

ARMED FORCES RETIREMENT HOME – WASHINGTON

WEEKLY BULLETIN

Monday, March 30 – Sunday, April 5, 2026

ADMINISTRATION UPDATES AND NEWS

Good news! We're freshening up several asphalt areas around campus on Wednesday, April 1st. The crew expects to finish everything in one day. Most spots will only take a couple of hours, and a traffic-control team will be on site to keep things moving safely. There are several areas that will be addressed, but some of the repairs include behind the Sheridan Building, the pothole on Upper Hospital Road, and the sinkholes in Parking Lot 7. Fresh striping will also be added where needed. Please plan for a few minor inconveniences next Wednesday while this work is underway. Thanks in advance for your patience as we make these areas smoother and safer for everyone.

HEALTHCARE SERVICES

- **Wheelchair, Rollator, and Walker Cleaning:** Please see the Rehab Team to be placed on the schedule for Saturday, March 28.
- **Chat with the Chief and Team:** Join us on Wednesday, April 8 at 1500 in the Scott Theatre for a featured presentation "*From Hospital to Home: Med Check after Discharge.*" We will discuss how to reconcile prescriptions after a hospital stay or ER visit.
- **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.
- **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, and after touching high touch surfaces. These simple steps significantly reduce infection risk.
- **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.

RESIDENT SERVICES

- We are proud to recognize our very own, Helen Sadowski for becoming a Living Legend at the Military Women's Memorial. Please congratulate her on this well-deserved honor!
- **Friendly Reminder:** Please keep all PMDs at a safe, "turtle speed" while moving throughout campus. A good rule of thumb: if you are traveling faster than most walkers, you *may* be going too fast. Thank you for helping keep our community safe for everyone.
- **Pet a Pony & Carriage Ride Experience:** Join us on Wednesday, April 1, from 1030 – 1130 and 1300 – 1400 to pet a pony and enjoy a horse-drawn carriage ride by the Baseball field

(participants must be able to climb two steps). This unique experience is brought to us by Common Grounds at Paradise Stables, known for bringing peace and joy to Veterans, Active Duty members, and First Responders. Rain date: April 7. Don't miss this memorable and uplifting event! We hope to see you there!

- **Shredder Service:** The Scott Library now has a new, higher-capacity shredder available for residents for the secure disposal of financial and other sensitive documents, generously donated by the Old Soldiers' Home Foundation. Additional smaller shredders, donated by residents, are located in the Sheridan Building. Two on the first floor near the 2nd and 3rd wings, and one on the fifth floor near the 3rd wing. All can handle multiple sheets (in smaller quantities), as well as CDs/DVDs and credit cards. Residents are encouraged to take advantage of these resources to safely dispose of personal information.

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 Holy Week, you are welcome to attend services at Rose Chapel. Services will include Palm Sunday, The Last Supper at 0900, and Good Friday at 1500. Please check the schedule posted on the Community Board for additional details. 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.