



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

MONDAY, 1 AUGUST 2022

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: Mr. Larry Mitchell, USMC; Mr. Michael Urey, USA, ARNG, USNR

FAREWELL: N/A

IN MEMORY OF: N/A

RESIDENT POPULATION: 211

AVERAGE AGE: 84

ADMINISTRATION UPDATES & NEWS:

NOTE: Current Positive COVID-19 Data as of 7/28/2022.

TEST	RESIDENTS	EMPLOYEES	CONTRACTORS
COVID -19 Positive	3	2	0

NOTE: MASKS ARE MANDATORY FOR WEAR BY EVERYONE WHEN OUTSIDE OF THEIR ROOM OR OFFICE. Masks are also required for gatherings and while transiting in our vehicles. Socially distance yourself from others if possible. Washing your hands is the first and best line of defense against the virus.

NOTE: If you have not turned in your 2021 taxes, please do so as soon as you can.

NOTE: The hours of operation for the Business Office, Room 1067 are: Mon - Fri: 8 am - 11:30 am; 1:00 pm – 4 pm (closed for Administration 11:30 am – 1:00 pm.)

FROM THE OMBUDSMAN:

NOTE: Mr. Sam Gitchell, AFRH-W Ombudsman, may be reached at (202) 658-9865.

NOTE: The Virginia VA Services Representative, Edwin Robles, will resume in-person visits beginning this month. Mr. Robles is available by phone and e-mail to assist you. Please contact him at Edwin.robles@dvs.virginia.gov or 703-359-1210.

RESIDENT SERVICES UPDATES & NEWS:

NOTE: For the safety of everyone, we currently have COVID room/program limits. If a program reaches capacity, we may need to limit entry until our COVID restrictions are lifted.

NOTE: All Anderson Suite guests must present their vaccination card and proof of a negative COVID test (within 48-hours prior to arriving).

NOTE: The Wellness Clinic requests assistance providing meals to residents that are isolating in their rooms. Please see Marine Robbins in Volunteer Services if you are interested in assisting.

NOTE: Two 'accessibility and removal of barriers' Focus Group meetings will be held in August: Thursday, August 4th, 1330; and Tuesday, August 9th, 1030. These meetings will occur in the Theater - AFRH Residents are invited to attend.

HEALTHCARE SERVICES UPDATES AND NEWS:

NOTE: If you feel unwell, please call the Wellness Center or the House Supervisor. Someone will come to assess you in your room. Remember everyone is required to wear a mask while indoors on campus.

NOTE: Wash your hands frequently, wear your mask and get tested if you feel unwell or are exposed to someone that tested positive for COVID-19. We are a community caring for each other. Please remember to wash your hands prior to going into the dining facility each and every time.

NOTE: Consider taking the booster vaccine taking the COVID-19 booster, please sign up in the Wellness Center. We have COVID-19 vaccine clinic in the Wellness Center every Friday at 1000 for those that sign up.

CAMPUS OPERATIONS UPDATE:

NOTE: If you need maintenance for your room – call (202) 541-7770 during normal business hours; (202) 541-7500 after hours; or e-mail at service.request@afrh.gov. Campus Operations office direct line during normal business hours is (202) 541-0613

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The following activities are scheduled beginning 1 AUGUST 2022:

MONDAY, 1 AUGUST

- 1100 Qi-Gong - Theater
- 1130 Popcorn - Community Center Lobby
- 1330 Movie (*Above and Beyond*) - Theater

TUESDAY, 2 AUGUST

- 1300 **RT BINGO** - Community Center
- 1330 Movie (*Arlington Field of Honor*) Documentary - Theater
- 1530 Bible Study – Meditation Room**
- 1800 Saloon Night - Defenders’ Inn

WEDNESDAY, 3 AUGUST

- 0930 **TRIP MEETING** - Theater
- 1000 Brigadier Army Brass Band - Community Center
- 1100 Qi Gong - Theater
- 1300 Jack Pot **BINGO** - Community Center
- 1830 Inspirational Movie (*The Final Prophecies*) - Meditation Room**

THURSDAY, 4 AUGUST

- 1330 Movie Selection Meeting - Game Room
- 1400 Paint N Sip - Artist Colony
- 1800 Movie (*Their Finest*) - Theater

FRIDAY, 5 AUGUST

- 1030 First Friday Mass with the anointing of the sick - Meditation Room
- 1100 Qi Gong - Theater
- 1330 Coast Guard Birthday program - Hall of Honor**
- 1800 Movie (*On the Town*) - Theater

SATURDAY, 6 AUGUST

- 1300 Jackpot Bingo - Community Center
- 1600 Social - Defenders’ Inn**
- 1800 Movie (*To Catch a Thief*) - Theater

SUNDAY, 7 AUGUST

- 0900 Protestant Service – **SCOTT THEATER**
- 0900 Catholic Mass – Rose Chapel
- 1800 Movie (*Daredevil*) - Theater

GI GYM:

Scott Bldg

Open:

24 hours/

THERAPEUTIC POOL:

Scott Bldg

Open:

Mon-Sat, 0800-1600

BOWLING CENTER:

Sheridan Bldg

Open:

Mon-Fri, 1400-1600