

# AFRH Services

## Philosophy of Care

### Person-centered Care

The AFRH staff will focus on your individual needs, develop proactive plans of care, and deliver meaningful services to help you thrive. In fact, you will be an active participant in guiding your life and happiness. Also, each staff and family member will work very hard to identify and understand your personal needs, listen carefully to your wishes, and offer smart solutions for consideration.

## Five Levels of Care

The Home is fully accredited as a continuing care retirement community (CCRC) through two international and national organizations, the Commission on Accreditation of Rehabilitation Facilities (CARF) and The Joint Commission (TJC).

### Independent Living:

This is retirement living at its finest. AFRH Residents get to enjoy ample amenities and fun activities here on campus each day. Plus we have many hobby shops, special events, and fitness options. Or, you're at liberty to roam on- and off-campus, and even travel out of town, anytime you like.

### Independent Living Plus:

Maintain your freedom while getting extra assistance with daily living. Here, our dynamic services revolve around you and your needs. Healthcare, therapy, and special services all come right to you in your room. Best of all you still get to socialize with friends—all in the safety and comforts of home.

### Assisted Living:

Here, Residents maintain as much independence as possible while receiving support care for certain daily functions and tasks. This support may include assistance with bathing, dressing, eating, or exercising. You may receive this assistance in tandem with physical or occupational therapy.

### Memory Support:

This is advanced specialty care for Residents who contract memory problems, dementia, or even Alzheimer's disease. Our team is supportive and skilled. Special attention is given to helping Residents retain cognitive skills and assisting them with daily activities and functions, as needed.

### Long Term Care:

This is a much higher level of care for AFRH Residents who become disabled, injured, or infirm. This care entails full assistance with daily activities and carefully monitored nursing. Each AFRH Resident is eligible for Long Term Care regardless of financial ability.



## Wellness Programs

We have many programs to maintain your vitality. Wellness is a strong balance of health for the mind, body, and spirit. The AFRH staff will help you achieve total wellness in every aspect of your retirement. You will have access to many healthy choices and personalized support. Plus, we offer you a range of opportunities in fitness, recreation, arts and crafts, outdoor activities, learning, nutrition, camaraderie, and adventure.

### Wellness Center:

Our 24-hour Clinic is the heart of the home. You can rest assured that quality healthcare is minutes away from where you live, work, play, socialize and volunteer. See a nurse or doctor if you have concerns. Easily fill a prescription. Get your blood pressure checked. Or ask about preventive care. And if you have a specialized need, we will take you to a world-class hospital nearby.

### Specialized Care:

AFRH offers many other healthcare support services including dental, podiatry, and vision care in our own medical center. The drug dispensary will provide prescriptions without the need to leave our campus. Our counselors, chaplains, social workers, and psychiatric care are there to provide emotional and social support for our residents as they face life's challenges. Rehab is vital for treating an injury and for promoting strength and flexibility. Our goal in Physical and Occupational Therapy is for residents to maintain a high level of physical health and to enjoy life.

### Balanced Nutrition:

Your dining options are as vast as the services and activities. Here you'll enjoy three home-style meals a day. Our tasty menus are prepared by licensed nutritionists. Plus, we offer nutrition counseling and have a station with special food for diabetics. You can even have a favorite dish made-to-order at the grille. Don't miss our prime rib nights, birthday parties, and BBQ cookouts, too!

# AFRH Lifestyle



## Recreation Services

Recreation is an essential part of a healthy and happy life. So our staff offers a variety of daily activities and special events. Choose from hobby shops, bowling tournaments, and golfing to entertainment, daytrips, and dances. No matter what your interest, there's something fun on the calendar each day. Our clubs and organizations provide endless opportunities to stay active as a citizen and in the greater community. And if you have a special interest we'll help you organize it.

## Amenities

AFRH offers numerous amenities and special events to keep our residents actively involved. All included with your affordable residence fees! With two locations – on a scenic, historic campus in the heart of Washington, DC or on the tranquil beach in Gulfport, Mississippi. Find your favorite activity, or simply relax at either of our beautiful campuses.



In Washington, DC you can enjoy the indoor pool, artists' colony, ceramics studio, woodworking center, game room, theater, fitness center, 24 hour library, computer lab, chapels, or even our very own saloon. Not to mention the

outdoor adventure! Our campus boasts a beautifully landscaped 9-hole golf course, driving range, and stocked fishing ponds. Or residents may simply enjoy a quiet stroll through our wooded grounds and watch our herd of deer grazing in the grass! If you get tired of life on campus, don't miss our many excursions into the city. Go to a show at the Kennedy Center or visit one of the Smithsonian Museums! Catch a train to New York City, zip over to the nearby beach or the mountains, or even jump on a plane to Europe! Attend military parades, political rallies, and many, many other marvelous adventures in our Nation's capitol.



In Gulfport Mississippi, your adventure begins when you wake up to the beautiful view from your very own balcony overlooking the sunrise over the Gulf of Mexico. After that you need to decide whether you are in the mood to go to the pool, take a bike ride through the grounds, stroll along the beach collecting sea shells or join in with the crowd on a trip to the casino, or just simply head over to the mall to grab a few essentials. You can play a game of cards with friends, work a puzzle, or create a masterpiece. Whatever your heart desires. Life here is like a permanent cruise, no worries and a warm climate for the ultimate retirement dream!

The AFRH has so much to offer America's veterans and retired military. Ultimately, at the AFRH, you will discover your future self. Maybe you will become a painter, a writer, a woodworker, a gardener, a bowler, a quilter, a golfer, a swimmer, a dancer, a biker, or a volunteer. Here at the AFRH, the opportunities to get involved in activities are limitless. And the possibilities for a rich and rewarding retirement are endless.

## Learn More!

Please visit us on the web, or see what all is going on at --  
[www.AFRH.gov](http://www.AFRH.gov)    [www.facebook.com\AFRH.gov](https://www.facebook.com/AFRH.gov)

Schedule a tour today! Come see what your life could be!

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