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 4:30-6:00 p.m.

WELCOME / FAREWELL / IN MEMORY OF:
WELCOME: N/A
FAREWELL: N/A
IN MEMORY OF: James Heiberg - USN
RESIDENT POPULATION: 251
AVERAGE AGE: 84

COVID NOTE OF THE WEEK:
Why is social distancing important?
COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19. Since people can spread the virus before they know they are sick, it is important to stay at least 6 feet away from others when possible, even if you—or they—do not have any symptoms. Social distancing is especially important for people who are at higher risk for severe illness from COVID-19.

ADMINISTRATION UPDATES & NEWS:
NOTE: Election Activity: Our country is in the middle of an important election year. As this is government property, we must abide by some rules. It is OK to have non-offensive political displays on personal property to include bumper stickers, shirts, hats, etc. You may display materials inside your room, but please refrain from posting things on the outside of your door. Our political environment evokes many emotions and we need to respect each other.

NOTE: Thanks to all for your cooperation during our August 100% COVID testing. Results are not all in yet, but so far, we only have one contractor who tested positive. They will remain home for 14 days or until testing negative. Contact tracing revealed little contact with others and no Residents. Please remember to keep a safe distance from others, wear a face covering and wash your hands often. Outdoor activity is encouraged, but be mindful of the higher than usual temperatures.

NOTE: RAC Elections:
(1 Sept) Rules of Engagement Meeting (Candidates will meet with Ron Kartz and Bill Striegel in the Community Center @1300.
(2 Sept – 21 Sept) Campaigning begins
(18 Sept) Candidate Town Hall (Debate) – Community Center
(22 Sept) 0730-1300 Cast ballots (outside the Dining Hall)

RESIDENT SERVICES UPDATES & NEWS:
NOTE: VOTING ASSISTANCE: If you need any help with Voting, please print your name and room number on the signup sheet outside Recreation Services. We will contact you ASAP. To make your vote count, act NOW.
From the Chaplains' Office:
NOTE: CATHOLIC – Catholic Mass is offered every Sunday at 9 a.m. in the Rose Chapel. This coming Friday (September 4th) which is the first Friday in September, there will be a special Mass at 10:30am in the Meditation Room with prayers for healing and with the Sacrament of the Anointing of the Sick. All are welcome!
NOTE: PROTESTANT – Until further notice, we will continue in-person Sunday services in the Meditation Room at 9:00am and in Stanley Chapel at 10:15am. Videotaped services are particularly for those persons who are unable to come to the Chapels. These taped services will air at the same times stated above on Senior TV, channel 4. All are welcomed to attend the in-person Bible Study at the regular time on Tuesdays at 3:30pm in the Scott Meditation Room.
NOTE: Thrift Shop is now open on Wednesdays (1300-1600) and Fridays (0830-1130). Most items available for purchase by credit card only. Please see flyer for further details.

HEALTHCARE SERVICES UPDATES & NEWS:
NOTE: Importance of Vitamin D: Do you know your vitamin D levels? If you avoid the sun, follow a strict vegan diet, can't tolerate milk you may have a vitamin D deficiency. A vitamin D deficiency can lead to bone loss, decrease muscle strength leading to falls, insulin resistance, weight gain, and cognitive impairment in older adults. The best source of vitamin D is from the sun. Food sources of vitamin D include fortified dairy and grains, egg yolks and fatty fish like sardines and salmon.

CAMPUS OPERATIONS UPDATES & NEWS:
WORK ORDERS: Call 202-541-7770 or email; service.request@afrh.gov to request a Work Order. Response time for Routine Calls is 5 business days during normal working hours.

The following activities are scheduled beginning (31 August)

MONDAY, 31 AUGUST
1100  Tai Chi – Scott Theater
1330  Movie & Popcorn (The Glen Miller Story) – Scott Theater

TUESDAY, 1 SEPTEMBER
0900  Corn Hole – Canteen
1100  September Trivia – Community Center Lobby
1300  Bowling Shootout – Bowling Center

WEDNESDAY, 2 SEPTEMBER
1100  Tai Chi – Scott Theater
1130  Crafting Kit give away – Community Center Lobby
1300  Bingo – Community Center
1830  Inspirational Movie – (A Question of Faith) – Scott Meditation Room

THURSDAY, 3 SEPTEMBER
1000  Replanting Houseplants – Scott Courtyard
1330  Movie Selection Meeting – Game room
1800  Movie (Because I Said So) – Scott Theater

FRIDAY, 4 SEPTEMBER
1100  Tai Chi Class – Scott Theater
1130  Labor Day Cookout- Dining Hall
1130  Freezer Pickles and Thirsty Friday – Community Center Lobby
1400  Happy Hour – Defenders Inn
1800  Movie (Dogs) – Scott Theater

SATURDAY, 5 SEPTEMBER
1800  Movie (The Brave One) – Scott Theater

SUNDAY, 6 SEPTEMBER
1800  Movie (Swordfish) – Scott Theater