

ARMED FORCES RETIREMENT HOME –WASHINGTON

WEEKLY BULLETIN

Monday, January 5 – January 11, 2026

ADMINISTRATION UPDATES AND NEWS

Happy New Year to everyone at AFRH-W! As we welcome 2026, let's celebrate the resilience, camaraderie, and accomplishments that shaped the past year, and embrace the exciting new possibilities, connections, and adventures waiting for us in the year ahead. We do have some bittersweet news to share. After nearly five years of dedicated service to AFRH-W, our Chief of Resident Services, Ron Anderson, has retired from his role effective January 1. During his time with us, Ron touched the lives of countless residents and staff through his leadership and commitment to our community. His leadership has strengthened our programs and his daily work has helped ensure that our community remains a place of dignity, respect, and belonging. His presence will be truly missed! Please join us in celebrating Ron and wishing him well in his retirement on Friday, January 9, at 1300 in the Defender's Inn.

HEALTHCARE SERVICES

- The Wellness Center is currently experiencing issues with our phone system. Our IT team is actively working to restore full service. At this time, the following phone numbers remain available: (202) 541-7588 and (202) 541-7900.

Educational Programs: As we begin the New Year, we are pleased to share that additional educational opportunities are in development. Our team will present the education plan to the RAC Wellness Team at their upcoming meeting, after which details will be shared with residents during a future Town Hall.

Salute to Your Scripts Program: We hope you are enjoying the *Salute to Your Scripts* program led by Nate Bennett. The next session, "Pillbox Power: Mastering Your Medication Routine," will be held on Wednesday, January 14, at 1500 in the Scott Theater during *Chat with the Chief*.

Health Advisory: The CDC reports an increase in RSV and Influenza cases in our area. If you begin experiencing symptoms, please contact the Wellness Center. Staff will advise whether you should come to the Center or if care will be provided in your residence. Residents who are symptomatic are encouraged to wear a mask to help protect others. We remind everyone that frequent handwashing remains the single most effective way to prevent the spread of infection.

RESIDENT SERVICES

- **Room Inspections:** The Quarterly Health, Welfare and Moral Room Inspections are scheduled for Thursday, January 15 at 0900. If you require assistance in preparing your room, please contact Careful Cleaners at (202) 280-4822.

BUSINESS OFFICE



Reminder: Your new fee assessment for Calendar Year 2026 will be deducted on Monday, January 5, 2026. If you have any questions or need assistance, the Business Center is open Monday through Friday, 0800–1600, and closes daily from 1130–1300. We are located in Room 1067 of the Scott Building. For financial inquiries or assistance, please contact us by phone. Thank you for your cooperation and understanding, and we wish you a safe and pleasant holiday season.

CHAPLAINS OFFICE

Protestant Services: Bible Study is held in the Meditation Room on Tuesdays at 1500. Church services are held in the Scott Theater on Sundays at 0900. For further information or inquiries, please contact Pastor Floyd.

Catholic Services: If you are interested in supporting the Catholic community or assisting with stewardship efforts, we encourage you to get involved. For more information, please contact Father Bump.

OMBUDSMAN

Happy New Year! The Veterans Affairs (VA) Claims Representative will be available at AFRH-W on Monday, January 26, from 1030 – 1300 in the Scott Building, Long-Term Care, South House Den (Room 2083). Residents are encouraged to take advantage of this opportunity to consult with the representative regarding VA claims and to receive expert guidance on the benefits process. For additional information, please contact Mr. Dion Dupree by phone or email.

SPECIAL EVENTS

- Join us for a special performance at the *Trish Bonnet Special* on Friday, January 9 at 1000 in the Scott Theater.

