



No. 434
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WEEKLY BULLETIN

CAR SHOW

HEY FOLKS THE CAR SHOW IS ALMOST HERE AND WE NEED YOUR HELP WITH CLEARING OUT THE PARKING LOT BEHIND THE OLD SECURITY BUILDING (LOCATED ON THE CORNER OF NORTH CAPITOL) BY SEPTEMBER 28th. FOR MORE INFO PLEASE CONTACT SECURITY OR RECREATION.

AFRH'S ANTIQUE AUTO ASSEMBLY CAR SHOW: Sunday, October 7th @ 9:00 a.m. Come out and enjoy the East Coast's longest running car show in its 55th year. There will be light refreshments served and music sure to bring back memories. Vote for your favorite car in the Resident's Choice category (in memory of resident Al Linton).

Volunteers are needed to make this event a success! Make this day special by volunteering your time. Help is needed at registration, greeting participants and serving refreshments. Stop at the Recreation Office room 1010, and speak with Nicole to sign up to volunteer. Thank you in advance!!

RESIDENT/EMPLOYEE ANNUAL COOKOUT FRIDAY SEPTEMBER 28:

Join us this year for fun, food and a few surprises! The cookout will begin at 11:30 a.m. serving residents and will continue serving both residents and employees @ noon – 2:00 p.m. behind the Sheridan Building. Enjoy a variety of lawn games, board games, or a game of social volleyball. Music will be provided by DJ Billy White throughout the event, and karaoke will be available from 12:30 p.m.-1:30 p.m. Singers needed!

After lunch enjoy Scoops 2 U serving up ice cream sundaes-pick from six flavors including Butter Pecan, Espresso Chip, sugar free Moose Tracks and more, then top your favorite 2 scoops off with a selection of flavors including caramel syrup, oreos, sprinkles, etc.

Consider volunteering to help make this program a success! Help is needed with set up, recruiting karaoke singers, participating in games, and clean up. The event will run until 2:30 p.m. Stop by the Recreation Office, room 1010 and see Mary Catherine or call x-7637 if you are interested in volunteering.

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)

PLEASE HELP: One of the remote controls is missing from the fitness center on the ground floor. Please return it as soon as possible.

BUSINESS CENTER NEWS

***** RESIDENT *** FEE *** REMINDER *****

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.

GREEN TIP# 7

Green Buildings: What is LEED?

Leadership in Energy and Environmental Design (LEED) is a green building program that promotes environmentally-friendly construction practices all around the globe. ARFH is pursuing LEED certification and other sustainable and energy-efficient features for renovations and new buildings on both campuses. These features will make our buildings more comfortable and less costly to operate.



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.

237th 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.

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.
- Refills, 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
- Flu season is approaching. The nursing team will be administering the flu vaccine soon. Flyers will be posted, to let you know the date and time.

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.

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)

Scott Project Timeline

Date	Time	Event
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