

ARMED FORCES RETIREMENT HOME – WASHINGTON

WEEKLY BULLETIN

Monday, April 20 – Sunday, April 26, 2026

ADMINISTRATION UPDATES AND NEWS

Wednesday, April 22 – Upcoming Non-Resident Event

To help raise awareness of AFRH-W and strengthen connections across the aging-services community, we occasionally host meetings and conferences for partner organizations. Next Wednesday, April 22, we'll welcome the DC Chapter of LeadingAge, a nonprofit association that supports mission-driven aging services like ours. Their one-day (0800 – 1600) conference will take place mainly in the Community Center and Theater, with a short morning breakout session in the Game Room. We expect 70–90 attendees on campus. The event is fully catered, so guests will not be using the Dining Hall, and all resident services will continue as usual.

Thank you for your patience with this brief increase in activity. Hosting groups like LeadingAge helps more people discover AFRH-W and the beautiful community we have here.

HEALTHCARE SERVICES

- **Occupational Therapy Month Appreciation:** Please join us in wishing our Occupational Therapy Team a Happy Occupational Therapy Month! This year's theme, *"Enriching Lives through Meaningful Engagement,"* truly reflects the incredible work they do each day to support and enhance the lives of our residents.
- Thank you to all who attended the recent presentation, *"From Hospital to Home: Med Check after Discharge."* We appreciate your participation and engagement as we continue to share important information on managing prescriptions safely after a hospital stay or ER visit.
- **CPR for Residents:** Ms. Carmen Pace will hold a Resident CPR class for information and practice only on Wednesday, May 6 from 1000 – 1230 in the Wellness Clinic Training Classroom.
- **Medical Records:** Residents are encouraged to bring their medical appointment summaries to the Wellness Center. Staff will scan them into your records to help ensure care remains consistent and well-coordinated.
- **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

- **Military ID Renewal:** Please renew your Military IDs upon reaching age 65. We kindly ask that you take care of this as soon as possible to ensure your records remain current and to avoid any disruption of services. Please reach out to your Social Workers or the Ombudsman for support in completing this process in a timely manner.
- **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

Tax Filing Reminder: Taxpayers who missed the April 15 filing deadline and owe taxes are encouraged to file as soon as possible to help avoid or reduce penalties and interest. Requesting an extension provides additional time to file, but not additional time to pay. Interest and penalties will continue to accrue until any outstanding balance is paid in full. Residents who still need to file for the 2025 tax year may use electronic filing options such as IRS Free File, available on IRS.gov through October 15, 2026. For assistance, please visit the Business Center located in the Scott Building, Room 1067.

CHAPLAINS OFFICE

Protestant Services: Our next Protestant Chapel Fund Meeting is scheduled for **Monday, April 27 at 1000 in the Scott Meditation Room.** Residents interested in supporting the Protestant community or assisting with stewardship efforts are encouraged to get involved. For further information or inquiries, please contact Pastor Floyd. Bible Study is held in the Meditation Room on Tuesdays at 1500, and Church services take place in the Scott Theater on Sundays at 0900.

Catholic Services: Our next Catholic Chapel Fund Meeting is scheduled for **Monday, April 27 at 1030 in the Scott Meditation Room.** Residents interested in supporting the Catholic community or assisting with stewardship efforts are encouraged to get involved. For further information or inquiries, please contact Father Bump. Daily Mass is offered Monday through Thursday at 0900, and Adoration on Wednesdays from 1500 – 1400.

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

- Join us for an engaging lecture with Dave Winkler on Tuesday, April 21 at 1300 in the Scott Theater.
- Quarterly Room Inspections will take place on Thursday, April 23 at 0900. If you plan to be away and would like your room inspected prior to April 23, please visit Ms. Mahera Marshall in Resident Services to make arrangements.
- Please join us for the Volunteer Appreciation Ceremony on Thursday, April 23 in the Scott Community Center as we recognize and celebrate our valued volunteers.