

ARMED FORCES RETIREMENT HOME – WASHINGTON

WEEKLY BULLETIN

Monday, March 23 – Sunday, March 29, 2026

ADMINISTRATION UPDATES AND NEWS

Keeping Our Community Critter-Free

Who likes rats?? Most of us would agree that none of us want rats, or any other unwanted wildlife, near our living spaces. Fortunately, we **do not** have rats in our buildings, and with everyone's help, we can keep it that way.

One of the most effective ways to prevent rodents and other animals from approaching our buildings is to avoid leaving food outdoors. We have seen an uptick of fruit and other food items placed outside some of the domicile buildings for squirrels, deer, and other wildlife. While this is done with kindness, it can unintentionally attract less-welcome visitors such as foxes, mice, and rats.

To protect the cleanliness and safety of our community, we ask that residents please **refrain from leaving food outside the buildings**. Your cooperation helps us maintain a healthy, comfortable environment for everyone.

HEALTHCARE SERVICES

- **Medical Insurance:** Residents are required to maintain active medical insurance as outlined in the Resident Guide. Please bring your up to date insurance information to the Wellness Center. This is important if you made changes during open enrollment.
- **March Appreciation:** March is National Social Worker Month and National Dietitian Month. We recognize and appreciate the dedication and service of our Social Workers and Dietitians!
- **Hand Hygiene Reminder:** Hand hygiene is the most effective way to prevent the spread of infection. Residents are encouraged to sanitize their hands: Before eating, after using the restroom, after touching high touch surfaces. These simple steps significantly reduce infection risk.
- **Slip/Fall Prevention:** Residents should place lids on beverages to help prevent spills. This simple action can significantly reduce the risk of slips and falls.

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.

BUSINESS OFFICE

Please remember to bring your completed 2025 Taxes and 1099 Forms to the Business Center.

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 Wednesdays 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 Chiefs for additional questions.

SPECIAL EVENTS

- Join us for our monthly Town Hall on Thursday, March 26 at 0900 in the Scott Community Center.
- Join us for a Women's History Special event on Thursday, March 26 at 1030 in the Scott Community Center.
- Experience delicious flavors at Korean Cooking on Friday, March 27 at 1300 in the Scott Community Center.