

ARMED FORCES RETIREMENT HOME – WASHINGTON

WEEKLY BULLETIN

Monday, February 15 – Sunday, February 22, 2026

IN MEMORY OF
Lawrence Williams – United States Army

ADMINISTRATION UPDATES AND NEWS

We have recently received several reports from residents who found printed social media posts with strong political viewpoints left in the elevators and lobby of the Sheridan Building. While everyone has the Constitutional right to express personal beliefs, our shared living environment depends on maintaining a respectful and harmonious atmosphere. We ask all residents to avoid posting or distributing materials that could be inflammatory or create tension within the community.

As outlined in the Resident Guide:

Page 22, Conduct: The atmosphere and harmony of AFRH-W depend largely on residents' ability to coexist peacefully and respectfully with one another.

Page 22 (cont.) Inappropriate Behavior: Inappropriate behavior includes any physical, verbal, or written instances of negative conduct. These provisions are not intended to infringe upon residents' First Amendment rights. While the First Amendment limits the government's ability to control speech, residents of AFRH-W have served this country to protect our freedom and retain their right to engage in vigorous expression and debate. However, negative conduct that disrupts the community's harmony will not be tolerated.

If you are aware of anyone placing these materials in common areas, please encourage them to stop so we can preserve the respectful environment we all value.

HEALTHCARE SERVICES

● Please be careful as the snow melts and refreezes as this can cause a fall hazard.

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.

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

AARP Tax Assistance: AARP tax representatives return this year to provide tax assistance every Tuesday from February 3rd through April 14th. Appointment sign-up sheets will be available each Monday outside the Recreation Office. For additional information or questions, please see Colby Shahan.

BUSINESS OFFICE

How Long Do You Need to Keep Tax Records? The length of time depends on the document. Keep tax returns and supporting documents for at least three years. This aligns with the standard statute of limitations for IRS audits. Keep records for six years if you underreported income by more than 25% of the gross income shown on your return. Keep records for seven years if you claim a loss from worthless securities or a bad-debt deduction. Keep documents related to assets that may change in value, such as property or investments, for as long as you own them.

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.

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. If you are interested in supporting the Protestant community or assisting with stewardship efforts, we encourage you to get involved. For further information or inquiries, please contact Pastor Floyd.

Catholic Services: Ash Wednesday marks the beginning of the holy season of Lent. All are welcome to receive ashes on Wednesday, February 18, during Mass at 0900 in the Meditation Room. Ashes will also be available throughout the day upon request. 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

The Veterans Affairs (VA) Claims Representative will be available at on Tuesday, February 24th 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.

SPECIAL EVENTS

- Please note, Administrative Offices will be closed on Monday, February 16 in observance of the federal holiday.
- Experience delicious flavors of Korean cooking in the Scott Community Center on Friday, February 20 at 1300.