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: John Greene, USA
FAREWELL: N/A
IN MEMORY OF: N/A
RESIDENT POPULATION: 212
AVERAGE AGE: 84

ADMINISTRATION UPDATES & NEWS:

<table>
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<tr>
<th>TEST</th>
<th>RESIDENTS</th>
<th>EMPLOYEES</th>
<th>CONTRACTORS</th>
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<td>COVID -19 Positive</td>
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<td>1</td>
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NOTE: MASKS ARE REQUIRED BY ALL RESIDENTS & STAFF IN ALL HEALTH CARE AREAS! Vaccinated Residents, Staff and contractors are no longer required to be masked in common areas. All visitors are still required to wear masks and complete the 4 Pillars. Hand washing remains our best line of defense.

NOTE: The hours of operation for the Business Center, Room 1067 are: Mon- Fri: 8 am – 11:30 am, 1:00 pm – 4:00 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: Mr. Edwin Robles, the VA Claims representative who once assisted Residents with their VA issues, has retired from government service. AFRH-W is currently working to obtain replacement services. In the interim, Sam Gitchell, AFRH-W Ombudsman, will work to arrange appropriate services for you.

RESIDENT SERVICES UPDATES & NEWS:
NOTE: Annual Fire Alarm Testing: Residents please note planned elevator alarm tests in the Sherman Building Mon, 10/3 thru Wed 10/5 (This will cause intermittent interruptions of elevator service for short periods.)
NOTE: The 4th Quarter, CY 2022 “Health, Welfare and Morale” room inspections will occur as follows: October 13th, 0900 – Floors 1 to 4; October 20th, 0900 – Floors 5 to 7.
NOTE: The Admissions Office seeks a volunteer to fill the position of Catholic Chapel Fund Custodian (to handle all the banking requirements for the fund.) If interested, please contact Annemarie Wilson, AFRH-W Admissions Officer.

CHAPLAIN’S OFFICE:
NOTE: The next Memorial Service, honoring Residents who passed during the months of July, August, and September, is scheduled for October 26th at 1000 hours in the Scott Meditation Room.
NOTE: All Catholic worshippers are cordially invited to join the services conducted by the Protestant Chaplain on Sundays at 0900 and/or the Bible Study on Tuesdays at 1530. We are working with the contractor to obtain the services of a Catholic Priest as soon as possible.
HEALTHCARE SERVICES UPDATES AND NEWS:

NOTE: We now have the influenza and COVID-19 bivalent (BA4 & BA5) vaccine. We also have the high dose influenza for 65 years old and above. The COVID-19 vaccine and influenza vaccine may be administered on the same day. The Wellness Clinic is holding influenza and COVID-19 vaccine clinics on Fridays in the Wellness Center from 1000-1100. PLEASE REMEMBER TO BRING YOUR VACCINE CARDS!

NOTE: Have you received a booster vaccine or your influenza vaccine outside of AFRH-W? Please go to the Wellness Center with your information and they will scan it into your medical record. This information ensures the Home has your most accurate immunization information.

NOTE: The next Chat with the Chief of Healthcare is on Monday, October 24, 2022 in the theatre at 1600. See you there!

NOTE: An AA group meets every Wednesday in the Sheridan building, room 1103 and 1104. All are welcome that have a desire to quit drinking and those that want the support to remain sober. Please contact Mahlet Gebrehiwote, social worker at 202-541-7581, with any questions.

The following activities begin 3 October 2022:

**MONDAY, 3 OCTOBER**
1100  Qi Gong - Theater
1130 Popcorn - Community Center Lobby
1300 Creepy Crafts - Community Center
1330 Movie (Sound of Music) – Theater

**TUESDAY, 4 OCTOBER**
1100 Exercise Dance - Theater
1300 RT Bingo - Community Center
1300 Movie (Jesus) Documentary – Theater
1400 Bike Ride - meet in Canteen
1530 Bible Study – Meditation Room
1800 Saloon Night - Defenders' Inn

**WEDNESDAY, 5 OCTOBER**
0930 Trip Meeting - Theater
1100 Qi Gong – Theater
1300 BINGO - Community Center
1330 Glenna’s Book Club - Game Room
1830 Inspirational Movie (THE ROBE) – SCOTT CLUB ROOM

**THURSDAY, 6 OCTOBER**
1100 Exercise Dance - Theater
1300 MEXICAN FIESTA - COMMUNITY CENTER
1800 Movie (The Grey Fox) – Theater

**FRIDAY, 7 OCTOBER**
1100 Qi Gong - Theater
1130 COOKOUT-OUTSIDE SCOTT
1800 Movie (The Hustler) - Theater

**SATURDAY, 8 OCTOBER**
1000 CATS visit - SH 1103
1300 Jackpot Bingo - Community Center
1400 RT Ice Cream Social - Community Center Lobby
1600 RIBS Social - Defenders’ Inn
1800 Movie (The Stalking Moon) – Theater

**SUNDAY, 9 OCTOBER**
0900 Protestant Service – SCOTT THEATER
???? Catholic Mass – Watch for flyer for schedule
1800 Movie (Dune) - Theater