

Issue
#229
OCTOBER
2026

Retirees W.A. *Joseph Banks Aged Care*

EDITOR:
Julie
Aitken



Funny Bone



Hello, Everyone!

OCTOBER OFFERINGS

Global Quiz: *Thursday 1 October*
Pamper Session: *Wednesday 7 October*
Anglican Church Service: *Wednesday 7 October*
Visit from Zuko: *Sunday 11 October*
Pamper Session: *Wednesday 14 October*
Concert – Paul Robinson: *Wednesday 14 October*
Oktoberfest Celebrations: *Friday 16 October*
Armchair Travel: *Tuesday 20 October*
Pamper Session: *Wednesday 21 October*
Catholic Church Service: *Wednesday 21 October*
Harrisdale Primary School Visit: *Thursday 22 October*
Big Screen Movie “The Castle”: *Friday 23 October*
Visit from Zuko: *Sunday 25 October*
Bus Outing to North Harrisdale Primary: *Monday 26 October*
Bonus Global Quiz: *Tuesday 27 October*
Residents’ Meeting: *Wednesday 28 October*
Concert – Dana: *Friday 30 October*

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
HALLOWEEN
2026**





The Joseph Banks Funny Bone October 2026



HERE ARE THE WINNERS



of the
SEPTEMBER QUIZ

**Geoff C, Dorothy M
Susan M and Shirley B**

Quiz # 209: **It's Footy Finals!!**

1. Demons 2. Kangaroos 3. Dockers
4. Cats 5. Lions 6. Bombers 7. Power
8. Crows 9. Eagles 10. Blues 11. Suns
12. Giants 13. Tigers 14. Magpies
15. Hawks 16. Saints



Good luck with your lucky scratchy,
Geoff, Dorothy, Susan and Shirley!

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

To our newest
Resident,
Gladys S

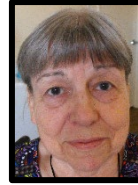


**Q: What's the difference between a bank robbery and
the Royal Show?**

**A: In a bank robbery, the person in the mask actually
leaves with some cash.**

My bank account looked at the Royal Show poster and
immediately asked for a restraining order.

Gale



Ilza M

Who passed away
Tuesday 15th September 2026,
Aged 79 years



Ellen P

Who passed away
Sunday 20th September 2026,
Aged 93 years



And



Glenys McC



Who passed away
Friday 25th September 2026,
Aged 89 years

Deepest sympathy to the family and
friends of Ilza, Ellen and Glenys

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





The Joseph Banks Funny Bone October 2026



From the Manager

Dear Residents and Families,

As we move into October, I would like to take this opportunity to reflect on the achievements and progress made throughout September at Joseph Banks Aged Care Facility.

Key Highlights

New Pharmacist On Site- We are pleased to welcome our new on-site pharmacist, who is commencing in October supporting our residents and clinical team. This service will strengthen medication management practices, improve medication reviews, and enhance resident safety and wellbeing.

New Occupational Therapist -We also welcomed our new Occupational Therapist (OT) during September. The OT will play an important role in supporting resident independence, mobility, equipment assessments, and overall quality of life.

New Quality Advisor - We are delighted to welcome our new Quality Advisor to the team. Their expertise and guidance will further strengthen our continuous improvement initiatives, support accreditation readiness, and help drive positive outcomes for residents and staff.

Preparation for Accreditation- Our team continues to work diligently in preparation for the upcoming accreditation assessment. Significant

effort has been invested across all departments to ensure our services continue to meet and exceed the Aged Care Quality Standards. We are looking forward to welcoming the assessors and showcasing the excellent care provided at Joseph Banks.

Introduction of MOA Audits -During September, we introduced the MOA audit process as part of our ongoing commitment to quality improvement and clinical governance. These audits will assist us in identifying opportunities for improvement,

monitoring compliance, and ensuring the highest standards of care are maintained.

Appreciation

I would like to extend my sincere thanks to all staff members for their ongoing dedication, professionalism, and commitment to providing exceptional care. Your hard work and teamwork continue to make a positive difference in the lives of our residents every day.

I would also like to thank our residents and their families for their continued support, patience, and trust. Your feedback and partnership are invaluable as we strive to provide a welcoming, safe, and high-quality living environment for everyone.

Together, we continue to build a strong and caring community, and I look forward to the opportunities and achievements that lie ahead in the coming months.

Warm regards,

Smita McAlees
Facility Manager

October 2026

I went to the doctor with a suspicious-looking mole. He said they all look that way and I should have left him in the garden.



The Anglican Church Service was held on
Wednesday 2 September



The Joseph Banks Funny Bone October 2026



Tim Baptist

Tim visited JB on Thursday 3 September and his concerts are always a big hit with the Residents.



HOUSEHOLD DUTIES AT JB



Residents enjoy contributing their time and energy to carrying out general household duties at JB. Here, we see some ladies helping to fold and identify washing, while another lady is industriously keeping the dust at bay.



TABLE GAMES

Table games are always a popular pastime at JB.



What has five toes but isn't your foot? My foot.





CHANGES TO CURRENT SERVICES

Dear Families,

We are writing to advise you of changes to our current Additional Services arrangements. As part of the transition to Higher Everyday Living Fee (HELFF) framework, the existing Additional Services program will cease. A range of optional services will instead be available through the HELFF framework. These services are entirely voluntary and provide greater choice for older people who wish to access lifestyle and comfort options.

As part of the changes introduced under the Aged Care Act 2024, we are transitioning from the previous Additional Services arrangements to the new Higher Everyday Living Fee (HELFF) framework. This transition is being undertaken to ensure our services and fee arrangements remain aligned with the current legislative requirements. As part of this change, some services that may previously have been offered under our Additional Services arrangements may now be provided to residents under HELFF, along with other optional services that may be offered to residents. Where applicable, these services will be provided in accordance with the HELFF arrangements, including where a service is requested by a resident on an ad-hoc basis.

Under the current residential aged care arrangements, HELFF is an optional arrangement for services that are provided above the standard of care and services that our residential aged care home is required to provide under the Aged Care Act 2024, the Aged Care Rules and the Residential Care Service List.

From 1 November 2026, certain optional HELFF services may attract a fee when specifically requested by a resident. The applicable services and charges are set out in the attached HELFF fee schedule.

Examples may include selected additional meal or lifestyle options, such as a cooked breakfast option, where the service provided is additional to, or of a higher standard than, the service we are required to provide as part of our standard residential aged care service.

Any service that attracts a Higher Everyday Living Fee has been assessed as being additional to, or of a higher standard than, the services that we are required to provide under the Aged Care Act 2024, the Residential Care Service List and other applicable legislation. Residents will continue to receive all required care, services, meals and supports as part of the standard residential aged care service without additional charge. Optional HELFF services are offered to provide residents with greater choice and are entirely voluntary.

We want to reassure residents and families that these changes will not affect the care, services, meals or supports that we are required to provide as part of our standard residential aged care service. The introduction of Higher Everyday Living Fee (HELFF) charges is intended to provide residents with greater choice by allowing them to purchase selected optional services that are additional to, or of a higher standard than, those included in the standard service. Residents are not required to purchase these services, and charges will only apply where an eligible optional service is requested and agreed to in advance. All residents will continue to receive safe, high-quality care and services in accordance with their assessed needs and the requirements of the Aged Care Act 2024.

... / continued page 6



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Importantly, these charges do not apply to services that we are required to provide as part of the standard residential aged care service. All residents will continue to receive the required care, services, meals and supports in accordance with their assessed needs, the Residential Care Service List, the Aged Care Quality Standards and the Statement of Rights.

How ad-hoc and ongoing HELF charges work?

An ad-hoc and ongoing HELF charge will only apply where:

1. the resident requests the optional service;
2. the service is eligible to be provided as a HELF service;
3. the applicable price has been clearly communicated; and
4. the resident agrees to the charge before, or at the time, the service is provided.

HELF charges will not be applied to services that form part of a resident's assessed care needs or to services that we are required to provide as part of the standard residential aged care service.

Residents are not required to purchase HELF services and will not be disadvantaged for choosing not to do so.

The fee schedule is intended to provide transparency about the cost of optional services. We will ensure that charges are applied only to eligible HELF services and in accordance with the applicable aged care legislation and consumer protections.

Where a resident chooses to receive an optional HELF service, the relevant HELF arrangement will apply. For services that are requested on an ad-hoc basis, the arrangement may be made immediately before or at the time the service is provided, in accordance with the applicable requirements.

To continue receiving optional services under the Higher Everyday Living Fee (HELF) arrangements, a completed HELF Services Form must be submitted. Services that are not selected and agreed to through the HELF process will cease.

We remain committed to providing safe, high-quality care and ensuring that every resident continues to receive the services and supports to which they are entitled.

Thank you for your understanding and continued partnership.

Kind regards,

Jovy Tesani

General Manager of Aged Care



*As Mae West once said: Getting old is not for the faint of heart."
It acknowledges the physical and emotional courage required to navigate later life!
But behind every medical chart or physical change is the same person who
raised a family, held a career and lived a full story.*

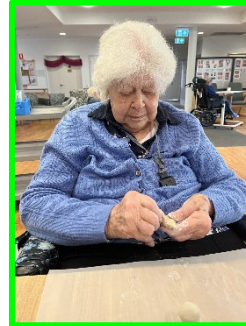




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On Saturday 5 September, at the craft session, the activity involved working with clay.



MUFFIN THE CAT



Muffin is working at his important role helping others



At the urging of his doctor, Bill moved to Texas, Queensland, 4385. After settling in, he met a neighbour who was also an older man. "Say, is this really a healthy place?"

"It sure is," the man replied. "When I first arrived here I couldn't say one word. I had hardly any hair on my head. I didn't have the strength to walk across a room and I had to be lifted out of bed."

"That's wonderful!" said Bill. "How long have you been here?"

"I was born here."



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ZUKO

Zuko visited JB Residents on Sunday 6 and Sunday 27 September and always invites a pat and some generous nibbles from the Residents.





The Joseph Banks Funny Bone October 2026



Wednesday, 30 September 2026

Dear Residents and Families

Optimal Medication Solutions is please to provide an Aged Care Onsite Pharmacist (ACOP) to Joseph Banks and Salter Point Aged Care. Aqib Khalil is a qualified pharmacist who has done extra training to prepare for the role. Aqib will commence in the role in October 2026.

The ACOP Measure is funded by the Federal Government. This measure aims to:

- + improve medication use and safety in residential aged care homes, including safe and appropriate use of high-risk medications.
- + provide continuity in medication management, such as day-to-day reviews of medications and prompt issue resolution.
- + provide easy access to pharmacist advice for residents and staff.
- + integrate on-site pharmacists with the healthcare team, including local general practitioners, nurses and community pharmacies.
- + increase understanding of individual resident needs.

[Aged care on-site pharmacist | Australian Government Department of Health and Aged Care](#)

We trust that Aqib, will become a valued part of the Retirees WA healthcare team. If you have any questions about your medication, please let the nurses know- they will forward your message to Aqib.

Kind regards

Jennifer Saxby

Jennifer Saxby
Pharmacist and Business Development Manager
ABN 95 088 052 484 08 9333 0111 101 Norma Rd, Myaree WA 6154



optimalms.net.au



A vampire bat came flapping in from the night covered in fresh blood and parked himself on the roof of the cave to get some sleep. Pretty soon all the other bats smelled the blood and began hassling him about where he got it. He told them to knock it off and let him get some sleep but they persisted until finally he gave in. "OK, follow me," he said and flew out of the cave with hundreds of bats behind him. Down through a valley they went, across a river and into a forest full of trees. Finally, he slowed down and all the other bats excitedly milled around him. "Now, do you see that tree over there?" he asked.

"Yes, yes, yes," the bats all screamed in a frenzy. "Good," said the first bat. "Because I DIDN'T!"





The Joseph Banks Funny Bone October 2026



Father's Day

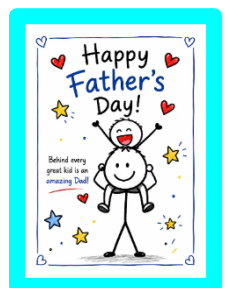
The Fathers Day BBQ went well apart from the cold weather. Family members also joined in and helped cook the BBQ.



Gifts were given from JB to all the JB fathers.

Raffle

Congratulations to the Father's Day Raffle winners:



First prize: Terry and Family
Second prize: Pamela L

Thank you to everyone for their support. All money raised from the Raffle goes back to the Lifestyle Department for activities for the Residents.





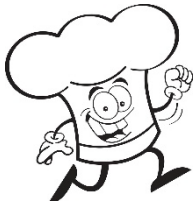
DRUMMING

An exercise in drumming took place at JB on Tuesday 8 September.

Drumming for seniors is a low-impact, rhythm-based activity that combines light physical exercise, cognitive stimulation, and social connection. And it's *FUN*!



COOKING WITH LYNETTE



Lynette spent her time at JB on Sunday 13 September, cooking ... with some yummy results!



CONCERT WITH CASS

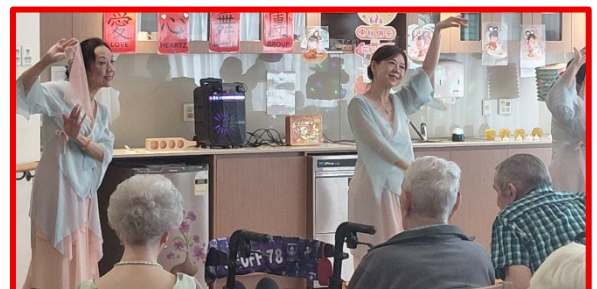
On Wednesday 16 September, Cass entertained Residents





LOVE HEART DANCE GROUP

came in and performed for the Residents on Monday 14 September.



Oktoberfest is the world's largest folk festival, held annually in Munich, Germany, and drawing over six million visitors each year. Oktoberfest began on October 12, 1810, to celebrate the marriage of Crown Prince Ludwig and Princess Therese.

The festival moved to late September for better weather, though it always wraps up on the first Sunday of Oktober.

Only beer from six authentic breweries is served: Augustiner-Bräu, Hacker-Pschorr, Hofbräu, Löwenbräu, Paulaner, and Spaten. All beer must follow the German Beer Purity Law (Reinheitsgebot) of 1516, using only water, barley, and hops. The festival brew has about 6% alcohol, which is stronger than standard lagers.

Visitors drink roughly 2 million gallons of beer during the two-week event. **PROST!!**





The Joseph Banks **Funny Bone** October 2026



craft^r



Residents tried their hand at some paper mache work on Wednesday 16 September. This is a classic craft that uses paper and a liquid binder to build strong, lightweight, 3D shapes.



SUMMER MENU FOOD TASTING

Once again, it was time for food tasting at Joseph Banks



Hmmmm ...not sure about that one ...

The new Summer Menu Sensory Tasting Session was held at JB on Tuesday 22 September. A mixture of Staff and Residents were asked to taste and evaluate items proposed for the Summer Menu. They assessed the looks, the smell, the flavour and the texture, then gave each item an overall rating, adding their comments against each meal item. Items included Mexican Bean Soup, Vegemite Scroll, Vegemite Cake, Vegemite Caramel Custard, Chicken Cacciatore, Cheese Arancini, Mini Quiche, Biscoff Pudding and Tiramisu with Cream.

We-e-e-ll ... someone's gotta do it!

... **and** ...



The Joseph Banks Funny Bone October 2026



... here are the results:

FRESH FIELDS NEW RECIPE SENSORY EVALUATION DATA

Attendees:

Home: Joseph Banks

21/09/2026

MEAL ITEM	APPEARANCE	SMELL	FLAVOUR	TEXTURE	OVERALL RATING	COMMENTS
Mexican Bean Soup	4.4	4.3	4.2	4.5	4.3	A bit spicy. Very tasty but probably wouldn't eat a whole bowl full. Good but a bit spicy. All very good. Touch spicy.
Vegemite Scroll	3.6	3.3	3.1	3.2	3.3	Would definitely eat this again. I probably wouldn't eat this again. A bit dry. Pastry was tough, unpleasant to look at & no taste. Hard pastry. Pastry was hard - needs to be hot & fresh. Don't think the puff pastry will tolerate re-heating. Tasty.
Vegemite Cake	4.5	4.1	3.8	4.2	4	This was good! I found this salty - okay but I wouldn't chose to have it. Weird flavour. Icing doesn't taste sweet, unusual flavour. Leaves an aftertaste. Delicious.
Vegemite Caramel Custard						No reviews
Chicken Cacciatore	4.7	4.5	4.4	4.5	4.6	Could also be with rice. I don't like olives but scored flavour a 4. The best chicken presentation I've received for my meal - I could see the actual chicken not just the gravy. Very good - enough sauce to cover the veggies. Tasty - looks good, smells good, flavoursome. Fairly tasty - potato was bland.
Cheese Arancini	4	3.4	3.4	3.3	3.4	Very lovely. Didn't enjoy this one. Didn't enjoy the cheese but the sauce was good! Maybe because it wasn't hot enough - cheese was hard & don't think the sauce was good. Looks, smells & flavour all good. Would not order this.
Mini Quiche	4	3.4	3.7	3.6	3.7	Didn't enjoy this. Great but base wasn't fully cooked. Pastry not fully cooked. Not fully cooked through - looks anaemic. Tastes ok - could be warmed in the oven for a longer period.. Tasty. Needs more bacon & pastry cooked.
Biscoff Pudding						No reviews
Tiramisu	4.5	4.3	4.7	4.7	4.7	Very good. Very good! Would like to give it a 6. Beautiful. Good. Tasty.

SCORE RATING:



5 - Excellent



4 - Very good



3 - Good



2 - Average



1 - Poor



Did you know ...

That there are just 77 days until **Christmas Day** on Friday 25 December 2026. That is approximately 11 weeks and 1 day (from 9 October) ... or 78 sleeps.

But much closer than that is **Melbourne Cup Day**! The Melbourne Cup will be held at Flemington, Victoria, on Tuesday 3 November 2026. This 3200 metre race has been run 165 times from its inaugural race in 1861 through to the 2025 Melbourne Cup. The first race was won by Archer on a Tuesday in 1875. There have been six grey Melbourne Cup winners over the years. The largest Melbourne Cup field was 39 starters in 1890; the smallest was 7 starters in 1963. The Cup is now capped at 24 starters. Numbers 4 and 12 are the most successful starters, boasting 12 and 11 wins respectively. Four and five-year-old horses have the best record. More winning jockeys have worn black as their main colour than any other colour. **GOOD LUCK!** Hope you pick a **WINNER!!**



The Joseph Banks Funny Bone October 2026



Happy Birthday!



Celebrating a Birthday in **October** are:

3 October: **John F**
14 October: **Joan N**

24 October: **Margaret G**
29 October: **Lorna S**



... AND REMEMBER ...

The older you get, the more disoriented your hair gets. Once it leaves your head, it seems to get completely lost! And we all know ageing is the worst side effect of birthdays!!

Special Days in OCTOBER

1 Oct	International Day of Older Persons	18 Oct	National Mashed Potato Day
5 Oct	Global James Bond Day	24 Oct	United Nations Day
6 Oct	National Mad Hatter Day	25 Oct	World Pasta Day
10 Oct	World Mental Health day	28 Oct	National Chocolate Day
13 Oct	National M&Ms Day	31 Oct	Halloween

WORD SEARCH THE ROYAL SHOW

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

ARENA
BULLET MAN
BUMPER CAR
CAKES
CARAVANS
CATTLE
CHAIR LIFT
DISPLAYS
EMBROIDERY
EXHIBITS
FIREWORKS
GADGETS
GOATS
HAMBURGERS
HOMEWARES
HORSES
JUDGING
LIVE MUSIC
MACHINERY
PIGS
POLICE EXHIBIT
POULTRY
SHEEP
STICK DOLLY
STUFFED SPUDS
TASTING
THRILL RIDES



*Claustrophobia is the fear of closed spaces. For example:
I'm going to the liquor shop and I'm scared it will be closed.*



I spent a lot of time, money, and effort childproofing my house ... but the kids still get in.





The Joseph Banks Funny Bone October 2026



Quiz No 210: It's Show Time!

Can you name these Royal Show Activities and hand them to Tanya by 25th October to win a prize?



1. M _ _ _ G _ R _ _ _



2. A _ _ _ _



3. L _ _ C _ _ _



4. P _ _ W _ _ _



5. S _ _ _ D _ _ T _ _ _



6. D _ _ _ _



7. S _ _ _ _



8. F _ _ _ W _ _ _



9. S _ _ _ S _ _ A _ _ _



10. C _ _ _ _



11. S _ _ J _ _ _



12. F _ _ _ F _ _ _



13. T _ _ _ _



14. A _ _ _ _ N _ _ _ _



15. T _ _ _ _



16. T _ _ _ _ A _ _ _ _

Good Luck!!

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



I told my wife she should embrace her mistakes. She gave me a hug.



If your house is cold, just stand in the corner. It's always 90 degrees there.



My son has his BA and his MA, but his PA still supports him.

