

Important Numbers

AFEV Important Telephone Numbers

Headquarters Main
(850) 651-3766

Bob Hope Village Main
(850) 651-2635

BHV Maintenance
(850) 651-8562

BHV Transportation
(850) 651-1555

Hawthorn House Main
(850) 651-3013

SECURITY
Bob Hope Village Guard Cell
(850) 685-2532

If the front desk phone isn't working, please call the guard cell phone listed above.

EMERGENCY: 911

July 2018 BHV Newsletter



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30 Holly Avenue Shalimar, FL 32579 850-651-2635 www.afev.us

Director's Highlights & Reminders

AFEV Resident Policy Manual (2016)

- **Pg 6. XII: LAUNDRY FACILITIES:** Are provided for the use of residents. Bob Hope Village laundry rooms are open 24 hours a day. Washing machines and dryers are free in all laundry rooms. **Use maximum of two (2) washers at a time.** No shoes or carpets in the washers and dryers. Please report malfunction to the Maintenance Office or Village Director. **Residents are requested not to abuse this free service.** Washing one or two small items is discouraged. The **trash cans located in each laundry room are provided for laundry room trash.**
- **Atch 3 - Village 5 Covenant:** Please refer to the following items, **A8, A10, A11, A14 and B2, B6, B8, B16, B19, B20.** For your convenience, an additional insert for Village 5 residents has been included with this Newsletter.
- If you have been non-compliant, please remedy as soon as possible and refer to the AFEV Resident Policy Manual (2016)
- The BHV staff has been advised to report infractions and non-compliance with the AFEV Resident Policy Manual to the BHV Director.
- The resident policy manual is to ensure fair and consistent compliance standards for all with safety, security, and mutual respect at the forefront for all residents, staff, and visitors to the AFEV.

Please help me formally welcome our new residents to the AFEV's Bob Hope Village and say farewell and best wishes to our beloved family members:

Welcome:

Mrs. Green 302-E
Susan Deason 403-O
Earl & Janet Inks 304-L
Sue Kother 303-C
Dennis & Sue Garno 401-G
Bill & Barbara Dye 301-L

Farewell:

Bertha LeRoux 301-L
Eldora Olley 204-L

Hours of Operation:

Library Summer Hours

Wednesday Only

10:00 AM to 12:00 PM

1:00 PM to 3:00 PM

(no donations accepted at this time)

VA Office Hours

Tues, Thurs 9:30am-2:30pm

(850) 613-2008 **NEW**

Country Store Hours

Tues-Fri 9am-3pm

Sat 9am-3pm

(depending upon volunteer participation)

Renee's Corner

(Beauty Shop)

Mon-Fri 9am-4pm

(850) 613-6791

Pebbles (Nail Technician)

Mon-Fri 10am-2pm

(205) 790-1076

Safety & Security:

A few days ago a resident told me that she had decided to give up her driver's license. It was a devastating decision for her. As we age we lose some of the capabilities that make us a safe driver such as peripheral vision, the ability to see well at night and fast reflexes. This lady made not only the roads a safer place but our campus as well. We have all seen people driving that should not be doing so. I would hope that I would possess the wisdom and grace that this lady exhibited as I age. Something to think about!

Notices & Reminders:

Car checks 1st Monday of month: No maintenance will be performed on the vehicle, except for topping off fluids and checking tires. There will be a vacuum available.

Mrs. Barbara McGlone and Mrs. Leah Reagen teach Mahjong noted below if interested:

- Hawthorn House on Mondays @ 10AM
- Village 5 Club House on Thursday @ 6PM

Also, Mahjong is played Saturdays @ 2PM Village 5 Club House

iFalcon volunteers provide FREE computer support for residents of BHV. No tips accepted & no hassles. All technicians are active duty and retired military and civilian volunteers so schedule will vary. Submit help requests at the BHV Commons Front Desk.

Maintenance Notes & Updates

1. Materials for the Chapel automatic door arrived at the installers warehouse 18 Jun. It should be installed within the next few weeks.
2. A work order has been submitted with Okaloosa County to trim back trees around the curve on Sunset Lane. Also, Gulf Power has been contacted to cut branches back from power lines along Sunset Lane. They told me it will be three to four weeks.
3. **Village 5** Clubhouse has three **emergency pull cords**: one in each bathroom and one in the kitchen.
4. **Village 2** cabinet and appliance replacement is scheduled for 5 July thru 6 July.

As always, there are many ways to get your request in. Emergency or urgent type work please **call maintenance at 651-8562**. For routine work or honey do request, please submit the request in the boxes at the laundry rooms.

Adopt-A-Wing Schedule					
	Date	Time		Date	Time
Wing 103	7/7 7/21	8:30-12:30 8:30-12:30	Wing 401	7/6 7/19	11:00-3:00 11:00-3:00
Wing 104	7/13 7/27	8:00-12:00 8:00-12:00	Wing 404	7/6 7/19	9:00-1:00 9:00-1:00
Wing 202	7/11 7/25	8:00-12:00 8:00-12:00	Village 3	TBD	TBD

Honey-Do Days	
Date	Time
7/7	8:00-12:00
7/21	8:00-12:00
7/21	9:00-1:00

Adopt-A-Wing volunteers are Wing/Village specific to those who have them (103, 104, 202, V3, 401, and 404 currently).

Honey-Do volunteers are for those who have no dedicated volunteers as of yet. At times, we may ask the Honey-Do volunteers to take on an Adopt-A-Wing if those volunteers do not make it out for a particular month, but this is a rare occurrence and on a case-by-case basis.

Please contact Lisa at 651-8562 if you have any questions concerning the volunteer program.

***Dates are subject to cancellation and/or rescheduling. Contact Maintenance at 651-8562 to submit a request.**

H PE

wellness

Did you know there are four pillars of wellness?

Physical Emotional
Spiritual Intellectual

Join us on the journey as we explore our overall Wellness

****See the Wellness Calendar for more information on upcoming classes and presentations****

A note from Wellness...

Stress Relief from Laughter? The Doctor Says It's No Joke!

When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered. Although a good sense of humor can't cure all ailments, data is mounting about the positive things laughter can do.

Short-term Benefits

Stimulates many organs: Laughter enhances your intake of oxygen-rich air, which stimulates your heart, lungs, and other muscles. It increases the endorphins that are released by your brain.

Activates your stress response: A rollicking laugh fires up and then cools down your stress response, and it can increase your heart rate and blood pressure. The result? A relaxed feeling.

Soothes tension: Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Transportation Schedule Cont....

DAY	DATE	TIME	LOCATION
Monday	23-Jul	9:00 AM	Post Office/Banks
		1:00 PM	Publix/Big Lots
Tuesday	24-Jul	9:00 AM	UpTown Station
		1:00 PM	Walmart
Wednesday	25-Jul	1:00 PM	Kohls/Sun Plaza
		8:00 AM	DOLPHIN CRUISE (T)
Thursday	26-Jul	9:00 AM	Commissary
		1:00 PM	Commissary
Friday	27-Jul	9:00 AM	Walmart
Monday	30-Jul	9:00 AM	Post Office/Banks
		1:00 PM	Publix/Big Lots
Tuesday	31-Jul	9:00 AM	Walmart
		1:00 PM	Hurlburt Commissary

Transportation Notes

One of the benefits of retirement living at AFEV is our transportation options around the local area. We provide low cost shuttle bus and car service to our residents. Our friendly transportation team will also help you with embarking and disembarking. We are here to get you to your doctor, dentist, Pass & ID, legal, etc. appointments. Be sure to catch one of the regularly scheduled bus trips to local shopping, post office, and the bank. So don't worry about traffic or parking - relax, or chat with friends in the safety and comfort on board the AFEV shuttle bus!

Transportation Schedule

DAY	DATE	TIME	LOCATION
Monday	2-Jul	9:00 AM	Post Office/Banks
		1:00 PM	Publix/Big Lots
Tuesday	3-Jul	9:00 AM	Walmart
		1:00 PM	Hurlburt Commissary
Wednesday	4-Jul		CLOSED
Thursday	5-Jul	9:00 AM	Commissary
		1:00 PM	Commissary
Friday	6-Jul	9:00 AM	Walmart/Lowes
		1:00 PM	Target/Mall/K2/Dollar Tree
Monday	9-Jul	9:00 AM	Post Office/Banks
		1:00 PM	Publix/Big Lots
Tuesday	10-Jul	9:00 AM	Hurlburt Commissary
		1:00 PM	Walmart
Wednesday	11-Jul	1:00 PM	UpTown/Kmart/Dollar Tree/JoAnn
Thursday	12-Jul	9:00 AM	Commissary
		1:00 PM	Commissary
Friday	13-Jul	9:00 AM	Walmart
Monday	16-Jul	9:00 AM	Publix/Big Lots
		1:00 PM	Post Office/Banks
Tuesday	17-Jul	9:00 AM	Walmart
		1:00 PM	Hurlburt Commissary
Wednesday	18-Jul	11:00 AM	AJ'S ON THE BAYOU
Thursday	19-Jul	9:00 AM	Commissary
		1:00 PM	Commissary
Friday	20-Jul	9:00 AM	Walmart
		1:00 PM	Target/Mall/K2/Dollar Tree

Long-Term Effects

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term. Laughter may:

Improve your immune system: Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more serious illnesses.

Relieve pain: Laughter may ease pain by causing the body to produce its own natural painkillers.

Increase personal satisfaction: Laughter can make it easier to cope with difficult situations. It also helps you connect with other people. (Article courtesy of the Mayo Clinic)

This Month, Try a Green Smoothie

This refreshing drink is an excellent source of vitamins A and C. Use either fresh or frozen fruit.

Ingredients

- 1 banana
- 1/2 cup strawberries
- Juice of 1 lemon (about 4 tablespoons)
- 1/2 cup other berries such as blackberries or blueberries
- 2 ounces fresh raw baby spinach (about 2 cups)
- 1 tablespoon fresh mint or to taste
- 1 cup cold water or ice

Directions Place all ingredients in a blender and puree. Makes 4 servings, enough to share with a friend. Enjoy.

Makes 4 servings: Serving Size – 6 oz. – Calories: 52 | Total Fat: Trace | Saturated Fat: Trace | Cholesterol 0 mg | Sodium 14mg Carbohydrate 12g | Dietary Fiber 2g | Protein 1g

Clubs & Groups

One excellent by-product of staying socially active is that it almost always correlates to being more physically active as compared to seniors who are socially isolated. This is because you will tend to get out of the house more versus being home alone every day. Your immune system and nutrition levels will also be improved since socially engaged seniors tend to eat more when they are around others.

British Wives Club (V2 Lounge): 1st & 3rd Thursday 2PM

Women Veterans Club (BR): 3rd Monday 10:30AM

Making Mats for the Homeless (SR): Postponed thru September as the group is currently crocheting the mats in their homes.

Volunteer Info / Spotlight

- The BHV Activities Office would like to send a special thanks to our staff members who volunteered their personal time in support of the 2018 Annual Luau: **Tuk & Emily** (Housekeeping) & **Shawn & Lisa** (Maintenance). We would be remiss if we did not acknowledge all AFEV HUB Volunteers as they are backbone and success of our activities programs and special events.
- Thanks to all our residents who have reached out to the Activities Office to volunteer their skills and services. Bonnie & Rachel have a list of names and areas of interests of our resident volunteers. We will be in contact when our special projects begin and volunteers are needed.



Resident Birthdays—July 2018

Ellen	Matthews	25
Hiroko	Seaitz	25
Marjorie	McLeod	27
Duffy	Ringstad	27
Jamie	Smith	28
Connie	Clemons	30
Larry	Blay	30
Kitty	McCoy	31

Staff Birthdays—July 2018

Julie Michael	10
Chris Engelken	16
Dennis Ritter	31



Anniversaries - July 2018

Dave & Debra	Burrill	7
Howard & Joyce	Autry	9
John & Doris	Boyer	13
Ross & Paulette	Hayes	13
Arlan & Annette	Swartwood	13
Dave & Fran	Drake	18
Charles & Mary	Walden	19
Greg & Linda	Collins	28

Happy Birthday

Resident Birthdays—July 2018

Joseph	Kutcher	1
Phyllis	Daws	1
Gwen	Jones	2
Glenda	Manis	4
Norma	Reeves	4
Katie	Fields	5
Anne	Janowski	5
Susan "Mickey"	Hodet	6
Ann	Lange	6
Ella	Tipton	6
Lorna	Sturgeon	7
Myra	Blay	7
Yvette	Carrier	7
Pat	Reynolds	8
Chuck	Britto	10
Geri	Sammartino	11
Raye	Norell	12
Carol	Rogers	13
Jean	Velez	13
Jenny	McClain	15
Lenny	Seal	15
Vernell	Leysath	18
Harry	Smith	20
Debbie	Burrill	20
Lou	Collinsworth	23
Ann	Smithson	23
Haruko	Dodson	24

Birthdays & Anniversaries

Spiritual Information



Dolores Hope All Faiths Chapel

Protestant

Chaplain Beth Bateson: 740-438-9790

Bible Study (GATES): Sunday 9:30AM

Church Service: Sunday 11AM

Bible Study (V5 Clubhouse): Tuesday 2PM

Catholic

Father Toledo: 850-678-7429

Mass: Saturday 4:30PM

Hawthorn House Chapel

Rosary (HH): Tuesday 10AM

Episcopal Eucharist (HH): 1st Friday of month 10AM

Religious Holidays

Jewish Holidays:

22 July: 9th of Av (Tish'a B'Av)

Christian Holidays:

In-House Events & Activities

Bingo

BHV BINGO has been **postponed** until further notice/post-construction. Stand-by for further information from our lead resident Tess Griffith.

Movies **Every weekend on channel 1962**




6-8 July: The Great Gatsby-Rated PG-13

13-15 July: A Gentleman's Game-Rated R

20-22 July: Ghosts of Girlfriends Past-Rated PG-13

27-29 July: The Green Mile-Rated R

Trips/Outings

 = Minimal Walking
  =Moderate Walking
  =Heavy Walking

***9 July Silver Slipper - Charter Bus Departs at 12:00PM 

***18 July AJ's on Bayou - AFEV Bus Departs at 11:00AM 

***25 July Dolphin Cruise - AFEV Bus Departs at 8:00AM 

***Denotes sign-up at front desk/Reception for ***

In-House Events & Activities

- ***19 July Move Night @ 6 PM (Ballroom) - La La Land or Chap-quiddick. Sandwiches, Chips, Soda, & Popcorn
- ***24 July from 3PM to 5PM (Ballroom)-**Painting with a Twist** \$35; Fun Art in a colorful & casual atmosphere with step-by-by instruction by experienced & enthusiastic local artists. Enjoy a glass of wine with a meat and cheese board. Finally go home with a one-of-a-kind painting created by you!



***Denotes sign-up at front desk/Reception for ***