



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

Monday, May 22, 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: N/A

FAREWELL: William Sullivan, USN

IN MEMORY OF: John H. Porter, USAF

RESIDENT POPULATION: 214

AVERAGE AGE: 84

US Air Force	71
US Army	66
US Coast Guard	4
US Marine Corps	7
US Navy	51
Spouse	9
Reserve or Guard	6
Total	214

ADMINISTRATION UPDATES & NEWS:

NOTE: Current Positive COVID-19 Data as of 05/19/2023

TEST	RESIDENTS	EMPLOYEES	CONTRACTORS
COVID -19 Positive	0	0	0

NOTE: Please remember to wash/sanitize your hands before entering the Dining Hall. Masks are still required in all healthcare units (Wellness Center, Rehab, Assisted Living, Long Term Care and Memory Support). Masks are no longer required for visitors and volunteers unless visiting a healthcare unit.

NOTE: Mr. Billy Striegel is our acting Ombudsman. He may be contacted at Billy.Striegel@afrh.gov - phone: 202-541-7536.

NOTE: Annually, Residents are required to provide all documentation to validate income. Contact Business Office at 202 541-7526. Thanks to those who are complete.

SAFETY: Smoking/E-smoking is prohibited within 25 feet of any entrance or exit primarily accessed by Residents, employees, contract personnel, guests or visitors. Smoking/E-Smoking is not permitted in the interior spaces of all AFRH-W owned, leased, or administered buildings.

RESIDENT SERVICES OPERATIONS UPDATES & NEWS:

NOTE: Residents and staff are not authorized to remove any dishes, glasses, silverware or meal related items from the Dining Hall. They are to be used during 'dining in' and not taken out. There is and continues to be a shortage of these things that requires costly replacement. If you have such items they need to be returned to the Dining Hall immediately. Thank you for your cooperation in this matter.

NOTE: If you make a mess, clean it up or tell someone who can clean it up for you. We all need to clean up after ourselves.

NOTE: Bed Bug Inspections will be conducted in June as follows: 7th Floor – 6 June ; 6th Floor – 8 June; 5th Floor – 13 June; 4th Floor – 15 June; 3rd Floor – 20 June; 2nd Floor - 22June; 1st Floor – 27 June. We will remind Residents of days/floors in advance of the inspections. As a reminder, do not make your bed on inspection day.

NOTE: The Thrift Shop will be closed until May 23rd.

NOTE: The Dry Cleaner is no longer open on Mondays. The new hours are Wednesday 1:00 p.m. - 4:00 p.m. and Friday 8:30 a.m. - 11:30 a.m.

CHAPLAIN'S OFFICE:

NOTE: 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 all services at 10:00 a.m.

NOTE: We are working with the diocese to get volunteer priests to serve on campus until a new contract is in place. Until then, 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: Thanks to all donors and all that attempted to donate blood during last week's blood drive. The event collected 14 pints of blood. Each unit of blood can save three lives. This community service event will save 42 lives.

NOTE: Last week's Diabetes Class and Basic First Aid classes were well attended. We have more topics planned to benefit you. Thank you for your participation!

NOTE: Remember to hydrate. It's warm outside! Don't wait until you are thirsty or get into a heat related event to drink water – plan ahead.

NOTE: Drinking water is available to all residents in the black refrigerator in the Wellness Center. Enjoy!

The following activities begin 22 MAY 2023:

MONDAY, 22 MAY

- 1100 Qi Gong - Theater
- 1130 Buttery Popcorn - Community Center Lobby
- 1330 Movie (*Beneath the Planet of the Apes*) - Theater
- 1400 Zumba Gold - Community Center

TUESDAY, 23 MAY

- 1100 Pop Up Trivia - Community Center Lobby
- 1300 RT Bingo - Community Center
- 1330 Movie - (*Who Killed the Maya?*) (Doc) - Theater
- 1430 Walking Club - Canteen
- 1530 Bible Study – Meditation Room**

WEDNESDAY, 24 MAY

- 1000 Water Workout - Pool
- 1100 Qi Gong - Theater
- 1300 BINGO - Community Center
- 1330 Glenna's Book Club - Game Room
- 1830 Genealogy Class - SH Computer Lab
- 1830 Inspirational Movie (*GALLOWS ROAD*) – Meditation Room**

THURSDAY, 25 MAY

0900 TOWN HALL MEETING - COMMUNITY CENTER

- 1300 Spring Softball - Ball field
- 1430 Walking Club - Canteen
- 1800 Movie (*The Horse Whisperer*) - Theater

FRIDAY, 26 MAY

- 1000 Finger Fitness - Community Center
- 1100 Qi Gong - Theater
- 1130 COOKOUT - DINING HALL PATIO**
- 1800 Movie (*Angel Has Fallen*) - Theater

SATURDAY, 27 MAY

- 1300 Bingo - Community Center
- 1600 DI Social - Defenders' Inn
- 1800 Movie (*12 O'Clock High*) – Theater

SUNDAY, 28 MAY

- 1000 Protestant Service – SCOTT MEDITATION ROOM**
- 0830 Catholic Mass – Bus to Basilica**
- 1800 Movie (Hollywood Canteen) - Theater