



***** WEEKLY BULLETIN *****

Monday, March 27, 2023

MEALS

Breakfast: 7:00 - 9:00 a.m., Extended Breakfast 9:15 - 10:30 a.m.,
Lunch: 11:30 a.m. to 1:00 p.m., Extended Lunch 1:15 - 3:30
p.m.; Supper: 4:30 p.m. - 6:00 p.m.

WELCOME / FAREWELL / IN MEMORY OF:

WELCOME: Bernard Orr, US Air Force

FAREWELL: N/A

IN MEMORY OF: N/A

RESIDENT POPULATION: 214

AVERAGE AGE: 84

US Army	65
US Air Force	71
US Coast Guard	4
US Marine Corps	7
US Navy	53
Spouse	8
Reserve or Guard	6
Total	214

ADMINISTRATION UPDATES & NEWS:

NOTE: Current Positive COVID-19 Data as of 03/24/2023

TEST	RESIDENTS	EMPLOYEES	CONTRACTORS
COVID -19 Positive	0	0	0

RESIDENT SERVICES OPERATIONS UPDATES & NEWS:

NOTE: Our Ombudsman, Sam Gitchell has resigned and is currently on leave. Bill Striegel, our acting Ombudsman, is available for any related needs until we find a replacement and can be contacted at Billy.Striegel@afrh.gov - phone: 202-541-7536.

NOTE: 2d Quarter, CY 2023, Health, Welfare, and Morale Room inspection schedule is as follows: Floors 1-4: Thursday, April 13, 2023 – at 9:00 a.m.; Floors 5-7: Thursday, April 20, 2023 – at 9:00 a.m.

NOTE: Our next New Resident Orientation will be held March 30th from 9:00 a.m. to 11:30 a.m. in the Game Room. Individual invitations will be sent to our new arrivals. We look forward to the event!

NOTE: AARP tax filing sign-ups will continue to be posted every Thursday through April 13th. If you are unable to secure an appointment by April 4th, please see Marine Robbins, volunteer coordinator. In the meantime, feel free to stop by her office for a candy bar and a friendly chat.

NOTE: How to find Menus, the Weekly Bulletin, Activity and Trip calendars for the Washington campus:

1. Go to <https://www.afrh.gov/washington>
2. This takes you to the **Washington, DC Community** page.
3. Continue to scroll down to reach **Dining, Activities and other Information**.

CHAPLAIN'S OFFICE:

NOTE: The Protestant Congregation will be moving back into Stanley Hall Chapel on Sunday, April 2, for the morning service at 10:00 a.m. This will be the regular time for Sunday services until further notice. In order to accommodate the Residents in upper levels of care, we will alternate Sundays between Stanley Chapel and the Scott Meditation Room. Therefore, services in Stanley Chapel will occur on 1st, 3rd, and 5th Sundays and in the Scott Meditation Room on 2nd and 4th Sundays. If you have any questions concerning this announcement, please contact Chaplain Goodloe in the Chaplains' Suite or 202-541-7612.

NOTE: Due to the inability to provide a Priest, our Catholic Chaplain Contract has been terminated, so we are now able to have volunteers assist in services. There will be a Catholic Mass for Palm Sunday and Easter Sunday, officiated by Father Bob Cannon, Chancellor for the Archdiocese for the Military Services, USA. Mass will be at 9:00 a.m.

in the Rose Chapel. Father Cannon will also provide communion to our Residents on upper levels of care. Updates to follow.

NOTE: (Post-Easter schedule (April 16, 2023)). Residents who would like to attend Catholic Mass at the Basilica of the National Shrine of the Immaculate Conception please sign up outside the volunteer office. The Mass begins at 9:00 a.m.

HEALTHCARE SERVICES UPDATES AND NEWS:

NOTE: If you are on oxygen and/or a CPAP, please ensure the Wellness Center is aware. Knowing this information will ensure our staff can check on you in the event of a power loss or other emergency.

NOTE: There is currently a nationwide shortage of blood in our country. The Healthcare Services Team will host a Blood Drive on May 12, 2023 in the Community Center (1000-1500.) Please sign up at the Wellness Center front desk as soon as practicable if you are interested in donating blood. We must have a minimum of 25 donors in order to host the event. Thank you in advance for your support!

The following activities begin 27 MARCH 2023:

MONDAY, 27 MARCH

- 1100 Qi Gong - Theater
- 1130 Popcorn - Community Center Lobby
- 1330 Movie (*U-571*) - Theater
- 1400 Olympics Trivia - Defenders' Inn

TUESDAY, 28 MARCH

- 1000 Scrabble - Canteen
- 1000 RT Blessed Sacrament BINGO - Community Center
- 1330 Comedy Hour - Theater
- 1530 Bible Study – Meditation Room**

WEDNESDAY, 29 MARCH

- 1100 Qi Gong - Theater
- 1300 BINGO - Community Center
- 1330 Glenna's Book Club - Game Room
- 1830 Inspirational Movie (IF YOU WANT TO WALK ON WATER/Joyce Meyer) – Meditation Room**

THURSDAY, 30 MARCH

- 1000 RT White Elephant Viewing - Community Center
- 1300 RT White Elephant Auction - Community Center
- 1800 Movie (*A Million Ways to Die in the West*) - Theater

FRIDAY, 31 MARCH

- 1000 Corn Hole - Community Center
- 1100 Qi Gong - Theater
- 1330 Celebrating Women Program - HOH
- 1800 Movie (*Identity*) - Theater

SATURDAY, 1 APRIL

- 1300 BINGO - Community Center
- 1600 DI Social - Defenders' Inn
- 1800 Movie (*Dirty Dancing*) – Theater

SUNDAY, 2 APRIL - PALM SUNDAY

- 0900 Protestant Service – **STANLEY HALL CHAPEL**
- 0900 Catholic Mass - **ROSE CHAPEL**
- 1800 Movie (*Live and Let Die*) - Theater

THERAPEUTIC POOL:

Scott Bldg

Open:

Mon-Sat, 0800-1600

BOWLING CENTER:

Sheridan Bldg

Open:

Mon-Fri, 1400-1600

GI GYM:

Scott Bldg

Open:

24 hours/

7 days a week