The Plan of the Week

26 SEPTEMBER 2022 – 2 OCTOBER 2022

24/7 SECURITY (228)897-4418  24/7 WELLNESS CLINIC: (228)897-4450

MEALS – Breakfast: 0700 - 0830 / Lunch: 1130 - 1300 / Supper: 1630 - 1800

RESIDENT POPULATION: 402  AVERAGE AGE: 83.89 as of 01SEP22

RESIDENT WELCOME / FAREWELL / IN MEMORY OF:

WELCOME:
Charles “Charlie” Waller (USMC), Hometown: Beaufort, SC
Herschel Jackson (USA), Hometown: Arab, AL

IN MEMORY OF:
Frederick “Fred” Stafford (USAF), Hometown: Niagara Falls, NY
Curtis Roudebush (USA), Hometown: Kansas City, MO

FACILITY NOTES & RESIDENT INFO:

- GATE HOUSE: Always stop at the Gate when entering AFRH-G to show your ID.
- WORK ORDERS: Please call (228) 897-4444 to submit a work order.
- STATE FLAG FLYING AT GATE: Oklahoma, known as the “Sooner State”, was the 46th state to establish statehood. It achieved statehood on 11/16/1907.
- ROOM INSPECTIONS: C-Tower room inspections will be conducted in OCT as follows: Floors 8 & 7 on 05OCT22, Floors 6 & 5 on 12OCT22, and Floors 4, 3 & 2 on 21SEP22.

HEALTHCARE SERVICES NEWS:

- COVID-19 TESTING STATUS: As of 20SEP22, we have 1 - Resident active case. Please continue to follow necessary precautions, particularly outside the home.
- KEESLER MEDICAL CENTER DELAYS: Effective 24SEP22, Keesler will be implementing their new electronic medical record. Access to services will be reduced over the next three months. Appointments will take longer as your medical information is transferred into the new system. This doesn’t impact prescriptions turned into the AFRH Pharmacy Technicians. Contact Keesler Patient Advocate, Martha Prieto-Moreno 228-376-3092 for any assistance.

RECENT BINGO & TOURNAMENT RESULTS:


Be Sure to Sign up for the AFRH-G Annual Games in Rec Svcs this week!

CURRENT ANNOUNCEMENTS:

- CARDBOARD RECYCLING CONTAINERS: These are located on the loading platform/dock are for cardboard ONLY and items must be broken down or apart—do not overfill the container. This is for recycling of cardboard only! Any other items contaminates the entire load of the garbage truck.
- CHIEF PETTY OFFICER SELECTEE VISIT: The Chief Petty Officer Selectee visit has been moved to October 6th. They will be having breakfast with us @ 0730 and meeting with Residents in the Community Center @ 0830 to interact, chat, and/or make thoughtful, congratulatory Charge Book entries to help guide the Chief Selectees as they prepare themselves to assume the additional responsibilities of a Navy Chief Petty Officer.
- DINING SEATING: If you notice damaged or broken seats in the Dining Facility, please notify Dining Supervisors in order to repair or replace the issue.
- DINING TRAYS: Dining Staff are in the process of inspecting our red trays for serviceability. If residents or staff identify a damaged tray, please bring to the Shift Supervisors for removal from service. Thank You.
- PERSONAL MOBILITY DEVICES (PMDs): AFRH Residents who operate a PMD at AFRH are required to provide and/or show proof of a written prescription (order) by a provider; and demonstrate the competence to operate a PMD through an assessment given by Physical Therapy. PMDs must be registered through Security.
- SWIMMING POOL: The swimming pool will be closed on 03OCT22 for repairs and will reopen in the spring.
- USPS POSTAL STAMPS: Stamp books are available for purchase at the Navy Exchange.

Please see Resident Services with questions/concerns regarding announcements.
## 26 SEPTEMBER 2022 – 2 OCTOBER 2022

### MONDAY, 26 SEPTEMBER
- **0900** Exercise Class – Exercise Room
- **0900** Catholic Mass (Chapel)
- **1000** Water Aerobics – AFRH Swimming Pool
- **1400-1500** Ice Cream Social – Community Center (RM 1109)
- **1800** MOVIE on SRTV4: “Twelve O’clock High” (NR, 132 Min) War (1949)

### TUESDAY, 27 SEPTEMBER
- **0900** Exercise Video – SrTV Channel 4
- **0900** KAFB Exchange & Promenade Shopping Trip – Sign up in Rec Svcs
- **1300** Art Time “On your own” – Art Studio
- **1330** Bridge Tournament – Club Room (RM A-244)
- **1400** Spare Time Bowling – Bowling Center
- **1500** Android Class – Computer Learning Center
- **1800** MOVIE in Theater: “Shepherd of the Hills” (NR, 98 Min) Drama (1941)

### WEDNESDAY, 28 SEPTEMBER
- **0900** Exercise Class – Exercise Room
- **0900** Catholic Mass (Chapel)
- **1000** Water Aerobics – AFRH Swimming Pool
- **1000** “Drum it Up” with Susan – Community Center (RM 1109)
- **1300** Woodshop Certification - Woodshop
- **1830** Bingo – Community Center (RM 1109)

### THURSDAY, 29 SEPTEMBER
- **0900** Exercise Video – SrTV Channel 4
- **1300** Art Time “On your own” – Art Studio
- **1330** Pinochle Tournament – Club Room (RM A-244) Sign up in Rec Svcs

### FRIDAY, 30 SEPTEMBER
- **0900** Exercise Class – Exercise Room
- **0900** Catholic Mass (Chapel)
- **1000** Water Aerobics – AFRH Swimming Pool
- **1400** Afternoon Bingo – Community Center (RM 1109)
- **1730** Fireworks & Drone Light Show at Jones Park Trip – Sign up in Rec Svcs

### SATURDAY, 1 OCTOBER
- **1800** MOVIE on SRTV4: “The Lost City” (PG13, 112 Min) Action (2022)

### SUNDAY, 2 OCTOBER
- **0900** Sunday Mass (Chapel)
- **1030** Protestant Service – (Chapel)

## SrTV Channel 4 Programming Schedule
- **Admin & RAC Updates** – 0600, 1000, 1100, 1400, & 2200
- **Spoken Plan of the Week** – 0945 & 1545
- **Protestant Service** – 0800 & 1500
- **Quarterly Memorial Services** – 0845, 1200, & 2230
- **Exercise Class Video** – 0900
- **Dry Bar Comedy Video** – 0700, 1600, & 2300
- **Virtual Travels** – 1300 & 2100
- **Dial 988 Suicide Hotline Video** – 1030, 1430, & 1700
- **AFRH-G Movie** – (M, F, St) 1800

Be sure to also visit SrTV Channel 2 for more information regarding AFRH activities & Menus.