



<<< OMITTED PAGES >>>

From the AFRH-W Acting Administrator



Greetings, the tremendous amount of transition and change continues to occur here at the Washington campus. Mr. Servais has moved on to his next challenge, providing needed leadership at Thrive at Home, a home health agency in Northern Virginia. He will be sorely missed, and we wish him the best.

We continue to welcome new residents and staff here at the Washington campus. Now that winter seems to be moving on, and the cherry blossoms are blooming, hopefully, people are getting out enjoying this beautiful city and some of the activities that our nation's capital has to offer.

On Thursday, April 19, it was announced that the Washington campus' Employee of the Quarter is Mr. Robert Mitchell, our volunteer services coordinator. As a result of his efforts, a wide variety of people from the community (both AFRH and the surrounding community) have provided a tremendous number of volunteer hours in a wide variety of activities. They have enriched the lives of our veterans, and saved the Home approximately \$43,000 for this quarter alone. Robert has even worked on his days off to ensure that the Home's needs were met. As a result of his efforts, the first-ever Chinese dragon dance performance was held here in conjunction with our annual Chinese New Year luncheon. He recruited a couple of technical support volunteers to assist our residents with computer/cell phone issues, a sorely needed service. So this is well-deserved recognition of his dedication and service. Thank you, Robert!

I would also like to acknowledge the efforts of Christine Baldwin, our librarian, who continues to provide a tremendous variety of materials. Her support of the resident book club (with Glenna Orr) has been wonderful. We have approximately a dozen residents who participate, and each month they select a new book to read. The theme varies, but the book selected has to be available in all formats, to include large print and audio, so that all can participate. They just finished the great depression (the book was *The Forgotten Man*, by Amity Shlaes), and are now moving on to *The Associate* by John Grisham. This is a resident-driven activity; the residents are the ones who pick the theme. On April 25th residents Emmy Lu Daly and Joe Nesnow did a live theater performance from the book "Love Letters" by A. R. Gurney.

Healthcare Services continues to promote national health observances, and for April, it is Alcohol Awareness Month. The misuse and abuse of alcohol in older adults present unique challenges for recognizing the problem and determining the most appropriate treatment interventions. Alcohol use problems in this age group often go unrecognized and, if they are recognized, are generally undertreated. The National Institute on Alcohol Abuse and Alcoholism Administration has recommended levels of alcohol consumption to minimize risky or problem drinking and to prevent alcohol-related problems. Older individuals should not drink any alcohol if they:

- Are taking certain prescription medications, especially psychoactive prescription medications (e.g., opioid analgesics and benzodiazepines),
- Have medical conditions that can be made worse by alcohol (e.g., diabetes, heart disease),
- Are planning to drive a car or engage in other activities requiring alertness and skill,
- Are recovering from alcohol dependence.

It is recommended that all adults ages 60 and older be screened once a year and rescreened with any major changes or major life events (e.g. retirement, loss of partner/ spouse). Some of the typical indicators that drinking might be a problem:

- If you felt you ever needed to cut down on your drinking.
- If you have ever been annoyed by people criticizing your drinking.
- If you ever have felt guilty about your drinking.
- If you ever felt you needed a drink first thing in the morning (an "eye-opener") to steady your nerves or get rid of a hangover.

Anyone who would like to speak with a healthcare provider about their alcohol use is encouraged to come into the wellness center and make an appointment.

Michael Bayles



Congratulations to the Washington campus' Employee of the Quarter Robert Mitchell (pictured in the middle).

<<< OMITTED PAGES >>>