

ARMED FORCES RETIREMENT HOME – WASHINGTON

WEEKLY BULLETIN

Monday, March 9 – Sunday, March 15, 2026

ADMINISTRATION UPDATES AND NEWS

The snow has finally melted, and we are in for a taste of warmer weather this weekend, with temperatures climbing into the 70s. Yes, rain is in the forecast, but that just makes it a perfect weekend to stay indoors for the National Capitol Train Show in the Scott Community Center. The show runs Saturday, March 7 and Sunday, March 8 beginning at 1000. Stop by to enjoy the displays and learn more about the world of model trains.

The warmer temperatures are a sure sign that spring is on the way.....and so is Daylight Saving Time. A reminder that it begins this Sunday, March 8. Don't forget to set your clocks one hour forward before going to bed Saturday night.

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

Please remember to bring your completed 2025 Taxes and 1099 Forms to the Business Center. We are 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, daily Mass at 0900, and Confession. 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

As outlined in the Resident Guide:

Page 23, Resident-Employee Relations: Residents are expected to treat all employees, including contractors and concessionaire personnel, with courtesy and consideration. Residents should avoid causing disruptions or distractions to employees during their work duties.

Staff are to treat residents with dignity and respect.

In addition, Residents are "Prohibited sources" under Ethics regulations, which means that there are SEVERE restrictions concerning accepting ANYTHING of value from a resident as an AFRH-W employee. Financial exploitation of any type may be considered elder abuse or patient abuse. The Residents of the AFRH have heroically served their country, and employees are fully compensated for providing services. Staff are not to task residents with any employment duties. Please contact the Ombudsman or Service Chief for additional questions.

SPECIAL EVENTS

- Join us for Chat with the Chief on Wednesday, March 11 in the Scott Theater at 1500.
- Enjoy an afternoon of music with the Carter High School Band on Thursday, March 12 at 1000 in the Scott Community Center.
- Enjoy an afternoon of music with the Palmetto High School Band on Friday, March 13 at 1300 in the Scott Community Center.