



WEEKLY BULLETIN

Friday, March 15, 2024

Meals
Breakfast 07:00 – 09:00, Grill 09:15 – 10:30
Lunch 11:30 – 13:00, Grill 13:15 – 15:30
Supper 16:30 – 18:00

RESIDENT UPDATES

Welcome: N/A
Farewell: N/A
In Memory Of: N/A

Air Force	67
Army	66
Coast Guard	4
Marine Corps	8
Navy	53
Spouse	13
Reserve / Ntl Guard	8
TOTAL	220

ADMINISTRATION

- All information that is sent out via the Resident Email List will also be posted on the Administrator board located in the underground tunnel between the Scott-Sheridan buildings. If it is urgent information that needs to be out immediately then we will utilize other vehicles to communicate to those not included on the email list (i.e. phone call, postings in high traffic areas).

HEALTHCARE SERVICES

If you are having respiratory symptoms, **DO NOT** come to the Wellness Center to test. Call us at (202) 541-7588 or (202) 541-7900 and we will come to you.

	Resident	Employee	Contractor
Coronavirus	0	0	0
RSV	0	0	0
Influenza	0	0	0

- If you have received a M.O.S.T. form from our Social Worker, please return the form ASAP to him or the Wellness Center.
- Consider bringing your medical documents from outside appointments to the Wellness Center to be scanned into your medical records. This will allow for continuity of care.
- If you fall – please report it immediately! When you report your fall you will be assessed by a provider and receive an evaluation from our Rehab department. These actions improve your healing outcome and catch any minor gait issues early.
- In celebration of Social Worker Month, stop by and chat with your social workers regarding your code status, wills, medical and financial power of attorney documents in Scott Building Ground Floor Lobby from 1100-1300 on March 26, 27, and 28.
- In celebration of the Nutrition Month, check out our education events Beyond the Table in the Community Center from 1000-1100 on March 18, 19, 20, and 22.

RESIDENT SERVICES

- Quarterly Health, Welfare & Morale Room Visits will occur on Thursday, April 11 beginning at 0900.**
- Upcoming Committee Meetings
 - RAC Open Meeting – Wednesday March 20 at 0900 in the Community Center
 - Chapel Fund Meeting – Thursday March 21 at 0930 for the Protestant meeting and 1000 for the Catholic meeting
 - Women’s History Month planning – Friday March 22 at 1100 in Sheridan 3rd floor common reading area
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- University of Maryland researchers will be collecting information on our deer population today (Friday) through the weekend. You may see a net tent and other equipment on the far side of the pond. The team will be taking blood samples and tagging a few deer, as part of a Maryland/DC/Virginia research program. Please do not disturb the research materials or area.
- When traveling around campus, stay on paved paths and have an emergency contact method such as a cellphone. The gravel and dirt paths can be muddy and difficult to manage, particularly with a PMD or walker. **Call Security if you run into trouble: 202-541-7500**
- We have a limited number of pins to secure resident doors for vacations etc. Know that we are working to find a new supplier and will keep you updated.

CHAPLAIN

- Our Chapels are always open twenty-four hours a day, we encourage visitation. We must remember to ensure the doors are closed and the lights are off when we leave. Thank you for your cooperation.

WEEKLY ACTIVITIES

Monday, 18 March

- 1000 Nutrition Presentation – Community Center
- 1100 Qi Gong – Theater
- 1130 Buttery Popcorn – CC Lobby
- 1330 Movie (*The Joy Luck Club*) – Theater
- 1400 Plant Bathing – Community Center

Saturday, 23 March

- 1300 Bingo – Community Center
- 1600 Bar Night (pizza) – Defender’s Inn
- 1800 Movie (*The Two Towers*) – Theater

Tuesday, 19 March

- 1000 Nutrition Presentation – Community Center
- 1300 RT Bingo – Community Center
- 1330 Movie (*Mafia- documentary*) – Theater
- 1400 Paint and Pour – Artist Colony
- 1400 Resident/Staff Bowling – Bowling Center
- 1500 Bible Study – Meditation Room
- 1630 Birthday Meal – Dining Hall**

Sunday, 17 March

- 0900 Catholic Mass – Rose Chapel
- 1000 Protestant Service – Scott Theater
- 1800 Movie (*Shutter Island*) – Theater

Wednesday, 20 March

- 0900 RAC Meeting (for ALL residents) – Community Center
- 1000 Nutrition Presentation – Community Center
- 1100 Qi Gong – Theater
- 1300 Bingo - Community Center
- 1330 Book Club – Game Room
- 1600 Ladies Group – Community Center
- 1830 Movie (*Risen*) – Meditation Room

- GI Gym** – Scott Building – Open 24/7
- Therapy Pool** – Scott Building – Monday-Saturday 0800-1600
- Bowling Center** – Sheridan Building – Monday-Friday 1400-1600

Thursday, 21 March

- 1300 Poetry Meeting – Sheridan 1103
- 1300 Korean Cooking Class – Scott 2nd Floor
- 1800 Movie (*Crimson Tide*) – Theater

Friday, 22 March

- 1000 Nutrition Presentation – Community Center
- 1100 Qi Gong – Theater
- 1800 Movie (*Saturn Three*) – Theater