

Important Numbers/Hours

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

Library Hours

Mon, Wed, Fri 10am-12pm

Mon, Wed, Fri 1pm-3pm
(no donations accepted)

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

May 2018

BHV Newsletter



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

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

Policies & Information

Friendly Reminder...

The office will be closed Monday, May 28 for Memorial Day.

Safety Tips

We are again seeing people driving too fast and ignoring stop signs. Also, at the gate we have had people annoyed when we question where they are going or who they are visiting. Please express to your guests that this is for your safety. Bear season is near and the air horn is your best defense. Since many of you are carrying mace or bear spray, the proper use is to spray down at the feet. It is a gas and will rise up covering the bear and pointing it downward will prevent blow back on you.

Farewell

Delores Bass 1110-302
Rebecca Bates 402-L
Bertha Leroux 301-L
Ann Moore 1120-201
Peg Polomski 104-N

Welcome

Butch & Yvette Carrier 1130-103
Helen Knauth 204-J
Ann Lefever 1110-302
Clarence & Maria Matthews 402-M
Alan & Carolyn Reck 401-B
Dennis & Mary Sinkula 1100-305

Transportation Notes

We need to keep to our scheduled times for pickups and drop offs during bus trips, so please make every effort to be on time. Also, we are happy to help all residents with pharmacy pickup of medications. We just ask that you give us your information by 4:30 pm of the DAY PRIOR TO the expected day of pickup. This way we can accommodate all residents in a timely manner.

Happy Birthday

5/1 Leah Reagan	1120-108	5/21 June Burkhart	301-F
5/2 Eddie Ezell	303-I	5/22 Eldora Olley	204-L
5/3 Joy Estep	204-A	5/23 Rocky Bates	1110-105
5/4 Leon McGlone	1100-104	5/23 Marjorie Buhler	304-I
5/4 Kathy Swenson	204-E	5/23 Paulette Hayes	1110-203
5/5 Betty Robertson	1120-205	5/23 Jim Hilton	1120-106
5/5 Eva Stark	404-H	5/23 Doug Walker	1100-304
5/6 Ardith Johnson	404-C	5/24 Cheryl Rubin	103-j
5/7 Robert McCartney	201-G	5/24 Ann Norman	1110-301
5/8 Lucrecia Rogers	102-J	5/25 Bud Greenfield	1110-202
5/8 Patrick Elbert	104-J	5/26 DiAnn White	401-N
5/9 Susan Green	401-J	5/27 Brad Bradshaw	104-K
5/10 Margaret Harris	102-E	5/27 Francis Smith	104-F
5/12 Dolores Politte	202-A	5/28 Bettye Donley	203-N
5/12 Rob Robertson	1120-205	5/28 Buzz Study	104-H
5/15 Don McLeod	1100-206	5/29 Connie Duncan	404-L
5/15 Pat Wilcox	101-P	5/30 June Kersten	304-K
5/15 Maria Whitcomb	304-G	5/30 Bernita Kosalko	104-P
5/18 Foley Wood	1130-104	5/30 Betty Pascher	103-M
5/19 Phil Irwin	1110-208	5/30 Pat Strait	1100-301
5/19 Mickie Loftin	103-G	5/30 Rebecca Bobbitt	302-M
5/19 Betty Mountain	303-H		
5/20 Zora Adams	104-A		
5/20 Barbara McGlone	1100-104		



5/7 Moe Melanson



5/2 Archie & PJ McDaniel	401-H	5/15 Tom & Barbara Gasper	1120-202
5/4 Earl & Rubye Eckerson	1120-308	5/19 Carlos & Elizabeth Gonzalez	302-I
5/4 Tom & Mary Walpole	1130-105	5/19 Robert & Carol McCartney	201-G
5/11 Walt & Zelma Glod	1110-106	5/22 Al & Dolly Goetz	303-D
5/11 Bill & Shirley Russell	203-I	5/23 Foley & Mary Wood	1130-104
5/12 Bob & Linda Reese	1100-103	5/25 Ron & Michelle Trudeau	302-J
5/13 Tom & Beverly Pinkard	1120-307	5/28 Charles & Minnie Mc Coy	401-M
5/15 Woody & Judy Woodall	1120-301		

DAY	DATE	TIME	LOCATION
Tuesday	1-May	9:00 AM	Walmart
		1:00 PM	Hurlburt Commissary
Wednesday	2-May	1:00 PM	UpTown/Joanns/Dollar Tree/Kmart
Thursday	3-May	9:00 AM	Eglin Commissary
		1:00 PM	Eglin Commissary
Friday	4-May	9:00 AM	Walmart/Lowes
		1:00 PM	Target/K2/Dollar Tree/Mall
Monday	7-May	9:00 AM	Post Office/Banks
		1:00 PM	Publix/Big Lots
Tuesday	8-May	9:00 AM	Hurlburt Commissary
		1:00 PM	Walmart
Wednesday	9-May	10:30 AM	MARGARITAVILLE
Thursday	10-May	9:00 AM	Eglin Commissary
		1:00 PM	Eglin Commissary
Friday	11-May	9:00 AM	Walmart
Monday	14-May	9:00 AM	Post Office/Banks
		1:00 PM	Publix/Big Lots
Tuesday	15-May	9:00 AM	Walmart
		1:00 PM	Hurlburt Commissary
Wednesday	16-May	1:00 PM	Kohls/Sun Plaza
Thursday	17-May	9:00 AM	Eglin Commissary
		1:00 PM	Eglin Commissary
Friday	18-May	9:00 AM	Walmart
		1:00 PM	Target/K2/Dollar Tree/Mall
Saturday	19-May	9:00 AM	CORDOVA MALL
Monday	21-May	9:00 AM	Publix/Big Lots
		1:00 PM	Post Office/Banks
Tuesday	22-May	9:00 AM	UpTown
		1:00 PM	Walmart
Wednesday	23-May	8:00 AM	BARRANCAS
Thursday	24-May	9:00 AM	Eglin Commissary
		1:00 PM	Eglin Commissary
Friday	25-May	9:00 AM	Walmart
Monday	28-May		CLOSED
Tuesday	29-May	9:00 AM	Walmart
		1:00 PM	Hurlburt Commissary
Wednesday	31-May	9:00 AM	TURKEY CREEK
Thursday	31-May	9:00 AM	Eglin Commissary
		1:00 PM	Eglin Commissary

Maintenance Notes

Over the last couple of months, there have been a few instances of apartment(s) or yard(s) beginning or already completed modifications before an approved AFEV form-508 Apartment Installation/Modification Request has been returned. This is a reminder that "No work will be started until written authorization is received from the AFEV Staff." Please do not schedule outside vendors unless you have received an approval.

Speaking of vendors, if AFEV has hired a vendor please refrain from approaching them directly while him or her are working. If you have suggestions or something to discuss, please contact Shawn 613-2170.

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.

Honey-Do & Adopt-A-Wing

Requests are completed in the date/order received. If your request was not completed, it will be carried over to the next volunteer visit. Contact maintenance @ 651-8562 to submit a request or submit the request in the boxes at the laundry rooms.

Honey Do: May 5, 7, 19 @ 8AM-12PM & May 22 @ 9AM-1PM

*Dates will be twice a month starting in April and through September.

Adopt-a-Wing Schedule

<u>103</u>	<u>104</u>	<u>404</u>
5/5 8:30AM-12:30PM	5/11 8AM-12PM	5/11 9AM-1PM
5/19 8:30AM-12:30PM	5/25 8AM-12PM	5/25 9AM-1PM

<u>202</u>	<u>401</u>
5/9 8AM-12PM	5/10 11AM-3PM
5/23 8AM-12PM	5/23 11AM-3PM

Dates are subject to cancellation and/or rescheduling. Dates will be added. Check with Lisa for more information.

Wellness

A note from Wellness...

May is National Arthritis Awareness Month.



- Low impact fitness activities like swimming or Tai Chi increase blood flow and reduce stiffness which can help reduce arthritis pain in the Winter. Strength exercises keep arthritic joints flexible and protect seniors from falls.
- Extra weight puts greater stress on joints. Shedding pounds is a smart health move for many reasons, but specifically, it can provide pain relief from arthritis symptoms. Harvard Medical School points out that losing just three pounds of weight reduces pressure on the knees three-fold.

Intellectual Classes

Male Caregivers Brief (BR) May 8 @ 2:30pm

Dr. Daniel Durkin from the University of West Florida will be here to brief male caregivers in our village. There will be opportunity for one on one questions. Men only please.

Mindful Eating (BR) May 21 @ 2pm

Mindful eating teaches you to gain control over your eating habits.

Foot Health Awareness Brief (BR) May 29 @ 2pm

The Fort Walton Beach Wound Care Center will be here to discuss foot health and chronic wounds as well as foot check-ups.

Special Events

Mother's Day Meal (BR) May 13 11am OR 12:30pm

Women Residents FREE, Residents \$10 & Guests \$15

Menu to include: Beef Brisket, Mashed potatoes & gravy, Fruit Salad, Broccoli with cheese sauce, Bread & Butter, Coconut Crème or Lemon Pie, Iced tea, coffee, & water. **Sign up by May 7**

15th Annual Bob Hope Memorial Charity Golf Classic

May 18 10:30am & May 19 8:30am

Eglin AFB Golf Course, 527 Fairway Dr, Niceville, FL 32578

Benefitting military widows residing at the Air Force Enlisted Village.

Memorial Day Ceremony (BR) May 28 9:30am

Please join us for our annual ceremony featuring guest speaker CMSgt David R. Wolfe and Hurlburt Field Honor Guard.

Wreath Craft Project

Friday, May 4 @ 4pm (BR)

Rocky Bayou Christian School will be here to host a craft for the residents. We will be making seasonal wreaths to go on your doors. The school will be donating all supplies and bringing students to help assist. Please support the students of Rocky Bayou by coming out to participate. This is their annual "blessing project".

Bingo

Monthly Bingo 1st Sunday of the month is postponed until end of construction
 Tuesday Night Bingo (BR): 6PM
Cost \$7.75



Movies

Every weekend on channel 1962
Goodwill Hunting May 4, 5, 6
Shallow Hal May 11, 12, 13
Gladiator May 18, 19, 20
Fly Boys May 25, 26, 27, 28

Trips

= Minimal Walking =Moderate Walking =Heavy Walking

Margaritaville \$3
 May 9 5PM

Silver Slipper Casino \$30
 May 14 12PM

Cordova Mall \$3
 May 19 9AM

Barrancas Cemetery FREE
 May 23 8AM

Sign up for trips & events at the BHV Front Desk

Healthy Tips

Memorial Day is May 28th. If you are leading a healthy lifestyle and are concerned about Memorial Day ruining your plans, here's what you can do to make the holiday healthier.

- **Swap a high-fat, high-calorie main dish for a healthier alternative** – for example, choose a turkey burger or a chicken burger instead of a hamburger, or have grilled chicken breast. If you want to eat a burger, skip the bread and enjoy it in a low-cal wrap or even some lettuce leaves.
- **Keep hydrated with plenty of water.** Carry a water bottle around with you so you don't get thirsty – thirst can lead to you eating more. Make water more interesting by adding slices of lemon or lime, and alternate between sparkling and still water.

Blood Pressure Checks (SR): Wednesday 10AM



Wellness Challenge Awards

Wellness Challenge Awards Ceremony (BR) May 18 @ 2:30pm
 We will be celebrating the participants of the 1st AFEV Wellness Challenge. Prizes and awards will be distributed to the registered participants. Refreshments provided.

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 instead of just staying 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

Grief Support Group (SR): 1st & 3rd Friday 11AM

Making Mats for the Homeless (SR): Monday 10AM

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

Volunteer Opportunities

***Bingo is looking for new Cashier Volunteers**

Tuesdays 5:30PM

***BHV General Store is looking for volunteers**

Contact Julie with inquiries: 850-651-2635

***Car checks is in need of 6 people to make the program work:**

2 people each month. The other 4 will be back up to fill in if needed. For more info please contact Harry Smith @ 737-0200

(Parking lot behind Commons) : 1st Monday of month

- No maintenance will be performed on the vehicle except for topping off fluids & checking tires. There will be a vacuum available.

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

Dates to Remember

Jewish Holidays

May 13: Yom Yerushalayim

May 20: Shavout

Christian Holidays

May 27: Trinity Sunday