

ARMED FORCES RETIREMENT HOME – WASHINGTON

WEEKLY BULLETIN

Monday, March 2 – Sunday, March 8, 2026

ADMINISTRATION UPDATES AND NEWS

A brief status update on the Sheridan renovation was shared at this week's Town Hall, including the new target dates for construction. Early next week, we'll send an email with all the details discussed, and we'll also post the information in the usual spots throughout the buildings. Thank you all for your patience and understanding as we anxiously await the start of this long-awaited project.

HEALTHCARE SERVICES

- **Chat with the Chief of Healthcare** will be held on Wednesday, March 11 at 1500 in the Scott Theatre. Featured Topics: Nate Bennett, CPhT, will present on managing chronic pain safely, with or without opioids, and review important caution flags related to pain medications. Kimberly Eccles, RDN, and Lucia Mitchell, RDN, MS, LD, will discuss the nutritional management of diabetes.
- **Slip/Fall Prevention:** Residents are reminded to place lids on beverages to help prevent spills. This simple action can significantly reduce the risk of slips and falls throughout campus.
- **Annual Physical Updates:** Annual health summaries will now include evaluations, as appropriate, from Primary Care, Optometry, Dental, Podiatry, Psychiatry, and Laboratory Services.

RESIDENT SERVICES

AARP Tax Assistance: AARP tax representatives will 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 Should You Keep Tax Records? The length of time depends on the document—typically 3, 6, or 7 years, and sometimes longer. 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: During the Lent season, you are invited to Holy Hour on Thursdays from 1500 – 1600, and daily Mass at 0900. 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

Please ensure that you collect all personal items and belongings when departing any community spaces, including TV areas, Cantina, and designated smoking areas. Thank you for helping us keep shared spaces clean, safe, and enjoyable for everyone.

SPECIAL EVENTS

- Join us for a fun and lively Pig Calling Contest on Wednesday, March 4 at 1300 in the Scott Community Center.
- Enjoy an afternoon of music with the National Capitol Band on Thursday, March 5 at 1300 in the Scott Theater.
- All aboard! Visit the National Capitol Train Show from Saturday, March 7 through Sunday, March 8, starting at 1000 in the Scott Community Center.

