



WEEKLY BULLETIN

A Sherman Building (South) Open House will be held on Friday, February 15, 2013 at 10:00 a.m. in the main floor lobby. Entry into the Sherman Building can be through the main South entrance or the new handicap ramp located on the east side. Refreshments will be served.

Comcast Equipment Return

If you are having a problem returning your Comcast equipment after connecting with Sr. TV, please give your name to Angela Karabatsos, SH 1312. Please do not bring your equipment to the office. We would like to know how many people are unable to return their equipment. That we may determine what steps will be needed to assist you with your equipment return.

Safety Tip of the Week Protection From The Flu

What is the best way to protect myself and my family from the flu?

Here are some steps you can take in your daily life to help protect you from getting the flu.

1. Wash your hands often with soap and water or an alcohol-based hand rub.
2. Avoid touching your eyes, nose, or mouth. Germs spread this way.
3. Try to avoid close contact with sick people.
4. Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.
5. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
6. If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

BUSINESS CENTER NEWS

The new resident fees for 2013 have all been calculated and mailed to each resident's mailbox. Any resident that has questions or concerns please feel free to contact the Business Center for an appointment.

Residents who do not bring in their paperwork may have to pay the maximum fee.

In order to calculate your 2013 resident fee, the Business Center will make copies of your tax return and ALL supporting documentation.

Collection hours: Monday, Tuesday and Thursday 8am-12pm and 1-4pm. The Business Center is located in the Sheridan Room 1307.

NOTE: If you do not file taxes please be advised you still need to submit your Social Security 1099 and/or VA Benefits, Civil Service Pension, Military Pension, CRDP/CRSC statements. In addition, you will need to sign a statement acknowledging you do not file taxes.

If you pay the maximum resident fee you must visit the Business Center to sign a max waiver letter exempting you from submitting the above stated documentation.

TOASTMASTERS

The Jim Hammitt WNDY Toastmasters Club meets the 2nd and 4th Thursdays of each month. Currently the Club is meeting at 1200 to 1300 in Room 1103 - Sheridan Building.

Membership is open to all Residents, Employees and Visitors at the Armed Forces Retirement Home Washington.

Lab Corp Bills

If you have been billed by Lab Corp please give the bill to the Medical Records. Bills were not to have been sent to Residents of AFRH by this company.

HEALTHY EATING TIPS AT AFRH DINING FACILITIES

When eating in the dining room at the AFRH consider going through the diet line. The foods on the diet line are prepared with no added fat, no added salt and no added sugar. Use the following tips when selecting from the diet line:

Look for menu items that include the terms baked, broiled, braised, grilled, roasted or steamed. Drink water instead of sodas or juices. Avoid desserts (even diet desserts) and select fruit. Drink skim milk instead of whole milk.

Healthy Eyes and the Effects of Smoking and Alcohol

Smoking allows thousands of chemicals to enter the bloodstream. The development of cataracts, glaucoma and optic nerve damage have been linked to these toxic chemicals. The most common cause of smoking related blindness is macular degeneration, which results in severe irreversible loss of central vision.

Heavy consumption of alcohol leads to blurred or double vision due to weakened eye muscle coordination. Alcohol has also been shown to be a trigger for severe migraines causing a temporary, but debilitating visual aura before the onset of the headache. The visual aura may appear as blind spots, graying of vision or zig-zag patterns of light.

Referred to as tobacco-alcohol amblyopia, people who drink or smoke in excess can develop a painless loss of vision, decreased peripheral vision or reduced color vision due to the toxic effects of alcohol and tobacco.

AAFES EXCHANGE SHUTTLE PROGRAM

Please take advantage of the great Shuttle program the Exchange offers! Place your special request order with the AAFES Exchange personnel and have your merchandise shuttled to AFRH. Orders need to be placed by 12 noon on Thursdays. You will be able to pick up your requested items the following Monday. Assistance will be provided if needed to transport the item to your room.

Please Note: If you do not pick-up your merchandise within one week your merchandise will not be held. The item will be returned or sold. In addition, if you are shopping at another Exchange and you see an item you want, speak to the manager of the store and let him/her know that you want that item to be sent to the AFRH exchange. Coordination will be made between the managers. When you return to AFRH, please let the Home manager know of the expected communication to come.

WELLNESS CENTER:

- Sick call is from 8am-9am Monday-Friday. The waiting room number is 1413. Wait there and a staff member will escort you to the triage room.
- Renewals, annuals physicals, post hospital follow-up, and new admissions, are scheduled by Central Appointments.
- You can make an appointment in two ways
 - by calling x 7600/7602 or by stopping by Central Appointment

WHEELCHAIR MAINTENANCE

Your wheelchair is a machine that helps you to be more active and mobile. If your wheelchair breaks down, it can be an inconvenience, a hardship, and may even put you in danger. As the owner and operator of your wheelchair, you will usually be the first person to notice when your chair is not functioning properly. It is very important that you check your wheelchair out on a regular basis to

ensure it is in good working order and safely operating. Regular maintenance and cleaning is a necessity to help in preventing accidents and wheelchair malfunctioning. If you have obtained your wheelchair from New Hampshire Pharmacy you can call 202-291-1100 and put in a service request for repair. Most service requests on wheelchairs obtained through Medicare are covered under your Medicare Insurance plan. Residents who have obtained their wheelchairs through the VAMC can have their wheelchairs serviced by a VA repairman on Monday and Thursdays between 12:00 pm to 2:30pm in the Occupational Therapy Clinic in the LaGarde Building room #136. If you are unable to come to the LaGarde Building call 202-541-7680 and arrangements will be made for the VA repairman to come to your room and service your VA issued manual or electric wheelchair. If you have any other questions concerning wheelchair repairs and cleaning feel free to contact the AFRH Rehab Department at 202-541-7680.

Fall Prevention 101!

Good balance is important for fall prevention in seniors and the elderly. It requires the ability to keep your center of gravity over your ankles when standing and walking.

Activities that work on stressing your balance systems will add to your overall safety at home.

Balance and mobility exercises are essential in any older adult exercise program.

As we go about our day we call on our body to keep us upright, maintain our equilibrium, anticipate obstacles and react to them, speed up and slow down, bend over and reach around corners. These all require a flexible body, good posture, and continued awareness of maintaining our center of gravity over our base of support which is usually over our ankles. There is one simple standing exercise that will help you to begin your better balance.

FROM HEALTHCARE

More than 1/3 of adults age 65 and older fall at least once each year. Falls are the most common cause of nonfatal injuries and hospital admissions for trauma among adults over 65. Falls are costly in both pain and money. Most fractures among older adults are caused by falls, with hip fractures being the most frequent bone break, and among the most costly to treat. Falls are also deadly. The deaths of former Washington Post owner Katharine Graham, newscaster David Brinkley and diet doctor Robert Atkins resulted from traumatic brain and head injuries precipitated by falls.

“Several studies show that exercise and activity, specifically those that help in strengthening, flexibility and balance, can make a significant difference in minimizing one’s chance of falling. The great news is that we all can do this at virtually no or very low cost, on our own or with our friends.” If you need additional information about fall prevention exercises, please contact the Rehab Department at 202-541-7681.

DON'T SUFFER IN SILENCE: Back Pain

Back pain affects one in four Americans and is the most common form of physical disability. An estimated 80 percent of all Americans will suffer from back pain at some point in their lives. Problems can range from minor aggravating aches to severe debilitating pain. Physical medicine and rehabilitation specialist take a comprehensive approach to examining all aspects of back problems. Studies have shown that early aggressive treatment of back injuries by rehabilitation specialist results in quicker recovery and fewer days of inactivity. What treatment options are available for back pain? How do the success rates compare for surgical vs. non surgical treatment for low back pain? What exercises are important in rehabilitating back injuries and how can recurrences be prevented? These are a few questions persons suffering with back pain may have or need to have answered. AFRH residents who may be experiencing back pain even if it is from an injury 20 years ago may receive relief through rehab treatments and back education. Don't suffer in silence or be less active due to back pain you may be experiencing. See your doctor for a referral to physical and occupational therapy services or stop by the Rehab Department room 136 LaGarde Building to discuss your back pain concerns or call 202-541-7681 and staff will be happy to talk with you.

Lynn J. Holt, Rehabilitation Services AFRH

Chaplain's Office:

Volunteers are needed in the Chaplain's Office to greet residents and visitors and help send and receive phone calls. Please contact Carolyn Haug at 202-541-7627 or Sheridan 1004.

DINING ROOM HOURS

- 7:00 a.m. - 9:00 a.m.
- 11:30 a.m. - 1:00 p.m.
- 4:30 p.m. - 6:00 p.m.

Food Service is requesting that all residents clear the dining hall ½ hour after the posted closing time. Food Service is asking for your cooperation because we need to clean and prepare the dining area for the next meal period. (5/22/2012)

FROM THE DESK OF SECURITY

Due to the recent random shootings occurring in the United States, the Home needs to adopt and train an “Active Shooter Program” to minimize risk to Residents and staff. Part of this program involves participating with local law enforcement and regional law enforcement teams so they understand the Home’s environment and coordinate better with the Homes Security team and staff.

Our goal is to educate the Residents and staff about what is expected of them during an active shooter event. Throughout the year the Home will show a six minute training video. This video will be shown during Town Hall meetings, staff meetings and Focus Groups.

Below we have attached the Home’s “Active Shooter Desk Guide” to help educate our AFRH family.

How to Respond When an Active Shooter is in your Vicinity

Quickly determine the most reasonable way to protect your own life. Residents and visitors are likely to follow the lead of employees during an active shooter situation.

First - Run/Evacuate

- * If there is an **escape path**, attempt to evacuate.
- * Evacuate whether others agree to or not.
- * Leave your belongings behind.
- * Help others escape if possible.
- * Prevent others from entering the area.

Second - Hide

- * Lock and/or blockade the door.
- * **Hide** behind large objects.
- * Silence your cell phone.
- * Remain very quiet.

Lastly - Fight/Take Action

- * As a **last resort** and only when your life is in imminent danger.
- * Attempt to incapacitate the shooter.
- * Act with physical aggression and throw items at the shooter.
- * Commit to your actions.

CALL 911 WHEN IT IS SAFE TO DO SO

How you should react when law enforcement arrives:

- * Remain calm and follow Officer’s instructions.
- * Immediately raise hands and spread fingers.
- * Keep hands visible at all times.
- * Avoid making quick movements toward Officers. Do not attempt to hold on to them for safety.
- * Avoid pointing, screaming and/or yelling.
- * Do not stop to talk with Officers when evacuating. Proceed in the direction from which Officers are entering the premises.
- * Know that help for the injured is on its way.

Information you should provide to law enforcement or 911 operator:

- * Location of the shooter.
- * Number of shooters, if more than one.
- * Physical description of shooter(s).
- * Number and type of weapons held by the shooter(s).
- * Number of potential victims at the location.

Scott Project Timeline as of February 12, 2013

Date	Event
Feb 8-Feb 25, 2013	Installation of Furniture and Office Equipment
Feb 19-26, 2013	Familiarize Staff with Building
Feb 21-23, 2013	AFRH-W Staff packing and moving to Scott
Monday, Feb 25, 2013	Scott Building operational (Admin, Business Center, Resident Services Chaplain, Social Workers)
Monday, Feb 25, 2013	Wellness Center open in Scott
Feb 25 – Mar 1 , 2013	Scott Building Orientation for Residents
Thursday, Feb 28, 2013	Recreation Therapy/Fitness open in Scott
Friday, Mar 1, 2013	Dining open in Scott
Friday, Mar 1, 2013	Post Office open in Scott
Friday, Mar 1, 2013	Scott Movie Theater open
Mar 1-13, 2013	Library move in
Monday, Mar 4, 2013	Move Long-Term Care and Memory Support
	from LaGarde to Scott
Monday, Mar 4, 2013	Scott Guest Rooms open
Wednesday, Mar 6, 2013	Swimming pool open
Monday, Mar 11, 2013	Move Assisted Living from LaGarde to Sheridan
To Be Determined	Scott Lounge open
Wednesday, May 1, 2013	Scott Building Grand Opening Ceremony