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: Buddy Reynolds, USA; Don and Susan Barrett, USN
FAREWELL: N/A
IN MEMORY OF: N/A

RESIDENT POPULATION: 211
AVERAGE AGE: 84

ADMINISTRATION UPDATES & NEWS:

<table>
<thead>
<tr>
<th>TEST</th>
<th>RESIDENTS</th>
<th>EMPLOYEES</th>
<th>CONTRACTORS</th>
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<tr>
<td>COVID-19</td>
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<td>0</td>
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<tr>
<td>Positive</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 Stanley Chapel elevator is now in service and available for use.

NOTE: The September 2022 ‘Town Hall’ meeting is September 29, 2022, at 0900, in the Community Center.

NOTE: The hours of operation for the Business Center, Room 1067 are: Mon - Fri: 8am – 11:30 am, 1:00 pm – 4:00pm (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, will be on the 4th Floor, Sheridan Building, from 0900-1430, September 29, 2022. Mr. Robles will be accepting residents on a walk-in basis. In addition, he 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: Annual Fire Alarm Testing: Residents are asked to note these planned test dates: 1) All elevators – Mon, Tue (9/26, 9/27) (This will cause intermittent interruptions of elevator service for short periods.); 2) Scott Building – Wed 9/28 thru Fri 9/30; and 3) Sherman Building – Mon, 10/3 thru Wed 10/5.
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 monthly Memorial Service will be held on October 26th at 1000.
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 an influenza and COVID-19 vaccine clinic on Wednesday, September 28, 2022 in the Community Center at 0800-1200 and 1300-1500. 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: Please stop by and meet the team from the DC VA Medical Center Vision Rehabilitation Clinic immediately after Town Hall on Thursday, September 29th. This will be a recreational and fun event for residents to come out and learn about VISOR instructional programs. Residents with visual impairments will be informed on how to increase independence and quality of life.
NOTE: Next Chat with the Chief of Healthcare is Monday, September 26, 2022, at 1600 in the Theater. Mrs. Kim Eccles, Dietitian will speak about Diet and Nutrition related to Cholesterol.

The following activities begin 26 SEPTEMBER 2022:

MONDAY, 26 SEPTEMBER
1100  Qi Gong - Theater
1130  Popcorn - Community Center Lobby
1330  Movie (Can Can) – Theater
1600  Chat with the Chief - Theater

TUESDAY, 27 SEPTEMBER
1100  Exercise Dance - Theater
1300  RT Bingo - Community Center
1300  Billiards & Beer - SH 4th floor
1330  Movie (Best of Europe) Documentary – Theater
1530  Bible Study – Meditation Room

WEDNESDAY, 28 SEPTEMBER
1100  Qi Gong – Theater
1300  Jackpot BINGO - Community Center
1330  Glennna’s Book Club - Game Room
1830  Inspirational Movie (BEYOND THE GRAVE) – Meditation Room

THURSDAY, 29 SEPTEMBER
0900  TOWN HALL - COMMUNITY CENTER
1100  Exercise Dance - Theater
1330  Music Trivia - Defenders’ Inn
1800  Movie (The Last Movie Star) – Theater
1800  NAVY COUNTRY CURRENTS DANCE - COMMUNITY CENTER

FRIDAY, 30 SEPTEMBER
1100  Qi Gong - Theater
1400  Bike Ride - meet at Canteen
1800  Movie (It’s Always Fair Weather) - Theater

SATURDAY, 1 OCTOBER
1300  Jackpot Bingo - Community Center
1330  ROME Series - Theater
1600  WINGS Social - Defenders’ Inn
1800  Movie (Thoroughly Modern Milly) – Theater

SUNDAY, 2 OCTOBER
0900  Protestant Service – SCOTT THEATER
????  Catholic Mass – Watch for flyer for schedule
1800  Movie (Murder by Death) - Theater