



No. 258  
May 1, 2009

## WEEKLY BULLETIN

ATTENTION  
ALL RESIDENTS

# SWINE FLU

### FACTSHEET

DISTRICT OF COLUMBIA DEPARTMENT OF HEALTH-Health Emergency Preparedness and Response Administration Division of Epidemiology, Disease Surveillance and Investigation  
825 North Capitol Street, NE, Third Floor Washington, DC 20002 202-442-9371 - Fax 202-442-8060  
[www.dchealth.dc.gov](http://www.dchealth.dc.gov)

#### **What is Swine Influenza?**

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza virus that regularly causes outbreaks of influenza in pigs. Swine flu viruses cause high levels of illness and low death rates in pigs. Swine influenza viruses may circulate among swine throughout the year, but most outbreaks occur during the late fall and winter months similar to outbreaks in humans.

#### **Swine Flu in Humans**

##### **Can humans catch swine flu?**

Swine flu viruses do not normally infect humans. However, sporadic human infections with swine flu have occurred.

##### **How common is swine flu infection in humans?**

In the past, CDC received reports of approximately one human swine influenza virus infection every one to two years in the U.S.

##### **What are the symptoms of swine flu in humans?**

The symptoms of swine flu in people are expected to be similar to the symptoms of regular human seasonal influenza and include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

##### **Can people catch swine flu from eating pork?**

No. Swine influenza viruses are not transmitted by food. You can not get swine influenza from eating pork or pork products. Eating properly handled and cooked pork and pork products are safe. Cooking pork to an internal temperature of 160°F kills the swine flu virus as it does other bacteria and viruses.

##### **How does swine flu spread?**

Influenza viruses can be directly transmitted from pigs to people and from people to pigs. Human infection with flu viruses from pigs are most likely to occur when people are in close proximity to infected pigs, such as in pig barns and livestock exhibits housing pigs at fairs. Human-to-human transmission of swine flu can also occur. This is thought to occur in the same way as seasonal flu occurs in people, which is mainly person-to-person transmission through coughing or sneezing of people infected with the influenza virus. People may become infected by touching something with flu

viruses on it and then touching their eyes, mouth or nose.

### **How can human infections with swine influenza be diagnosed?**

To diagnose swine influenza A infection, a respiratory specimen would generally need to be collected within the first 4 to 5 days of illness (when an infected person is most likely to be shedding virus). However, some persons, especially children, may shed virus for 10 days or longer. Identification as a swine flu influenza A virus requires sending the specimen to CDC through the District of Columbia's Public Health Laboratory.

### **What medications are available to treat swine flu infections in humans?**

There are four different antiviral drugs that are licensed for use in the US for the treatment of influenza: amantadine, rimantadine, oseltamivir and zanamivir. While most swine influenza viruses have been susceptible to all four drugs, the most recent swine influenza viruses isolated from humans are resistant to amantadine and rimantadine. At this time, CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with swine influenza viruses.

### **Is the H1N1 swine flu virus the same as human H1N1 viruses?**

No. The H1N1 swine flu viruses are antigenically very different from human H1N1 viruses and, therefore, vaccines for human seasonal flu would not provide protection from H1N1 swine flu viruses.

### **Want more information?**

Additional information about swine flu and other related health topics can be found at the website [www.cdc.gov](http://www.cdc.gov). The DC Department of Health promotes the health and safety of the District residents. For additional information, please call 202-442-9371.

### **Securing of Rooms While on Leave:**

Security now has locking devices we can place on your room while you are on leave/vacation. This service will be provided upon request and will normally be accomplished before you depart the Campus.

Please be aware that once secured, there will be no entry to your room except for documented emergencies; routine maintenance will be deferred until your return.

Procedure: Before you depart on leave/vacation, please call Security at 3111 to request that an officer install a locking device on your room. When you return, either stop by Security or call us to remove the device.

Please call on the day of your departure.

### **FROM THE PUBLIC AFFAIRS OFFICE**

#### **Attention Army Veterans**

Event: Army Birthday

Date: June 12

Location: Pentagon

Dress: Coat & Tie

Time: TBD (roughly 1030 – 1500)

\*\*\*We are taking a very limited number of residents\*\*\*

From the Pentagon PAO:

*"We are looking for AFRH Residents to be our guests on behalf of the Senior Army Leadership at the Pentagon Courtyard cake cutting ceremony. The AFRH veterans will have guest seating and an opportunity after the ceremony to tour the Senior Army Corridor exhibits with docents from the Center of Military History providing narratives along the way. The Army Senior Corridor tour lasts approximately one full hour.*

*This is the "Year of the NCO" and our Army Birthday theme this year echoes that sentiment with "NCOs - The Strength of the Army". It would be great to have a significant number of veterans be retired/former NCOs or direct commission officers with prior NCO experience.*

*In years past we had during the Army Birthday cake cutting ceremony the future Soldiers swearing in*

*lead by Chief of Staff of the Army and the Re-enlistment of NCOs as well. This year we are conducting an NCO induction ceremony for newly promoted E-5s. These newly minted NCOs will have an opportunity to speak with AFRH veterans throughout the morning and afternoon. This is a great opportunity for veterans to share their stories and experiences with the younger Soldiers and also get to ask how they are doing in today's Army.*

*I look forward to working with you and your staff to ensure a memorable and pleasurable experience with the 234th Army Birthday Celebration at the Pentagon Courtyard Cake Cutting Ceremony.”*

To sign up for this event please contact Greg Moore at the AFRH PAO office in Sherman 303 or by phone at ext 3206. **There is a need for personal information in order to clear Pentagon security.**

### LADIES NIGHT!!!

Women In Defense (WID)

will be hosting an evening social for the ladies of AFRH.

Date: Wednesday, May 6, 2009

WID Bench dedication will start at 5:00 p.m. in front of the Sheridan main entrance

Social: Will be held in the Sherman Building main lobby from 5:15-7:00 p.m. \*AFRH ladies please bring your scrapbooks and military photographs.

Please RSVP to the Public Affairs Office by Thursday, April 30, 2009 Sherry Artis at ext. 3228 Sheila Abarr at ext. 3043 Refreshments will be served.

Fourth Annual Veterans Appreciation Day will be held on Saturday, May 30, 2009 at the Izaak Walton League of America ? Wildlife Achievement Chapter in Mt Airy, Maryland. Military Veterans from WW II to Iraq will have the opportunity to enjoy the comradeship of fellow veterans and their families in friendly atmosphere at the IWLA-WAC. The day will be filled with static displays including military vehicles, equipment, combat gear and gadgets.

WW II reenactments, including live fire presentations, will also take place throughout the day. Education, demonstration and interactive displays, including presentations by the USMC Historical Company, will be available for both adults and children.

Veterans will also have the opportunity to shoot firearms from WW II through Vietnam to Iraq on the rifle and pistol ranges. Caliber .22 rifles and pistols will also be available for use by the veterans and their families. All necessary hearing and eye protection will be available for all participants.

Last, but not least, food and refreshments are also available throughout the day at no cost for veterans. Everything from coffee, juices, sodas and donuts to hamburgers, hot dogs, potato salad, cookies and chips will be provided for everyone to sit back and enjoy the day?s many and varied activities.

Departure time will be 8:30 a.m. in front of the Sheridan Building. First come first serve (24 residents). For additional information contact Sheila Abarr at ext. 3043.

### **Effective 4 May 2009**

Two of the off campus shuttle departures will change. The bus that left Walter Reed at 1145 will now leave 1155 and the Scott departure for VA and Washington Hospital that left at 1200 will now depart at 1210.

**Departure times to  
Walter Reed**

<b>Depart Scott</b>	<b>705</b>	<b>755</b>	<b>900</b>	<b>1005</b>	<b>1100</b>	<b>1250</b>	<b>1450</b>	<b>1650</b>
<b>Depart Lagarde</b>								

	<b>655</b>	<b>805</b>	<b>910</b>	<b>1015</b>	<b>1110</b>	<b>1300</b>	<b>1500</b>	<b>1700</b>
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**Departure times from  
Walter Reed**

<b>Leave Walter Reed</b>	<b>735</b>	<b>840</b>	<b>945</b>	<b>1045</b>	<b>1145</b>	<b>1345</b>	<b>1545</b>	<b>1745</b>
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**Departure times to VA &  
Washington Hospital**

<b>Depart Scott</b>	<b>735</b>	<b>805</b>	<b>845</b>	<b>925</b>	<b>1005</b>	<b>1045</b>	<b>1200</b>	<b>1400</b>	<b>1600</b>
<b>Depart Lagarde</b>	<b>725</b>	<b>815</b>	<b>855</b>	<b>935</b>	<b>1015</b>	<b>1055</b>	<b>1220</b>	<b>1420</b>	<b>1620</b>

**Departure times from VA &  
Washington Hospital**

<b>Depart Washington Hospital</b>	<b>745</b>	<b>825</b>	<b>905</b>	<b>945</b>	<b>1025</b>	<b>1105</b>	<b>1230</b>	<b>1430</b>	<b>1630</b>
<b>Depart VA</b>	<b>750</b>	<b>830</b>	<b>910</b>	<b>950</b>	<b>1030</b>	<b>1110</b>	<b>1235</b>	<b>1435</b>	<b>1635</b>

**STAY IN TOUCH WITH CHANNEL 99:** Residents interested in up coming events, special announcements, trips, menus and much more should tune into CH99 everyday. -Daily menus run every half hour for six minutes. -Wednesday at 9:00 a.m.-Stretch out with Curtis Young -Tuesday and Thursday at 9:00 a.m.-Young at Heart -Special events video shown Monday through Friday at 7:00 p.m.

## **EYE CLINIC**

Is your driver's license up for renewal?

DMV renewal forms can be completed at the Eye Clinic following an eye examination.

Please call x3068 to schedule an appointment or visit us. We are located across from the Dental Clinic at the back of the Wellness Center. We look forward to 'seeing' you soon!

### **General Hours of Operation:**

Mondays	07:30 – 14:30
Tuesdays	07:30 – 14:30
Wednesdays	07:30 – 13:30
Thursdays	By Appt. Only
Fridays	07:30 – 11:30

Please call x3068 to schedule an appointment or visit us. We are located across from the Dental Clinic at the back of the Wellness Center. We look forward to 'seeing' you.

### **MEDICAL ESCORTS PROVIDED & NEEDED**

If you need a Medical Escort to accompany you to the hospital for a procedure and are unable to find a friend, neighbor or family member to accompany you, please contact the Volunteer Services Office at x3410. *If you have received the services of a Medical Escort and would like to make sure that the same service is available to others, please consider volunteering for a trip or two.* Please see Carolyn Weber in the Volunteer Services Office, Room 1024.

### **Transportation Needs**

#### **Metrorail and Metrobus:**

202.637.7000; ([www.wmata.com](http://www.wmata.com))

#### **Taxicabs:**

202.645.6018; (<http://dctaxi.dc.gov/dctaxi/site/default.asp>)

#### **Airports:**

Ronald Reagan National Airport (DCA); 703.417.8000 [www.mwaa.com/national/index.htm](http://www.mwaa.com/national/index.htm)

Washington Dulles International Airport (IAD); 703.572.2700 ([www.metwashairports.com/Dulles](http://www.metwashairports.com/Dulles))

Baltimore-Washington International Airport (BWI); 410.859.7111 ([www.bwiairport.com](http://www.bwiairport.com))

**GOLF REPAIR SHOP OPENED:** The Golf Repair Shop, located in the North Sherman building, room 312 is open now for repairs and sales. The hours of operation are 10:00 – 11:00 a.m. Monday – Friday until further notice. Please contact Joe at 202-279-1930 with questions and more information.

**AMATEUR RADIO** is alive and well here at the AFRH-W, with membership meetings on the First Wednesday of the month at 7 p.m. in the Sherman Building, Room G-11 (South Wing). If you'd like to visit please call to make sure someone will be available. We're on the air with morse code, voice and some of the digital teletype modes. Allan, President and Trustee, AF3RH. Extension 3428.

## **VOLUNTEER VANTAGE**

If you would like to get involved with your community; and volunteer at the Armed Forces Retirement Home, please contact Carolyn Weber at ext. 3410 or stop by the Volunteer office, Sheridan building, room 1024.

### **VOLUNTEERS NEEDED:**

#### **Dog pound Volunteer**

Need Volunteers to help with the AFRH Dog pound located in the Scott Building -1st Sunday and 3rd Saturday every month.

#### **Library Information and Referral Front Desk**

The library is in need of volunteers to join their team, training will be provided. Circulation shifts are two per day 8:00 a.m. – 11:30 a.m. and 1:00 p.m. – 4:30 p.m.

#### **Chaplain's Office**

Receptionist at front desk.

#### **Newcomer's Room Coordinator**

A Volunteer is needed to make out the volunteer schedules. Good penmanship needed.

**Newcomer's Room**

Volunteers are needed to assist with information and referral. Positive attitude and good customer service skills a must.

**Movie Projectionist**

Volunteers are needed to run the evening movies; on the job training provided.

**Recreation Marquee Board**

A Volunteer is needed to put information on the Marquee Board by the Scott Dining Area.

**Auto Hobby Shop Safety Assistants**

Pick a shift either Monday – Friday 9:00-11:30 a.m. or Monday-Wednesday-Friday from 12:30-3:00 p.m.

**LaGarde Volunteers**

If you are interested in helping out at LaGarde with the Recreation Therapy staff, please stop by Volunteer Services and learn about the many fun events.

**LaGarde Wednesday Trips**

Volunteers are needed to assist residents on their Wednesday trips to local restaurants and shopping. Must be able to push a wheelchair.

**Schedule for the Wellness Center**

**General Hours of Operation Monday - Friday:**

**7:30 a.m. – 12:00 p.m.**

**1:00 p.m. – 4:00 p.m.**

*Walk in Clinic 7:30 a.m. -11:30 a.m. Monday – Friday.*

**Walk in Clinic “begins” at 9:30 a.m. on Wednesdays.**

**Evening Hours 4:00 p.m. – 12:00 a.m.**

**(Nurse Available)**

**Weekends & Holidays**

**(Nurse Available) 7:30 a.m.-12:00 p.m.**

**1:00 p.m. - 4:00 p.m.**

**4:00 p.m.-12:00 a.m.**

**AFTER MID-NIGHT, CALL SECURITY AT 3111, OR USE YOUR HOMEFREE PULLCORD.**

**If you are experiencing chest pain and are having difficulty breathing, or shortness of breath, call 911 immediately.**

**Medication Renewal: Please make an appointment to see your primary care provider when it's time to renew medications.**

**If your prescription runs out before you can make an appointment, it can be renewed Mon.-Fri. 7:30 -11:30 a.m. in the Walk-In Clinic.**

*Remember to keep your appointment with your primary care provider.*

**During your appointment with your primary care provider, he or she will review the effectiveness of your medication, discuss changes in your medications and examine you for any change in health.**

**HOW TO MAKE AN APPOINTMENT WITH YOUR PRIMARY DOCTOR:**

- Call Central Appointments at 3320 or 3453
- Tell the receptionist you would like to make an appointment with your primary care provider.

The receptionist will schedule your appointment and inform you of the date and time.

Residents who do not know or do not have a Primary Care Doctor need to report to the Central Appt Office between 8:00am-11:00am & 1:00pm-3:00pm Monday thru Friday. See Ms. Cunningham or Ms. Gorham. Do not call.

**The Department of Nursing provides transportation to the Armed Forces residents who need to travel out of the campus on various appointments. All residents who request travel arrangements to Ft. Meade and Ft. Belvoir for surgery MUST be accompanied by an escort on the day of surgery.**

**If residents refuse to be escorted on these appointments we will not honor the transportation requested per our contract agreement. We ask for your cooperation so that we may assist you better. Thank you.**

**WELLNESS CLINIC**

**HEALTH TIPS**

**IF YOU HAVE A FALL:** Use your home free pull cord in your room, or use your pendant if you are not in your room. Also, notify the nurse in the Wellness Clinic as soon as possible. Even if you are able to get up without assistance and do not feel you were injured notify the nurse. Falls that occur when you are off campus should also be reported as soon as you return. The **nurse can be reached at 3078 or 3291. REPORT ALL FALLS!!!!!!!!!!!!!!!**

**ROUTINE BLOOD PRESSURE CHECKS:** Wednesdays, 8 a.m. to 12:00 p.m. in front of the Wellness Clinic.

**RELIGIOUS ACTIVITIES**  
**OPPORTUNITIES FOR WORSHIP**

**PROTESTANT:**

**SUNDAY:** 9:00 a.m. - Worship, LaGarde Bldg.  
9:00 a.m. - Bible Class, Stanley Chapel  
10:15 a.m. - Worship, Stanley Chapel

**TUESDAY:** 1:30 p.m. Open prayer meeting  
6:30 p.m. - Bible Study  
Scott Building Meditation Room for  
Prayer and Fellowship  
**ALL ARE INVITED TO ATTEND**

**WEDNESDAY:** 1:00 p.m. -Bible Study (Ask the pastor)  
Scott Building Meditation Room  
**ALL ARE INVITED TO ATTEND**

**THURSDAY:** 1:30 p.m. Open prayer meeting  
6:00 p.m. - Christian Video Night  
1<sup>st</sup>, 2<sup>nd</sup>, and 4<sup>th</sup> Thursday, Meditation Room  
6:00 p.m. - Agape Fellowship,  
3<sup>rd</sup> Thursday, Meditation Room  
**ALL ARE INVITED TO ATTEND**

**CATHOLIC:**

**SATURDAY:** 4:00 p.m. - Mass, Rose Chapel

**SUNDAY:** 8:30 a.m. - Rosary, Rose Chapel  
9:00 a.m. - Mass, Rose Chapel  
10:10 a.m. - Mass, LaGarde Chapel

**MONDAY - FRIDAY:** 7:30 a.m. - Rosary, Rose Chapel  
8:00 a.m. - Mass, Rose Chapel

**THURSDAY:** 3:00 p.m. - Sacrament of Penance (Confessions) Rose Chapel  
3:00 - 4:00 p.m.-Holy Hour, Rose Chapel

Rosary on Wednesday at 2:30 p.m. in the Meditation Room for Assisted Living and all who would like to participate.

The Sacrament of Penance (Confession) is offered at the Chaplain's Office at 13:00 most days. The chaplain is eager to accommodate your needs. He also makes house calls.

**JEWISH:** 10:00-11:30 a.m.  
2<sup>nd</sup> Sunday of each month in the  
Visitor's Lounge, Scott Building

**RECREATION SERVICES**  
**SHOPPING & MALL TRIPS:**

**Friday, May 1<sup>st</sup>**- Laurel Target & Race Track, MD.....12:00 p.m.  
Sign up now.

**Tuesday, May 5<sup>th</sup>**- Potomac Mills & Wal-Mart, VA.....9:30 a.m.  
Sign up now.

**Friday, May 8<sup>th</sup>**- Annapolis Mall & Amish Market, MD.....9:30 a.m.  
Sign up begins Monday, May 4<sup>th</sup>.

**P/X COMISSARY TRIPS:**

**Thursday, May 7<sup>th</sup>**- Andrews AFB, MD (BPV'S ALSO).....10:00 a.m.  
Sign up now.

**Thursday, May 14<sup>th</sup>**- Forest Glen, MD (BPV'S ALSO).....9:00 a.m.  
Sign up begins Friday, May 8<sup>th</sup>.

**TRIPS**

**GOLDEN CORRAL RESTAURANT, MD.:** (BPV Trip) Saturday, May 2<sup>nd</sup>. The bus will depart from the front of the Sheridan at 3:30 p.m. to take you to the restaurant for dinner at the great tasting buffet restaurant. There will be a variety of foods to choose from and you will definitely find a feast to your liking. The bus will leave from Maryland at 5:30 p.m. to return you home. Sign up now. (BPV Trip)

**BLOB'S PARK DANCING, JESSUP MD.:** Saturday, May 9<sup>th</sup>. *PLEASE NOTE:* This trip has to have at least 5 people ready to board the VAN before it will depart for the dance. The VAN will depart from the front of the Sheridan at 7:00 p.m. and will leave Blob's Park at 11:00 p.m. to return you home. Sign up now in the Sheridan building room 1010.

**OLD COUNTRY BUFFET, LAUREL MD.:** Monday, May 11<sup>th</sup>. The bus will depart from the front of the Sheridan at 11:00 a.m. to take you to this great tasting restaurant. They have a wide range of foods and desserts for your liking. The bus will leave the restaurant at 1:00 p.m. to return you home. Sign up begins Tuesday, *MAY* 5<sup>th</sup>.

**ACTIVITIES AND SPECIAL EVENTS ON THE CAMPUS:**

**HASLETT HIGH SCHOOL BAND:** Friday, May 1<sup>st</sup> at 1:30 p.m. in the Scott Theater. Come on out after lunch and enjoy talented kids from Haslett, Michigan. Join us after the show for refreshment in the Scott Lounge.

**COMPUTER CLASS:** Saturday, May 2<sup>nd</sup> at 10:00 a.m. in the Computer Lab, Room G211. It's a beginning computer class, showing the ins and outs of your computer and the Internet. No sign up sheet.

**GOTTA DANCE PERFORMANCE:** Sunday, May 3<sup>rd</sup> at 1:30 p.m. in the Scott Theater. There will be 2 flamenco dances, 2 ballroom dances, and tap dancing numbers. Some of the dancers are a part of the famous "Young at Heart" group you have seen here before. So for all you music lovers come on out and enjoy a wonderful performance. Join us after the show for refreshment in the Scott Lounge.

**LINE DANCE CLASS:** Monday, May 4<sup>th</sup>. We will have Line Dance class in the Scott Lounge at 9:00 a.m. At this point and time, we will not be accepting any new students because the class is completely full and we've taught past the beginning stages. We'll see you in the Scott Lounge.

**TALENT SHOW REHEARSAL:** Monday, May 4<sup>th</sup> and Wednesday, May 6<sup>th</sup> @ 10:00 a.m. and Wednesday, May 13<sup>th</sup> @ 9:00 a.m. in the Scott Theater. These rehearsals are for all residents and employees who have signed up and have been rehearsing to this point. Since the talent show is full



and the signup period is now closed, you may sign up on the standby list. Please see Keith Turner and he will explain the procedures to you from this point. Please check the calendar for rehearsal times. For more information or any questions, please see Keith in the Sheridan room 1010 or call ext. 3201.

**MUSIC PROGRAM:** Tuesday, May 5<sup>th</sup> at 1:30 p.m. in the Scott Music Room, 1210. Join Luis Lopez with his live Spanish guitar music, as we celebrate Cinco de Mayo day!

**AFRH-W D-BACKS FIRST GAME OF 2009 SEASON:** The Diamondbacks open the 09 season with a softball game against Children's Hospital Bears on Tuesday, May 5<sup>th</sup> at 6:30 p.m. at AFRH-W campus. Come out and cheer for the home team!

**TRIP SELECTION MEETING:** Wednesday, May 6<sup>th</sup>. There will be a trip selection meeting in the Scott lounge at 9:00 a.m. everyone is welcome to give their input and suggestions.

**SCOTT COOK OUT:** Friday, May 8<sup>th</sup> at 11:30 a.m. behind the Dining hall. Enjoy the outdoors and a great meal. Enjoy a cold beverage with your meal. Table games like checkers, chess and backgammon are also available for your use.

**U.S. OLD WWII WEAPONS DISPLAY:** Tuesday, May 12<sup>th</sup> @ 1:00 p.m. in the Scott Lobby outside of the dining hall. Come out to see many of the older weapons that date back to WWII. This should be a very enjoyable event to see for everyone. We're sure you'll see some very familiar weapons and some that you've probably never seen before. The display will last until 3:00 p.m.

**MOVIE MATINEE:** Tuesday, May 12<sup>th</sup> at 1:30 p.m. in the Scott Theater. Enjoy "Australia", a romantic action-adventure epic set prior to World War 2. Starring Hugh Jackman and Nicole Kidman, this PG-13 movie shows the wonderful panorama of that country.

**ICE CREAM SOCIAL:** Thursday May 14<sup>th</sup> at 1:30 p.m. in the Scott Lounge. Take a break and enjoy some ice cream with all the toppings too. Great music will be on hand as usual as our DJ Billy White plays our favorite tunes

**YOGA CLASS INFORMATION:** This class is held on Sundays at 3:00 p.m. in the Fitness Center... What is it? Yoga helps with overall health and well-being-both physical and mental. It involves postures and movements to build strength, flexibility, tone, and balance. What if I never have done yoga before? The class is for all levels, including beginners. Who is the teacher? Atieno Fisher is a certified Yoga instructor.

**IMPAIRED VISION GROUP:** Meets every Tuesday at 1:00 p.m. in the Scott Building, room 1012. Please pass this information on to those individuals who have difficulty with the reading of printed material.

**PINOCHLE:** Pinochle is played every Tuesday, at 2:30 p.m. in the Scott Visitor's Lounge on the First Floor. Come join us in a good game of pinochle. Interested parties may contact Jim Grant, Sheridan Building.

**TOASTMASTERS:** A weekly Toastmasters Meeting is held every Thursday, 4:15 p.m. – 5:15 p.m. in the Mediation Room, Scott 1203 (next to the Library). Toastmasters can help you improve your communication skills and increase your confidence and self-esteem. Everyone is welcome.

**BRIDGE:** Held each Monday at the Scott Visitor's Lounge promptly at 1:00 p.m. All party bridge players (at any level) are invited!

### **Bridge Winners for Monday, Apr. 27, 2009**

1<sup>st</sup>: Corrine Robinson  
2<sup>nd</sup>: Dan Gallucci  
3<sup>rd</sup>: Dick Robinson  
4<sup>th</sup>: Nick DiCampli

### **Slam Winners**

Corrine Robinson  
Dan Gallucci

### **HAND AND FOOT CLUB GAME:**

Meets every Friday at 1:00 sharp in the Scott Residents Lounge. This canasta base card game is open to all beginners.

### **8/9 BALL POOL WINNERS**

#### **April 22<sup>nd</sup> RESULTS:**

1<sup>st</sup> Place: Jim Grant  
2<sup>nd</sup> Place: Mel Sams  
3<sup>rd</sup> Place: Mike Longwell  
4<sup>th</sup> Place: Gil Baker

## **BOWLING SHOOT-OUT WINNERS**

### **April 23<sup>rd</sup> RESULTS:**

- 1<sup>st</sup> Place: Ed Crump
- 2<sup>nd</sup> Place: Charlie Gammon
- 3<sup>rd</sup> Place: Ralph Wineland
- 4<sup>th</sup> Place: Buron Noel

## **PINOCHLE WINNERS**

### **April 21<sup>st</sup> RESULTS:**

- 1<sup>st</sup> Place: Paul Wells
- 2<sup>nd</sup> Place: Larry Friesel
- 3<sup>rd</sup> Place: Bud Luker
- 4<sup>th</sup> Place: Bob Leftwich

## **READ, READ.....**

**LIFE TRAIL OUTDOOR EXERCISE STATIONS:** Exercise sessions will be conducted by our Fitness Specialist- Jerry Carter on Wednesdays and Fridays at 9:00a.m.beginning May 6<sup>th</sup>. Residents using the Life Trail exercise stations can maintain healthy cardiovascular and digestive systems, as well as aid flexibility, strength and mobility. Come out and have some fun, exercise, and maintain a maximum level of independence by using the Life Trail stations! For more information contact Jerry ext. 3066 or stop by the Fitness Center.

**ASSIGNED HOBBY SPACE USERS:** Residents are reminded that the hobby spaces you are provided are for on going use pertaining to your hobby. THESE ROOMS ARE NOT TO BE USED FOR STORAGE. Inspections of these rooms in the Sherman and Sheridan buildings are being done at this time. Please clean out your areas immediately of unrelated items/supplies. In addition, residents must occupy the hobby benches on a regular weekly basis as stated in the SOP for hobby areas. Please remember to sign in as well.

**METRO BUS/RAIL ORIENTATION CLASSES:** Sign up for the Metro Bus/Rail Orientation Classes in Sheridan Building Room 1010. Classes are held at 9:00 a.m., in the Sheridan Building, Room 2017, by appointment only. The dates for the classes will be announced by the instructor.

**CUA FACILITY USE INFORMATION:** The Fitness Center has Consent and Release of Claims/waiver forms. This form must be completed and signed to use the Catholic University Dufour Center, pool, surrounding facilities and grounds. Once the form is signed, your name will be sent to the Catholic University DuFour center to generate key card for access to this building. Residents and staff need to pick up the key card at the DuFour center 2<sup>nd</sup> floor office and ask for Jen. The waiver form can be signed Tuesday-Saturday 8:00 a.m.-3:30 p.m. in the Fitness center. Please contact Jerry ext. 3066 for more information.

**GUEST ROOMS:** We ONLY have 5 rooms available for the Memorial Day weekend. **As always reservations are taken on a first come first served basis.** When making a reservation for the first time I need your guest complete mailing address and phone number.

**THRIFT SHOP NEWS:** Thrift Shop is open Monday, Wednesday, and Friday 8:30 a.m. - 11:30 a.m. and Thursday from 1:00 p.m. - 4:00 p.m. The Thrift Shop is conveniently located in the Sheridan Building, Room G-018 across from the P/X entrance. The phone extension is 3355. No clothing or bedding will be accepted. All transactions must be paid for in cash only.

**SWIMMING AT CATHOLIC UNIVERSITY:** Recreation Services will provide van service for residents participating in the swimming program at CUA. On Tuesdays, unless otherwise noted, the van will depart in front of the Sheridan building at 1:30 p.m. and return at 3:30 p.m. For more information contact Jerry ext. 3066.

**COMPUTER LAB:** Check outside Room G211 for the new hours of operation.

## **AFRH-W DIAMONDBACKS SCHEDULED GAMES FOR MAY 2009:**

- Tuesday, May 5<sup>th</sup> vs. Children's Bears at AFRH-W time-6:30p.m.
- Wednesday, May 13<sup>th</sup> vs. Providence Hospital at AFRH-W time-6:30p.m.
- Thursday, May 28<sup>th</sup> vs. Blue-Cross MotherDuckers at AFRH-W time- 6:30p.m.

## **ARTS, CRAFTS & HOBBIES**

**WRAPPING ROOM:** Now is the time to get those “Mother’s Day” gifts wrapped before the rush.

**AUTO HOBBY SHOP:** Come out and visit the Auto Hobby Shop located behind the Rose Chapel. The shop hours are Mon. thru Fri. from 9:00 a.m. – 11:30 a.m. and 1:00 p.m. – 3:00 p.m.

**CERAMICS:** Beginners welcome to come join us, learn a hobby and have fun. POC: Jackie, ext. 3585.

### **FITNESS & WELLNESS**

**To stay healthy, find time to exercise.**

**Visit the Wellness Center. It is open 24 hours a day.**

**REMINDER:** All staff and residents utilizing the Fitness Center must be certified by Jerry, the Fitness Specialist. Hours are Tuesday – Saturday 7:30 a.m. - 4:00 p.m. For more information contact Jerry ext. 3066.

**AFRH WALKING CLUB:** Participate in our Walking Program and walk your way to better health. Stop by the Fitness Center to receive your Walking Log Book. Please contact Jerry at ext. 3066 for more information.

**WALKING CLUB NEWS:** Ed “Walking Man” Crump walked 32 miles on Friday, April 17<sup>th</sup>.  
**Way to Go ED!**

**OSTEO BALL CLASS:** New class continues to be a big success... This class will be combined with the Flexibility & Strength classes on Tuesdays and Fridays at 3:00p.m. in the Fitness center... This class will help residents who have osteoporosis, arthritis, and need strengthening of major muscle groups individually. The OsteoBall targets all key areas needed for upper and lower body strength. These specific exercises not only strengthen muscles, but help maintain bone strength, balance, and reduce fracture risk. Keep in shape the easy way with the OsteoBall!

**FLEXIBILITY & STRENGTH TRAINING CLASSES:** Every Tuesday and Friday at 3:00 p.m. in the Fitness Center.

**SIT AND BE FIT CLASS:** Every Wednesday at 9:00 a.m. in the Fitness Center.

**TAI-CHI CLASS:** Every Saturday at 10:30 a.m. in the Fitness Center.

**STRETCH CLASS:** Every Tuesday and Thursday at 9:00 a.m. in the Fitness Center.

**YOGA CLASS:** Every Sunday at 3:00 p.m. in the Fitness Center.

**INFORMATION:** Please do not remove any equipment from the Fitness Center. NO EXCEPTIONS.

### **GOLF COURSE NEWS**

**FOUR-BALL STROKE PLAY TOURNAMENT:** On Saturday, April 25<sup>th</sup> thirty-two Residents and Associate Members met at the golf course for the first tournament of the season. The weather was warm and all had a good time as Roy Wheeler and his partner Kelley Summers took first place with an even par score of 35. Buddy Lewis and William Page won the Net division with a score of 29.

**FREE RESIDENT GOLF CLINICS:** Monday, May 11, 9:00 and 10:00 a.m. It’s time to tune up your game, or, if you have always wanted to play and want to learn the basics, meet up at the golf course to get some helpful tips from your pro, Matt. 9:00a.m. for beginners, and 10:00 for intermediate/advanced golfers.

### **BOOK REVIEWS**

**Frontiersman** Biography by Meredith Brown

This is the story of Daniel Boone and the making of America.

**Collateral Damage** Large Print Fiction by Fern Michaels

Special Agent Erin Powell has graduated first in her class in the FBI. Now she must earn her way in the “real” Bureau.

Atkinson, Rick **An Army at Dawn, 1942-43** Non-Fiction

Cook, Glen **A Fortress in Shadow** Science Fiction

Foster, Bennett **Dust of the Trail** Large Print Western

Parker, T. Jefferson **L.A. Outlaws** Large Print Fiction

Slaughter, Karin **Fractured** Mystery

### **MOVIES**

**Friday, May 1<sup>st</sup> – From Russia with Love (1963) (DVD 2007)**

**Rated PG, Action Thriller, 111 Minutes**

**Sean Connery, Lotte Lenya, Robert Shaw, Bernard Lee**

Sean Connery returns as James Bond in this thrill-a-minute adventure featuring remarkable villains, beautiful women and exotic locales! Bond squares off against the evil SPECTRE organization in a race to seize the Soviet Lektor decoding machine, thrusting him into a thrilling boat chase, a brutal helicopter attack and a deadly brawl aboard the Orient Express.

**Saturday, May 2<sup>nd</sup> – Horse Whisperer (1998)**

**Rated PG, Drama, 169 Minutes**

**Robert Redford, Kristin Scott Thomas, Sam Neill, Dianne Wiest, Scarlett Johansson**

After a devastating riding accident, a young girl and her beloved horse are both left with serious physical and emotional scars. Determined to help, the girl's desperate mother puts her busy, big-city life on hold and travels west to seek out the "Horse Whisperer."

**Monday, May 4<sup>th</sup> – Reservation Road (2007) (DVD 2008)**

**Rated R, Thriller, 103 Minutes**

**Joaquin Phoenix, Mark Ruffalo, Jennifer Connelly, Mira Sorvino**

A powerful human story of anger, revenge and great courage, this film takes you on an intense journey that follows two fathers as their families and lives converge after the events of one fateful night.

**Wednesday, May 6<sup>th</sup> – Vicky Christina Barcelona (2008)**

**Rated PG-13, Romantic Comedy, 97 Minutes**

**Javier Bardem, Patricia Clarkson, Penelope Cruz, Kevin Dunn**

Vicky and Cristina are two young Americans spending a summer in Spain who meet a charming "Casanova" and his beautiful but volatile ex-wife. When they all become romantically entangled, the smoldering sparks begin to fly in hilarious fashion.

**Friday, May 8<sup>th</sup> – GiGi (1958) (DVD 2008)**

**Rated G, Musical, 115 Minutes**

**Leslie Caron, Maurice Chevalier, Louis Jourdan, Hermione Gingold, Eva Gabor**

Home, motorcar, servants, the latest fashions: man-about-town Gaston offers them all to Gigi. But she, who has gone from girlish gawkishness to cultured glamour before our very eyes, yearns for something money can't buy.

**Recreation Therapy Programs at KHC**

**Derby Day:** On Friday, May 1<sup>st</sup> at 1:30 p.m. on Main Street in the LaGarde building join us for a preview of the "Kentucky Derby". We will have our own horse race where you can place a bet on your favorite horse and win a cash prize. Refreshments will be served.

**Wii Games:** On Monday, May 4<sup>th</sup> at 1:30 p.m. in the recreation center come and try yours skills at this interesting electronic game of bowling and golf. All are invited.

**Cinco de Mayo:** On Tuesday, May 5<sup>th</sup> at 6:30 p.m. in the recreation center you are invited to this Mexican celebration where we listen to Spanish music and enjoy some Mexican food.

**KHC Cookout:** On Wednesday, May 6<sup>th</sup> at 11:30 a.m. in the recreation center we will be having our first cookout of the spring season. This year we will invite our nurses to join us in honor of National Nurses Appreciation Week.

**M.O.C Visits:** On Saturday, May 9<sup>th</sup> at 9:00 a.m. in the recreation center the volunteers from the Military Order of the Cootie will be serving coffee and donuts and sharing memories of days gone by with our residents. All are invited.

**Mother's Day Social:** On Sunday, May 10<sup>th</sup> at 1:30 p.m. in the recreation center Amanda will be serving refreshments and handing out flowers to our resident mother's.

**Andrew's AFB Air Show:** On Friday, May 15<sup>th</sup> at 9:30 a.m. KHC residents will be traveling to the Andrew's Air Force Base for their annual Air Show. Each year we have a great time there.

**Sensory Stimulation Group:** Every Tuesday at 10:00 a.m. in the recreation center. This program is for our residents who don't often get off the units. It's designed to provide music and intellectual stimulation and enjoyment.

**Fun & Fitness:** Every Tuesday at 2:00 p.m. in the recreation center. This activity is for those residents who need some stretching and range-of-movement exercises. All are invited.

**Steve's Travel Club:** Each Wednesday at 1:30 p.m. in the recreation center we take a video tour of a state or country. Join us as we travel the world but don't worry, we'll be back in time for dinner! All

are invited.

**The American Revolution Club:** Each Thursday at 9:30 a.m. in the recreation center join us as we learn about the American Revolution. We will be watching a PBS 7-part series on this time of our American history. It should be fascinating!

**Ladies Social Club:** Each Thursday at 3:00 p.m. in the recreation center our ladies get together for a time of sharing news, (gossip), and refreshments. All are invited.

**KHC Friday Socials:** Each Friday at 1:30 in the recreation center, we end our week with a fun time of music, jokes, quiz questions and refreshments. All are invited.

### **KHC Bus Trips:**

**Super Walmart:** On Wednesday, May 13<sup>th</sup> at 10:30 a.m. KHC residents will be going shopping and have lunch at America's great discount store.