the clutch out?



The stay-at-home wife was bubbling with gratitude. "Darling, how generous!" she exclaimed. "The hotel where you stayed during that last interstate convention sent me a blue nightgown!"





Australian Government
Aged Care Quality and Safety Commission

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What is dignity of risk?

Dignity of risk is another way of saying you have the right to live the life you choose.

This means you have the right to make decisions about your care and services, even if your choices involve some risk.

Your aged care provider should:



If you, your family or representatives have concerns about the care you or someone else is receiving, it is important to talk about it.

Let's stay safe together.

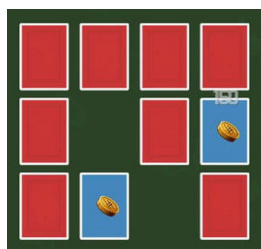
For more information, visit agedcarequality.gov.au or call 1800 951 822



Visit from North Harrisdale Primary School Children

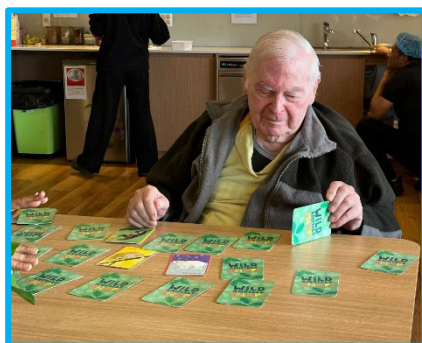


Residents enjoyed another visit from the North Harrisdale Primary School children on Thursday 6 August.



MATCHING PAIRS CARD GAME

Matching Pairs is a favourite Table Game



PICTURES THAT TRIGGER MEMORIES



Lifestyle staff prompt memory recall and discussion when showing pictures to Residents.





Visit from North Harrisdale Primary School Children



The following Thursday, 13 August, the student prefects from North Harrisdale School, visited residents at JB to play games which the students themselves had created. The Residents certainly enjoyed the day.



The JB Art Group met on Wednesday 19 August and worked with the theme of Black Swans



*An old woman is sitting at a bar when an older gentleman sits down beside her.
"So," he says, "Do I come here often?"*

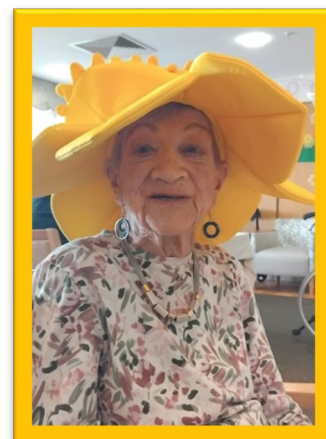




The Joseph Banks Funny Bone September 2026



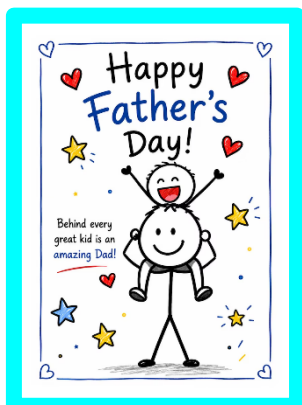
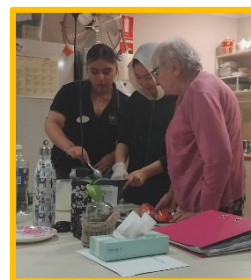
\$120 was raised for the Cancer Council's Daffodil Day on Thursday 20th August by offering tea and scones for a gold coin donation. Well done, JB!



How
to
make
Scones



Anna took the opportunity to teach the students to make scones.

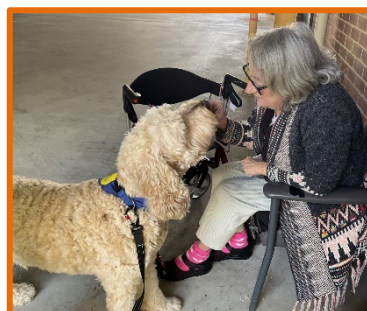
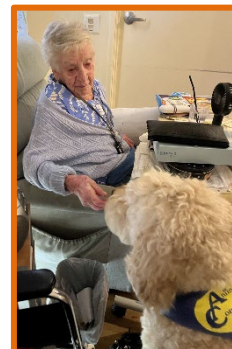
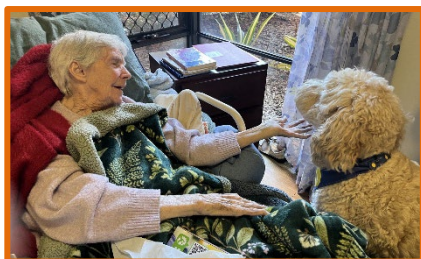


Happy Fathers Day to all Fathers, Grandfathers, Pops, Granddads and Great Granddads. Have a SUPER Day!!



ZUKO

Zuko visited JB on Sunday 9th and again on Sunday 23rd August, with lots of love (and treats!) from everyone he visited.



Father's Day

Raffle



Tickets are \$3 each or 3 for \$5

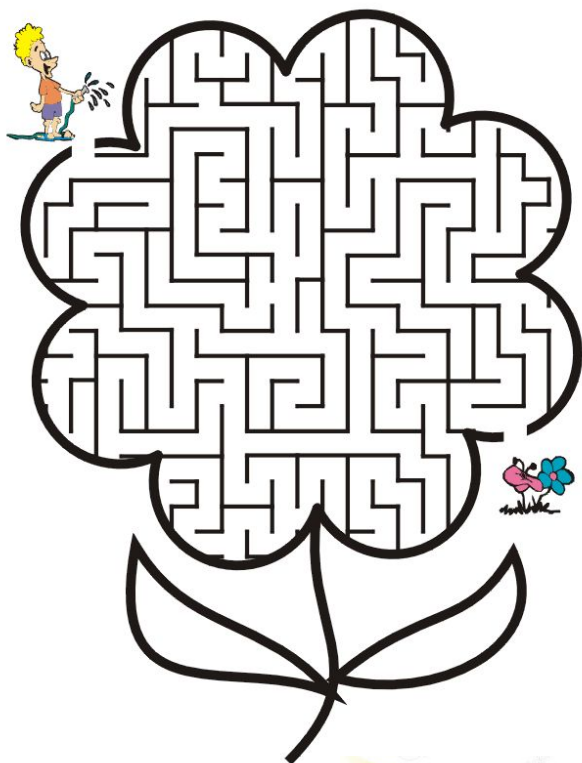




On Tuesday the 25th August, the JB bus took its travellers for a drive to the Jandakot airport. It goes without saying that on the way home, they stopped for an ice cream at McDonald's.



SPRING IS IN THE AIR!



Help every bird to get back to the birdhouse village.





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What is open disclosure?



Everyone who receives aged care has the right to open communication and support from their aged care provider when issues arise.

Open disclosure is an open and honest discussion your aged care provider has with you when something's gone wrong that's caused you, or could have caused you, harm.

During the discussion, you can speak about the issue and how it affected you. You can also make suggestions to your provider about how to fix the problem. This helps you resolve the problem together. Your supporters can join this discussion if you want them to.

Open disclosure can:

- help you make informed choices so you can get the most out of your care. Informed choices are choices that you make when you have all the right information, including information about the benefits and risks
- help providers give you safe and quality care that meets your needs.

Providers must use open disclosure when something goes wrong.

This means:

- checking that you're okay and giving you any support you need at the time
- acknowledging the harm and effect it has had on you, and saying sorry
- finding out what happened and explaining it to you in a way you understand
- learning from the experience and letting you know what they'll do to stop it happening again.



Providers must support older people during the open disclosure process.

They must:

- support you to take part. This includes letting you know about your rights to include your supporters and have an aged care advocate, if you want. An advocate is an independent person who can give you information, speak up for you, and help you get the best result
- listen to you, understand you and respect you when you share what happened and how it affected you
- protect your privacy and keep the matter confidential (not tell anyone else about what happened, and who it happened to)
- work with you to resolve the issue and stop it happening again.

If you're not comfortable speaking to your aged care provider, or you're not happy with their response, it's important that you talk about it. There are services available to help you:

- You can make a complaint or give feedback to the Aged Care Quality and Safety Commission about your aged care provider. You can stay anonymous if you want to. If you need an interpreter to speak with us, call the Translation and Interpreting Service on **131 450**.
- The [Older Persons Advocacy Network](#) (OPAN) can give you an advocate to help you contact us. You can call OPAN on **1800 700 600**.

Contact us

Phone 1800 951 822

Email info@agedcarequality.gov.au

Web agedcarequality.gov.au

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



Visit our website for further information

[agedcarequality.gov.au/
resource-library/open-
disclosure-consumer-
resources](http://agedcarequality.gov.au/resource-library/open-disclosure-consumer-resources)

All information in this publication is correct as of 1 November 2025.



Phone
1800 951 822



Web
agedcarequality.gov.au



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



Happy Birthday!

Celebrating a Birthday in **September** are:



1 September: **Giuseppina A**

2 September: **Valerie H**

10 September: **Beverley D**

28 September: **Maureen E**

... AND REMEMBER ...

As Golda Meir once said, "Old age is like a plane flying through a storm.
Once you are aboard, there is nothing you can do!!"

Special Days in SEPTEMBER

3 Sept Australian National Flag Day

6 Sept Father's Day

9 Sept National Teddy Bear Day

10 Sept R U OK? Day

13 Sept National Grandparents' Day

19 Sept Talk Like A Pirate Day

21 Sept International Day of Peace

26 Sept AFL Grand Final

27 Sept National Chocolate Milk Day

28 Sept The King's Birthday

WORD SEARCH THE GRAND FINAL

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

BANNER
BEHIND
BENCH
BOUNCEDOWN
BOUNDARY
CAPTAIN
CENTRE
COACH
CONCUSSION
DERBY
DROP KICK
FINALS
FIXTURE
FOOTY
FREE KICK
GOAL
GOAL POSTS

GOAL UMPIRE
HALF
INJURED
KICK
LADDER
MARK
PUNT
QUARTER
RESERVES
RUCK
SEASON
STRETCHER
TACKLE
TRAINER
TRIBUNAL
UMPIRE



As the team's struggles continued, a pound coin was thrown onto the pitch.
Police are trying to determine whether it was a missile or a takeover bid.





Quiz No 209: **It's Footy Finals!!**

Can you name these AFL teams and hand them to Tanya by 25th September to win a prize?



1. D _ _ _ _



2. K _ _ _ _



3. D _ _ _ _



4. C _ _ _



5. L _ _ _



6. B _ _ _ _



7. P _ _ _



8. C _ _ _



9. E _ _ _ _



10. B _ _ _



11. S _ _ _



12. G _ _ _ _



13. T _ _ _ _



14. M _ _ _ _



15. H _ _ _



16. S _ _ _ _

Good Luck!!

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



I left two Grand Final tickets on my dashboard yesterday. Someone smashed the window and left two more...



My partner just split up with me because she thinks I'm obsessed with football.
I'm a bit gutted about it – we'd been going out for three seasons.



Every year is a Chapter. Make this one worth reading ...

