



No. 432  
September 14, 2012

## WEEKLY BULLETIN

### EAGLE GATE IS CLOSED

Traffic patterns have been changed to accommodate the safe entry and exit of the AFRH grounds during the Scott and Eagle Gate construction projects.

There are two gates open during the construction:

**Randolph Street Gate:** This gate is open to both pedestrian and vehicle traffic. It is open 7 days per week, 24 hours per day. This gate is the temporary replacement for the Eagle gate.

**Scale Gate:** This gate is open to vehicle traffic exiting onto North Capitol Street. It is open Monday – Friday during the hours from 6:00 am to 8:00 pm. Scale Gate is closed on weekends. (6/1/2012)

### BUSINESS CENTER NEWS

\*\*\* RESIDENT \*\*\* REMINDER \*\*\*

It's tax time!!! Upon completion of your 2011 taxes please stop by the Business Center.

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

Please submit all of the following that applies to you by August 31, 2012:

- 2011 Tax Form 1040
- 2011 Social Security Form 1099
- 2011 1099 Military Retirement/Civil Service/Pension/Annuity Form and/or Military Retiree Account Statement
- 2011 VA Compensation/Disability Statement or bank statement
- 2011 Combat Related Special Compensation (CRSC), Defense Finance and Accounting System (DFAS) form(s)
- 2011 proof of payment for supplemental insurance (a cancelled check or 2011 bank statement is acceptable proof of payment)
- Additional 2011 interest, dividends or other earned income

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.

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

## GREEN TIP# 5

### **Solar Panels and the U.S. Military**

The U.S. Military is implementing many green initiatives to save energy and reduce America's dependence on foreign oil. Renewable energy technologies such as solar panels are being installed at military bases across the United States. The nation's largest Army Reserve training post, Fort Bragg, NC, has installed a solar facility large enough to power 1,000 homes!

### **TOASTMASTERS**

The Jim Hammitt WNDY Toastmasters Club meets the 2d 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.

### **U.S. AIR FORCE BIRTHDAY**

Defense Logistics Agency (DLA) at Ft. Belvoir will be hosting the USAF Birthday and has invited our distinguished veterans to join them.

Date: September 17, 2012

Time: 9:30 a.m. – UTC

Guest Speaker: Gen Norton Schwartz

There will be an Honor Guard

A fly over and AF Drill Team have been requested.

The POC for this event is the PAO in BLDG 8, or contact Greg Moore x7551

Space is limited and it is on a first come, first serve basis

### **237<sup>th</sup> USMC Birthday**

Defense Logistics Association (DLA)

Date: 8 November

Time: 2:00 PM ceremony time

Location: Ft Belvoir

The sign up sheet is located at the PAO in BLDG 8 (Next to Eagle Gate). Space is **limited**.

### **POW/MIA Ceremony**

Where: Suitland, MD

When: 9:00 AM – UTC

Sponsored by AFSA Chapter 102

Refreshments will be served

Residents will be able to tour the Airman's museum after the ceremony

### **HEALTHLY 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.

## **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.

**THE RESIDENT ADVISORY COMMITTEE IS FORMING A MILITARY MEMORABILIA SUBCOMMITTEE TO BEGIN THE PROCESS OF IDENTIFYING ITEMS THAT BELONG TO HOME RESIDENTS THAT ARE WORTHY OF REMEMBRANCE.**

## **WELLNESS CENTER:**

Due to the construction, the Wellness Center has implemented room changes for your convenience. The room changes are on the 1st floor in the Sheridan building, along the Wellness Center hall way.

The new Waiting Room has moved to room 1413 from 1406

During your visit to the Wellness Center, your next of kin will be notified only with your permission. The first week of April the Wellness Center began a new process, with the goal to minimize the wait time. Feedback encouraged.

- a. There will no longer be walk-in. It has changed to sick call.
- b. Refills, annual physicals, post hospital follow-up, and new admissions will all be scheduled.
- c. Appointments can be given in two ways:
  - by calling x7600 / x7602
  - or by stopping by Central Appointments room 1032 and making an appointment.

For many the longer days and climbing temperatures also bring the aggravation of seasonal allergies. More than 35 million Americans suffer from pollen allergies. While it is impossible to avoid seasonal allergies, here are some tips:

- Consider staying indoors when the pollen count is especially high
- Plan outdoor activities later in the day as pollen is usually released between 5am and 10am
- Wear a filter mask when gardening or grass cutting
- Use an air purifier
- Take a bath or shower before bed to remove pollen from clothing and skin
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**ALCOHOLICS ANONYMOUS:** Meets every Thursday at 6:30 p.m. in the basement of Stanley Chapel. Enter under the green canopy. (6/15/12)

## **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.

### **EXERCISE TIP:**

Standing on one leg is an exercise that can be practiced anywhere you have a chair or counter to hold on to. You can even practice this with a friend. Stand on one leg holding on to a sturdy, stable chair and count to 10. Switch legs and repeat. As your legs feel stronger repeat increasing your count by 5.

This simple exercise will strengthen your ankles and hips, which are vital in keeping us stable. Give it a try! Remember you can always contact the AFRH Rehab Department at 202-541-7681 for more exercise TIPS!

### **HEAT AND EXERCISE: KEEPING COOL IN HOT WEATHER:**

During hot-weather exercise, watch for signs and symptoms of heat-related illness. If you ignore these symptoms, your condition can worsen, resulting in a medical emergency. Signs and symptoms include: Muscle cramps, Nausea or vomiting, Weakness, Headache, Dizziness, and Confusion. If you develop any of these symptoms, you must lower your body temperature and get hydrated. Stop exercising *IMMEDIATELY* and get out of the heat. If possible, have someone stay with you who can help monitor your condition. Remove extra clothing. Drink fluids — water is best. If possible, fan your body or wet down your body with cool water. If you don't feel better within 30 minutes, contact your doctor. If you have signs of heatstroke, seek immediate medical help. Once you've had heatstroke, you're at a higher risk of getting a heat illness again. Remember to always get cleared by your doctor before you return to exercise especially if you've had heatstroke. Staying active is great but it is important to **drink plenty of fluids**, take frequent breaks during exercising, **dress appropriately, avoid midday sun, and wear sunscreen**. If you're concerned about the heat or humidity, stay indoors. Work out at the gym, walk laps inside an air-conditioned building. By taking some of these basic precautions, your exercise routine doesn't have to be *SIDELINED* when the heat is on! If you have further questions please feel free to contact the AFRH Rehab Department at 202-541-7681.

### **Both Patients and Their Medications Need to Keep Cool**

As temperatures soar outdoors, there can also be an increase in temperature indoors. Medications often need to be stored at room temperature, which is calculated to be between 68 and 77 degrees Fahrenheit. Outside of that temperature range, drug manufacturers can not guarantee the efficacy of certain drugs.

As temperatures soar, any medication that has an effect on your metabolism of water, such as diuretics (fluid pills), may also increase your risk of dehydration, since you will also lose fluids from perspiring from the skin. Don't just drink when you feel thirsty. Make sure you keep well hydrated.

Shelia Spurlock-White MSN, RN (POC) 202-541-7710  
(7/20/2012)

**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)

**Earthquake safety tips for seniors**

Earthquakes happen suddenly, violently and without warning. Recognizing potential hazards ahead of time and careful planning ahead of time can reduce the dangers of serious injury or loss of life from this natural disaster.

**Before an Earthquake**

*Here are some ways to reduce the impact of earthquakes:*

**1. Check for Hazards in your Home**

- If there are cracks in ceilings and walls. Put in a Service Request or call 202-541-7770 between 7:00 a.m. - 3:00 p.m. and after hours 202- 541-7500.
- Repair defective electrical wiring and leaky gas connections, as these are potential fire risks.
- Life support systems and oxygen tanks should always be chain stored to the oxygen rack.
- Place large or heavy objects on lower shelves.
- Store breakable items in low, closed cabinets with latches.
- Hang heavy items such as paintings, pictures and mirrors away from beds

**Scott Project Timeline**

<b>Date</b>	<b>Time</b>	<b>Event</b>
Tuesday, Oct 9, 2012	10AM	Scott Project Focus Group - Senior TV

Tuesday, Nov 13, 2012	10AM	Scott Project Focus Group - Program & Locations
Tuesday, Dec 11, 2012	10AM	Scott Project Focus Group- Fitness, Rehab, Swim Pool
Tuesday, Jan 8, 2013	10AM	Scott Project Focus Group - Long Term Care, Assisted Living, Memory Support
Friday, Jan 25, 2013		Hensel - Phelps turns Scott building over to GSA
Jan 25-Feb 25, 2013		Installation of Furniture and Office Equipment
Monday, Feb 11, 2013		Begin to move Library to Scott
Feb 18-25, 2013		Familiarize Staff with Building
Feb 23-25, 2013		Staff packing and moving to Scott
Sunday, Feb 24, 2013		Security operational in Scott
Monday, Feb 25, 2013		AFRH takes possession of Scott Building
Monday, Feb 25, 2013	TBD	Scott Building Orientation for Residents
Tuesday, Feb 26, 2013		Resident Services, Business Center, Admin, Library, Chaplains, Social Workers offices open in Scott
Tuesday, Feb 26, 2013		Begin to move Artist Colony into Scott
Wednesday, Feb 27, 2013		Wellness Center open in Scott
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
Monday, Mar 4, 2013		Begin move of long-Term Care and Memory Support from LaGarde to Scott
Wednesday, Mar 6, 2013		Swimming pool open
Friday, Mar 8, 2013		Guest Rooms Open, Artist Colony move completed
Tuesday, Mar 12, 2013		Scott Lounge open
Wednesday Mar 27, 2013		Complete move of Long-Term Care and Memory Support to Scott; start move of Assisted Living from LaGarde to Scott
Thursday, Apr 11, 2013		Complete move of Assisted Living to Scott
Wednesday, May 1, 2013		Scott Building Opening Ceremony