

ARMED FORCES RETIREMENT HOME – WASHINGTON

WEEKLY BULLETIN

Monday, April 6 – Sunday, April 12, 2026

IN LOVING MEMORY

Marvin Archer – United States Air Force

ADMINISTRATION UPDATES AND NEWS

The asphalt work completed at the Eagle Gate a few months ago needs a follow-up repair, so the contractor will return on Thursday, April 9th. To complete this safely, the Eagle Gate will be closed to all vehicle and pedestrian traffic from 0700 to 1400. During this time, the Randolph Gate which is located at the intersection of Randolph Street and Rock Creek Church Rd NW (near the golf course clubhouse), will be open for all incoming and outgoing traffic. Our security team will be stationed at the Randolph Gate, and signage will be posted at both gates to help guide you. We appreciate your patience and cooperation while this work is completed!

HEALTHCARE SERVICES

- **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 properly 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.
- **Hand Hygiene Reminder:** Hand hygiene is the most effective way to prevent the spread of infection. Residents should 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 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

- **Friendly Reminder:** Residents are encouraged to attend Trip Meetings, as your input is important to us. We value your opinions and want to ensure your voice is heard when planning future outings.
- **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.

BUSINESS OFFICE

You might not be required to file a federal tax return, but skipping it could mean losing out on a refund. Many people qualify for refundable tax credits or get money back without realizing it. You could be owed a refund if you:

- Had federal income tax withheld
- Made estimated tax payments
- Qualify for refundable tax credits

Filing ensures you don't leave valuable credits or refunds unclaimed. AARP has two more Tuesdays here at AFRH (April 7th and 14th) take advantage of their free service. Remember to bring a copy 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

The Veterans Affairs (VA) Claims Representative will be available on Monday, May 11 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

- Enjoy an afternoon of live music at the solo concert by JM Stevens on Friday, April 10 at 1300 in the Scott Theater.