



WEEKLY BULLETIN

FREEDOM DAY CELEBRATION: Freedom Day celebrates the Birthday of our founder General Scott, US military service, and the signing of the Emancipation Proclamation on September 22, 1862. President Lincoln wrote the landmark document while living here at his beloved summer cottage – which was actually the original “Soldiers’ Home” in the 1850s. Please join our nation’s leaders, service members and the AFRH community for a special day of military tributes, dignitary speeches, resident tours, a barbecue luncheon and recreational activities. *PLEASE* mark your calendar for Tuesday, September 22, 2009, more details to follow.

FROM THE OMBUDSMAN

- Why do we have to wear our identification badges?

All residents, employees, contractors, guests and volunteers are required to wear identification badges clearly displayed above the waist at all times. This is to ensure that we know that we have authorized personnel on the grounds. This is for your safety. We ask that all personnel adhere to the policy of wearing their badges prominently displayed. If you are asked to show your badge please do so, or explain why you don’t have it and then take the proper action and get it.

- Is the DOD IG still coming to do the focus groups?

They will begin on Monday 3 August and be here until the 19th or 20th depending on the amount of Residents that sign up. I encourage Residents to sign up and talk with the Team so they have a good understanding of what is going on here at the Home. The sign up sheets are still in the Chaplain’s Office.

Al Mori Tel# 730-3312
Albert.Mori@afrh.gov

ELIMINATION OF IN-PERSON REGISTRATION RENEWAL

On July 13, 2009, DC DMV discontinued the ability to renew vehicle registrations in-person at a DMV service center or the Inspection Station. For registration renewals, customers must use online or by mail services. Customers who visit DMV will be directed to a drop box to drop off their registration renewal request for processing. Drop box renewal requests will be processed within 48 business hours. Therefore, please plan accordingly to ensure continuous vehicle registration.

FLOOR SAFETY MEETINGS

Safety meetings have been scheduled for the following buildings. The purpose of the meetings is to brief residents on the fire plan and to provide a forum for residents to express any safety concerns that they have. The meetings are being scheduled for each floor to improve communication and personalize the forums.

Scott Building Thursday August 6, 2009

1st Floor 9:30

2nd Floor 10:00

3rd Floor 10:30

4th Floor 11:00

5th Floor 1:30

6th Floor 2:00

7th Floor 2:30

Location : Scott building auditorium

The forums are designed for residents to be able to attend their specific floor meeting, however if it is more convenient for you to attend the meeting on another floor you may do so.

If you have any questions please contact me on 202-730-3581, Clarice Gee Safety Officer

MOCK-UP MODEL OF A GULFPORT ROOM

Open daily from 7:30 a.m.-3:00 p.m. AFRH has a mockup-model of a Gulfport room setup in Scott 1410. It includes furniture and the layout of the room. This model is a simplistic and basic representation of the usable space and layout of the area that a typical Gulfport room provides.

RESEARCH STUDY

Diabetes Institute, Walter Reed Health Care System Impact of a Video Broadband Device Reminder System on Glycemic Control among Older Adults with Diabetes Mellitus Residing Independently in a Retirement Home Facility.

-Are you 65 or older?

-Are you diabetic?

-Are you a resident at the Armed Forces Retirement Home (AFRH)?

- Study participation will last for 1 year.
- Half of the participants will receive a video broadband device and daily tips about diabetes care.
- There will be up to 12 visits at Armed Forces Retirement Home.
- At 3 of these visits, it will take about 20-30 minutes to complete study questionnaires.
- The possible benefits to the study will be whether daily diabetic tips via a video phone will help blood glucose control.

Principal Investigator: Lucia M. Novak, MSN, APRN-BC, ANP

Nurse Practitioner, Diabetes Institute

Walter Reed Army Medical Center

To obtain more information please contact Ms. Ngina M. Givens, at 202.782.1491 or Ngina.Givens@amedd.army.mil.

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.

SECURITY INFO

Security has coordinated with DC Public Works to remove several abandoned and derelict vehicles from the grounds; in accordance with AFRH rules and DC laws, all vehicles must have current registration or they are subject to impound by the city.

Please be aware that Security has posted notices on vehicles that are in violation of AFRH rules and DC laws, if you have a vehicle that has not been driven in some time, please check it to see if you may have received this notice. Should you require a temporary extension or have any questions, please contact security.

BEAUTY SHOP UPDATE: The Beauty Shop hours are the following: Tuesdays, Thursdays and Fridays in the Sheridan, 7:30 a.m. – 1:00 p.m. and at the KHC on Wednesdays 7:00 a.m. – 12:00 noon. As always if you need a special time appointment, feel free to speak to Debbie directly to fit you into the schedule.

PODIATRY CLINIC HOURS

Wednesday: 7:30 a.m. -12 noon (Wellness Center)

Wednesday: 1:00 p.m.-3:30 p.m. (LaGarde)

Thursday: 7:30 a.m.-3:30 p.m. (Wellness Center)

Friday: 7:30 a.m.-11:30 a.m. (Wellness Center)

MEN'S BARBERSHOP HARMONY

If you are interested in singing barbershop, join us on Wednesday's in the music room at 1530. We will only be singing for one hour so you can plan your time.

PENTAGON FEDERAL CREDIT UNION AFRH BRANCH HOURS FOR THE REST OF THE YEAR

Aug. 5th	Sept. 2nd	Oct. 7th	Nov. 4th	Dec. 9th		
		Aug. 19th	Sept. 16th	Oct. 21st	Nov 18th	Dec. 23rd
			Sept. 30th			

FEDS FEED FAMILIES

Just a reminder to everyone the "Feds Feed Families" Food Drive collection is this Friday, July 31, 2009. There is a collection box at the front gate as well as the Sherman, Scott, Sheridan and Lagarde buildings. We did very well the first collection (934 pounds or 3.48 pounds/employee) but are still short of our goal. Please join us in helping those families that are not as fortunate as you and I by bringing in your non-perishable food donation this week. For more information on this initiative please visit www.fedsfeedfamilies.gov. Thank you in advance for your anticipated support!

FREE BATTERY RECYCLING

The District of Columbia offers a free recycling drop off service at the Fort Totten Transfer Station. The transfer station is located at 4900 Bates Rd. N.E. The transfer station is open every Saturday from 8 a.m.-3 p.m. Residents can drop off any type of battery.

Questions: please contact the Safety Officer, Clarice Gee at 202.730.3581.

Lincoln Cottage

We welcome residents to visit the Cottage during our regular visitor hours. Entrance to the Cottage is by guided tour only, and all tours begin in the Visitor Education Center across from the Cottage. Residents who choose to reserve their ticket in advance online via ETIX will need the password: AFRHW1. This password is exclusively for current residents of the Armed Forces Retirement Home. Residents will be asked to show their badge at check-in. For same-day tickets, residents may stop by the Visitor Education Center or call us at 202-829-0436 x 31231 to reserve their spot on a tour. Friends, family and other guests are expected to pay the regular ticket price. We do offer a military discount off the regular adult admission ticket.

Here are our hours:

Monday- Saturday

Visitor Center: 9:30 AM - 4:30 PM

Cottage Tours: First tour at 10am, Last tour at 3pm

Sunday

Visitor Center: 11:30 AM - 5:30 PM

Cottage Tours: First Tour at 12pm, Last tour at 4PM

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!

Hours of Operation:

Mondays	07:00 – 15:00
Tuesdays	by appointment only
Wednesdays	07:00 – 15:30
Thursdays	by appointment only
Fridays	07:00 – 15:00

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.

Transportation Needs

Metrorail and Metrobus:

202.637.7000; (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

Washington Dulles International Airport (IAD); 703.572.2700 (www.metwashairports.com/Dulles)

Baltimore-Washington International Airport (BWI); 410.859.7111 (www.bwiairport.com)

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.

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

THE SCOTT CLOTHING STORE: The Scott Clothing store is now open Monday through Friday from 9:00 a.m. to 11:00 a.m. in the Scott Building, Room 1036. Shirts, pants, suits and more for the best price...free!

PAL VISIT: Sunday, August 2nd, People Animals Love will be here 1:30 - 2:30 p.m. in front of the Scott and Sheridan buildings. In case of inclement weather, PAL will move inside to the "Dog Pound" located in the Scott building, room 1400.

Annual DA BOSS (Better Opportunities for Single Soldiers) Service Day: Wednesday, August 12th. 8:00 a.m. – 1:00 p.m. Over 200 enlisted active duty Army will be volunteering their time for volunteer projects and social activities at AFRH. Resident Volunteers are needed to assist. Please contact Volunteer Services if you would like to be apart of the BOSS team for one day.

National Capital Region Chief Petty Officer Association Visit: Saturday, August 22nd, 9:00 a.m. – 1:00 p.m. Over 100 Chief Petty Officers and their spouses will be painting the columns around the Home perimeter and participating in social activities. Please contact Volunteer Services if you are interested in welcoming and assisting for the day.

Volunteer Today

If you would like to get involved within your community; please contact Carolyn Weber at ext. 3410 or stop by the Volunteer office, Sheridan building, room 1024. Please consider some of the available positions below.

Movie Projectionist

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

Computer Lab Assistant

Do you know a thing or two about computers? Would you like to help others with their computer questions? Do you have a few hours available on Thursdays? The Computer Lab is looking for a volunteer to assist on Thursdays (morning or afternoon).

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.

Newcomer's Room

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

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.

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
 1st, 2nd, and 4th Thursday, Meditation Room
 6:00 p.m. – Agape Fellowship,
 3rd 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 3:30 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.
 2nd Sunday of each month in the
 Meditation Room, Scott Building

RECREATION SERVICES

SHOPPING & MALL TRIPS:

Trip sign up sheets are located in the lobby outside the Recreation Office in the Sheridan building and you may sign up between the hours of 6:30 a.m. – 3:30 p.m. Monday – Friday.

Trip sign up sheets for BPV trips are located in the Recreation Office. You may sign up between the hours of 7:30 a.m. - 3:30 p.m. Monday – Friday.

Monday, August 3rd- Annapolis Mall & Waterfront, MD.....9:30 a.m.
 Sign up now.

Tuesday, August 4th- Potomac Mills, Wegmans & Wal-Mart, VA.....9:30 a.m.
 Sign up now.

Friday, August 7th- Laurel Race Track & Target, MD.....12:00 noon
 Sign up begins Monday, August 3rd.

Monday, August 10th- Arundel Mills Mall & Wal-Mart, MD.....9:30 a.m.
 Sign up begins Tuesday, August 4th. **BPV’S ALSO**

P/X COMISSARY TRIPS:

Thursday, August 6th – Andrews AFB, MD.....10:00 a.m.

Thursday, August 13th - Forest Glen, MD.....9:00 a.m.
 Sign up begins Friday, August 7th.

ACTIVITIES AND SPECIAL EVENTS ON THE CAMPUS:

U.S. COAST GUARD 219th BIRTHDAY CELEBRATION: Friday, July 31st at 1:30 p.m. in the Scott Theater. Come and join us as we celebrate the 219th birthday of the U.S. Coast Guard. Following the ceremony in the Theater, we will have refreshments in the Scott Lounge for everyone.

BUNCO: Sunday, August 9th at 1:00 p.m. in the Scott Lounge. Come out and have some fun with this dice game. You'll be glad you did.

SUNDAY MOVIE: Sunday, August 2nd at 6:00 p.m. in the Scott Theatre. Come see "The Greatest Show on Earth" starring Charlton Heston, Cornel Wilde and Betty Hutton; Not rated; 1 hour, 54 minutes.

BINGO: Bingo will be played on Saturday, August 1st, and on Wednesday, August 5th at 1:00 p.m. in the Scott Lounge

TRIP SELECTION MEETING & ATLANTIC CITY TRIP MEETING: Wednesday, August 5th @ 9:00 a.m. in the Scott Lounge. Everyone's invited to help decide on the trips that you will be going on for the month of September. We will also follow that short meeting with a very important message dealing with Atlantic City and the Boardwalk that everyone who plans on going on that particular trip will have to know. The meetings will end at approximately 9:45 a.m. We'll see everyone there. Please make sure you sign in upon entering the Lounge for the meeting.

ANNUAL STONE SOUP/GARDEN JUDGING EVENT: Friday, August 7th at the AFRH-W gardens. Garden judging contest will begin at 10:30a.m. and the luncheon starts at 11:30a.m. Come down to the gardens and enjoy some homemade soup made with vegetables right from our gardens. Residents have been working all season on their crops and will share their good fortune from their gardens. USDA representatives will be here once again to judge the top 3 gardens. Come support your fellow gardeners.

AFRH-W DIAMONDBACKS SCHEDULED FUTURE GAMES: Tuesday, August 11th vs. Blue Cross-Blue Shield MotherDuckers at AFRH-W. Game at 6:30p.m.

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 Friday, at 1:00 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.

HAND AND FOOT CLUB GAME: Meets every Sunday at 1:00 sharp in the Scott Visitors Lounge. This canasta based card game is open to all beginners.

BRIDGE: Held each Monday at the Scott Visitor's Lounge promptly at 6:00 p.m. All party bridge players (at any level) are invited!

Bridge Winners for Monday, July 27th, 2009

1st: Coleman Mays

1st: Andy Pellkofer

3rd: August Kulick

4th: Lois Hogan

8/9 BALL POOL WINNERS

July 22nd RESULTS:

1st Place: Ted Wilson

2nd Place: Dan Gallucci

3rd Place: Richard Heinrich

4th Place: Roger Davison

BOWLING SHOOT-OUT WINNERS

July 23rd RESULTS:

- 1st Place: Nick Zaimes
- 2nd Place: Ralph Wineland
- 3rd Place: Pete Hudson
- 4th Place: Jerry Lugar

PINOCHLE WINNERS

July 24th RESULTS:

- 1st Place: Helen Pfeiffer
- 2nd Place: Bud Luker
- 3rd Place: Snuffy Smith
- 4th Place: Paul Wells

***** PINOCHLE DATE CHANGE FOR AUGUST 7TH ONLY: During the IG visits taking place the week of August 3-7th, the meetings will be held in the Scott Visitors Lounge. For FRIDAY, AUGUST 7th ONLY the pinochle group will be held in the Scott Canteen located on the first floor of the Scott building at 1:00 p.m. The following week the game will resume in the Visitors Lounge as usual.*****

READ. READ.....

LIFE TRAIL OUTDOOR EXERCISE STATIONS: Exercise sessions are being conducted by our Fitness Specialist, Jerry Carter on Wednesdays and Fridays at 9:00 a.m. 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.** 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.

COMPUTER LAB: Come and refresh your newly learned (or your forgotten rusty) computer skills every Tuesday from 1:00 – 3:00 p.m.

REQUEST FORM AT LIBRARY: Want to make a recommendation for a Book, Audio Book, DVD, or Musical CD? Fill out a request form located by the Suggestion Box on top of the Book Return just inside the Reading Room, Scott 1207.

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 2nd 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: As always reservations are taken on a first come first served basis. When making a reservation for the first time, I need your guest's complete mailing address and phone number. Please make sure that your guest leaves the key in the key drop box before leaving the Home.

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 Fridays 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. For those residents who want to go on your own here are the Summer hours of operation: Monday-Thursday from 6 p.m. - 9 p.m. & Friday from 12 noon - 5 p.m. Closed Saturday and Sunday. New hours due to school on summer break. For more information contact Jerry ext. 3066

LINE DANCE EXERCISE CLASS: Every Tuesday at 1:00 p.m. in the Scott Lounge. Join us for this new class! For a good time, lots of laughs, and opportunity to interact with other residents and get physically fit at the same time. This class will help strengthen muscles, balance, and reduce risk of falls. Keep in shape by dancing! For more information contact Jerry ext. 3066.

ARTS, CRAFTS AND HOBBIES

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. Mon, Wed, and Friday and 1:00 p.m. – 3:00 p.m.

BIKE SHOP: If you are interested in checking out a bike for more than one day “Snuffy” can help. Just give him a call at 6-6417 leave a message including name and room number.

For your convenience, there are unlocked bicycles and helmets available on the bicycle rack behind the Scott building near the Lobby entrance. Feel free to grab a bike for a ride around this beautiful campus. We encourage all bike riders to wear a helmet for protection. Please when you are finished return the bikes and helmets to the rack. Thank you in advance for your cooperation.

Should you need additional information you may contact Nicole Chappell , ext 3021 in the Recreation Office.

CERAMICS: Come join us in the Ceramic Studio, we have three benches left. Also we have one on one instructional classes. There is a trip once a month to pick up supplies from Bev’s Ceramics in Virginia. Special seminars are conducted as well in the Ceramics Studio and we have lots of fun. Come join in anytime.

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 : The measurement around the Outdoor Life Trail exercise stations is 897 feet. Six times around the trail is 5,382 feet. One mile is 5,280 feet. Therefore, six laps around the trail is one mile, 102 feet.

OSTEOBALL CLASS: New class continues to be a big success... This class will be combined with the Flexibility & Strength classes on Tuesdays and Fridays at 3:00 p.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.

EQUIPMENT AND GAMES FOR CHECK-OUT: Residents may check out these items for use from the Fitness center during hours of 8:00 a.m. – 3:30 p.m. Tuesday - Saturday. Equipment and games include chess, croquet, backgammon, cards, basketballs, checkers, and softball equipment. See Jerry or Jessie in the Fitness Center now! Enjoy the outdoors with your favorite activity. Get some friends together and have fun!

GOLF COURSE NEWS

RESIDENTS SCRAMBLE RESULTS: On Friday, July 17th we had a large turnout at the golf course as 26 Residents participated in the second scramble of the season. After nine holes of play, Ernie Fowler, Al Campbell, Clyde Hairston, and Hobert Smith shot a terrific seven under par 28 to win first place. Frank McCabe, R.W. Robinson, Lyman Adams, Ed Hyland, and Mike Haddad were second with a five under 30.

BOOK REVIEWS

The Branch and the Scaffold LP Western by Loren D. Estleman

When Judge Parker arrives at Fort Smith, Arkansas, he sees 30 saloons and 1 bank. Inheriting a corrupt court in a lawless territory, he now must take stern measures to get the town back into lawfulness.

Look Again Fiction by Lisa Scottoline

When reporter Ellen Gleeson sees a flyer about a missing child, she sees a picture of her own missing adopted son. Now she must follow a dangerous path to find the truth.

Austen, Jane **Emma** Large Print Fiction

Kurtz, Paul **Science & Religion: Are They Compatible?** Non-Fiction

Lindsey, Johanna **No Choice But Seduction** Large Print Fiction

Paxson, Diana **Ancestors of Avalon** Science Fiction

Woods, Stuart **Mounting Fears** Fiction

MOVIES

MOVIES ARE SHOWN IN THE SCOTT THEATER AT 6:00 P.M.

Friday, Jul. 31st – Moonlight Mile (2002) (DVD 2003)

Rated PG-13, Drama, 117 Minutes

Dustin Hoffman, Susan Sarandon, Jake, Gyllenhaal, Holly Hunter.

When Joe Nast experiences an unexpected loss, he wants to be the man he believes everyone wants him to be—the dutifully bereaved husband-to-be and the perfect would-be son-in-law to Ben and JoJo. But then another woman unexpectedly enters his life, and he's torn between fulfilling his new roles and following his heart.

Saturday, Aug. 1st – The Mummy: Tomb of the Dragon Emperor (DVD 2008)

Rated PG-13, Action Adventure, 112 Minutes

Brendan Fraser, Jet Li, Maria Bello

When a 2000-year-old curse is broken, a ruthless dragon emperor (Li) comes back to life with a diabolical plan to enslave the World. Mankind's only hope against him and his legions of undead warriors lie with the courageous O'Connell family, who chase him from the dangerous catacombs of China, to the icy Himalayas and beyond.

Sunday, Aug. 2nd – The Greatest Show on Earth Special Showing 6:00 p.m.

Not Rated, 114 Minutes

Charlton Heston, Cornel Wilde, Betty Hutton

Cecil B. DeMille's larger than life spectacle of what goes on in the circus world!

Monday, Aug. 3rd – Last Chance Harvey (2008) (DVD 2009)

Rated PG-13, Romance, 93 Minutes

Dustin Hoffman, Emma Thompson

When it comes to love, is it ever too late to take a chance? Dustin Hoffman and Emma Thompson are perfect together in this movie that reminds us that true love can come to those who wait.

Wednesday, Aug. 5th – Underworld: Rise of the Lycans (DVD 2009)

Rated R, Fantasy, 92 Minutes

Michael Sheen, Bill Nighy, Rhonda Mitra

In the Dark Ages, a young Lycan named Lucian (Michael Sheen) emerges as a powerful leader who rallies the werewolves to rise up against Viktor (Bill Nighy), the cruel vampire king who has enslaved them.

Friday, Aug. 7th – Milk (2008) (DVD 2009)

Rated R, Drama, 129 Minutes

Sean Penn, Emile Hirsch, Josh Brolin, Diego Luna, James Franco

His life changed history. His courage changed lives. This is an inspiring true story of the first openly gay man elected to major public office, this compelling film follows Milk's powerful journey to inspire hope for equal rights during one of the least tolerant times in our nation's history.

Recreation Therapy Programs at KHC

Watermelon Social: Friday July 31st at 1:30 p.m. in the Recreation Center we will be serving fresh Watermelon and enjoying music by Ray Anderson. Bring your straw hats and let's have a great time!

Win, Lose or Draw: Tuesday, August 4th at 6:30 p.m. in the Recreation Center join us for this exciting game of cards. You may win a whole dollar!

Summer Cookout: Wednesday, August 5th at 11:30 a.m. outside by the LaGarde Fountains we will be serving grilled chicken, hot dogs, old fashion baked beans and lots more delicious food. Hope to see you there!

Wine & Cheese Social: Friday, August 7th in the Recreation Center we will enjoy the taste of Red or White Wine and cheese and crackers. Ray Anderson will once again entertain us with a variety of songs from days gone by on the piano.

Birthday Party: Monday, August 10th at 2:00 p.m. in the Recreation Center we will celebrate Mr. Senires 104th birthday. Join us as we sing to him and share some cake and ice cream together.

Evening Bingo: Tuesday, August 11th at 6:30 p.m. in the Recreation Center you are invited to test your luck in this fun game of bingo. You may win a cash prize!

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.

Mysteries & Myths of the 20th Century Club: Each Thursday at 9:30 a.m. in the Recreation Center join us as we learn about the "Disappearance of Amelia Earhart", who "Kidnapped Lindbergh's Son" and other important events that happened last century. This will be a 5 week series and it should be fascinating!

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:

Glen Echo Park: Wednesday, August 12th at 10:30 a.m. our residents will visit this historic park. We will see the original Merry-Go-Round and enjoy home-made bag lunches.