

ARMED FORCES RETIREMENT HOME –WASHINGTON

WEEKLY BULLETIN

Monday, May 19 – Sunday, May 25, 2025

IN MEMORY OF
Alexander Lewis – United States Army

CURRENT CENSUS

USA	USN	USMC	USAF	USCG	RC	Spouse	Total
62	50	11	59	2	7	14	205

ADMINISTRATION

Friendly Reminder: This coming weekend (both Saturday and Sunday) is the President Lincoln’s Cottage annual fundraising event, Bourbon & Bluegrass. AFRH Residents will receive special wristbands, which come with two complimentary drink tickets. Please note, these passes are exclusive to Residents. Any accompanying family and friends will be subject to the standard admission fees. It is supposed to be beautiful weather...so enjoy! Reference the email sent earlier this week or the posting in the Sheridan-Scott Tunnel on the Administrator board for specific details.

HEALTHCARE SERVICES

- Thank you to all residents who have submitted their insurance cards to the Wellness Center. If you have not yet done so, please bring your insurance card at your earliest convenience. Our Medical Records Technicians are currently verifying insurance information and may contact you if there are any questions or discrepancies. Accurate insurance details are essential for proper billing of ancillary services such as lab work, x-rays, and ultrasounds.
- In recognition of Mental Health Awareness Month, our Social Workers will host an informational table on Positive Affirmations and Gratitude on Thursday, May 22 in front of the Dining Hall. Additionally, in celebration of Speech Therapy Month, our Speech Therapist will be available on Tuesday, May 27 from 11:00 – 12:00 to share information on available services. All residents are encouraged to stop by and participate in these wellness-focused events.
- To ensure the safety and well-being of our Memory Support residents, we are implementing restricted access to the Memory Support Unit. Due to the high level of activity within the unit, this measure is essential for maintaining a secure environment for all. Access codes to the Memory Support Unit are limited to staff members only. We kindly request that visitors refrain from requesting these access codes. We appreciate your understanding and cooperation in safeguarding the health and safety of our most vulnerable residents.

RESIDENT SERVICES

- **Attention:** Our monthly Town Hall has been rescheduled to Thursday, May 29 at 09:00 due to mandatory staff training.
- Residents are reminded that the use of golf carts, lawnmowers, or any golf course equipment is strictly prohibited until after a thorough wellness consultation. This measure ensures the safety and well-being of all residents. More details will be provided in the upcoming weeks.

BUSINESS OFFICE

- Planning for the future is important to ensure that your wishes are honored and your loved ones are thoroughly cared for. Estate planning involves creating documents like wills, trusts, and powers of attorney to clearly outline how your assets and healthcare decisions should be handled. Taking these steps can help ease the burden on family members, reduce taxes, and avoid lengthy legal processes like probate. No matter the size of your estate, thoughtful planning brings peace of mind and ensures that everything is managed according to your personal wishes. If you would like assistance, please speak with your Social Worker, who can guide you through the process and connect you with trusted professionals.
- The Business Center is open Monday through Friday, from 08:00 – 16:00, and closed between the hours of 11:30 – 13:00. We are located in Room #1067 of the Scott Building. For any financial inquiries or assistance, you can also reach us by phone.

CHAPLAINS OFFICE

- **Protestant Services:** Bible Study and Prayer are held in the Meditation Room every Tuesday at 15:00. Church Services are held in the Scott Theater on Sundays at 09:00. For further inquiries, please contact Pastor Floyd.
- **Catholic Services:** On Sunday, May 25, the Sacrament of Anointing will be administered in the Meditation Room, following the 09:00 Mass. Catholic Mass is held in the Rose Chapel on Sundays, Mondays, Tuesdays, and Thursdays at 09:00, and in the Meditation Room on Wednesdays at 09:00. Holy Hour takes place every Wednesday at 15:00 in the Meditation Room. For all confession times, please schedule an appointment with Father Bump.

OMBUDSMAN

- Kindly review and adhere to the following policies outlined in the Resident Guide:
 - **Prohibited Items for Residents in Upper Levels of Care:** Residents in upper levels of care—Assisted Living, Long Term Care, and Memory Support—are strictly prohibited from possessing any firearms, replica weapons, or weapon memorabilia, including items that have been dulled and/or disabled (*Page 34, Weapons: Section III*).
 - **Wild Animals:** Numerous wild animals inhabit the grounds. While observing these animals may be enjoyable, Residents and visitors are reminded not to pet or feed the wild animals. Many of these animals may carry diseases that can pose a health risk (*Page 36, Pets: Section IV*).

SPECIAL EVENTS

- Join us for an exciting Taekwondo demonstration on Monday, May 19 at 13:00 in the McKee Courtyard.
- We will honor our nation's fallen heroes by placing flags at the U.S. Soldiers and Airmen's Home National Cemetery on Thursday, May 22 beginning at 10:30.
- Join us for good food, great company, and heartfelt remembrance at the Memorial Day Cookout in the Dining Hall on Friday, May 23 at 13:00.