ARMED FORCES RETIREMENT HOME –WASHINGTON

WEEKLY BULLETIN

Monday, November 16 – Sunday, November 22, 2026

In Memory Of

Joseph Grant – United States Air Force
Charles Felder – United States Army

Welcome

Miles (Daniel) Farmer – United States Air Force
Emma Farmer – United States Air Force Spouse
Wayne Kaufman – United States Air Force
Merry Kaufman – United States Air Force Spouse

Current Census

USA	USN	USMC	USAF	USCG	RC	Spouse	Total
50	53	10	54	1	7	19	194

Administration Updates and News

Two monthly events have moved up one week due to the Thanksgiving holiday:

- **Resident Memorial Service**: Wednesday, Nov. 18, at 10:00 AM (Theater)
- **Town Hall**: Thursday, Nov. 19, at 9:00 AM (Community Center)

As shared in the email update earlier this week, PenFed is scheduled to remove its ATM from the ground floor of the Sheridan Building on Wednesday, November 18. Please note that all cash will be cleared from the machine on Tuesday, November 17. This news caught all of us by surprise and we are actively trying to find another service provider who will fill the void for us. NFCU and USAA are both in our sights.

Lastly, a huge thank you to all of the residents and volunteers who participated in the annual Veteran's Day Event held on 11/6. Your time, participation and support made the event successful!

Healthcare Services

In Case of Off-Hour Emergencies:
Security: (202) 541-7500
Nursing Staff: (202) 288-8042 or (202) 450-9790
Wellness Center: (202) 541-7588 / 7900 / 7602

- **Seasonal Health & Safety Reminder:** As we enter another flu season, our priority remains keeping our community safe, healthy, and informed. Hand hygiene is the most effective way to prevent infection.
- **A friendly reminder to all Independent Living (IL) visitors:** Please sign the log book located on each unit at the front desk before proceeding to Assisted Living (AL), Long-Term Care (LTC), or Memory Support (MS).

Caring for Your Mental Health This Fall and Winter:

- If you are feeling down, depressed, hopeless, or notice changes in your mood, please contact your healthcare provider, visit the Wellness Center, or speak with a social worker.
- Maintain a regular daily routine. A structured and predictable schedule can help support good mental health.
- Stay active. Even light exercise, such as walking, can improve mood and increase energy.
- Stay connected with others. Spending time with friends, family, and the AFRH community, whether in person or through phone or video calls, can help reduce feelings of loneliness.
- Consider using a light therapy lamp, as it may help offset the effects of reduced daylight during the fall and winter months.
- Eat a healthy, balanced diet to support both your physical and mental well-being.

Remember: You are not alone. The AFRH community is here to support you, and help is always available when you need it.

Resident Services

- **Wreaths Across America:** Stop by the Wreaths Across America information table in the Scott Community Center Lobby on Tuesday, November 17, from 1130 – 1330 to learn more about this year's event. The ceremony will take place on Saturday, December 19 at 1200, at the U.S. Soldiers' and Airmen's Home National Cemetery, followed by wreath placement beginning at 1230. For additional information, please contact Mr. John Smith.
- **Events & Updates:** Residents are encouraged to remind their families and loved ones to visit the AFRH-W website for information on upcoming events, activities, and campus updates. It's a great way to stay informed and connected with our community!
- Wet leaves can make campus walkways slippery, increasing the risk of slips and falls. Residents are encouraged to use extra caution when walking outdoors. Please watch your step and use handrails or mobility aids as needed.

Business Office

Scam-Ish ALERT: The commercials for Medicare – are technically legal and approved by federal regulators, but they are frequently misleading or use aggressive "bait-and-switch" tactics. **NOT FROM THE GOVERNMENT:** Despite using the red, white, blue colors, and images - these ads are paid by private insurance companies. *The official government number is 1-800-MEDICARE (1-800-633-4227)* **THE "FREE" PERKS** : Ads promising $0 monthly premiums, free grocery cards, or all-in-one benefits Medicare Advantage plans do exist, but they come with heavy strings attached. **CALL CENTERS** : Calling the toll-free number, you aren't talking to Medicare. You are connected to a call center with a goal to enroll you into a specific private Medicare Advantage for a sales commission. **RISK OF LOSING MEDIGAP**: Switching from Original Medicare to a Medicare Advantage plan can make it very difficult or expensive to return to a traditional Medigap supplemental plan later. Speak with a Social Worker if you have questions. The Business Center is located in the Scott Building, Room 1067, 0800 – 1600 Monday through Friday, and closes daily from 1130 – 1300.

Chaplains Office

Protestant Services: Bible Study is held in the Meditation Room on Tuesdays at 1500, and Church services take place in the Scott Theater on Sundays at 0900. Residents interested in supporting the Protestant community or assisting with stewardship efforts are encouraged to get involved. For further information or inquiries, please contact Pastor Floyd at (202) 541-7612.

Catholic Services: Daily Mass is offered Monday through Thursday at 0900, and Adoration on Wednesdays at 1500. Residents interested in supporting the Catholic community or assisting with stewardship efforts are encouraged to get involved. For further information, please contact Father Bump at (202) 541-7616.

Ombudsman

Veterans Service Organization (VSO) Visit: AMVETS is scheduled to visit on Saturday, November 21 to provide assistance and information to residents regarding Veterans' benefits and services. Residents are encouraged to sign up using the sign-up sheet located outside the Recreation Office. Additional details will be provided as they become available.

Special Events

- Relax and enjoy some tea at **Tea Tasting** (Herbal) on Monday, November 16th, 2026 at 1300 in the Community Center.
- Listen to live string music from local high schoolers on Monday, November 16, 2026 at 1300 in the Theater.
- Join us for the **November Birthday Luncheon with Kevin Kremer** on Tuesday, November 17th, 2026 at 1130 in the Dining Hall.
- Come and join **Bingo** on Friday, November 20, 2026 at 1300 in the Community Center.