

**ARMED FORCES RETIREMENT HOME –
WASHINGTON
WEEKLY BULLETIN**

Monday, June 23 – Sunday, June 29, 2025

CURRENT CENSUS

USA	USN	USMC	USAF	USCG	RC	Spouse	Total
63	50	11	58	2	7	13	204
Average Age: 82							

ADMINISTRATION UPDATES AND NEWS

Reminder that AFRH is partnering with the Army for search and rescue training exercises starting Monday June 23rd to be conducted in the development zone of the campus. As part of these drills, a UH-60 Blackhawk helicopter will be landing in the ballfield/meadow area in the afternoon on Monday, June 23. The landing will be strictly for the training. For safety reasons, we kindly ask that everyone remain off the field while the helicopter is on the ground. Thank you for your cooperation, and we appreciate your support in facilitating this training.

The WIMSA Trail has now reopened following the completion of cleanup efforts, which included the removal of large fallen branches and several trees. While the trail itself is clear and safe for use, some debris remains off to the sides and is scheduled for removal at a later date. We appreciate your patience during the closing.

HEALTHCARE SERVICES

- June is Men’s Health Awareness Month and Alzheimer’s/Brain Awareness Month. Residents are encouraged to keep their annual exams and appointments, as many health concerns are detected through routine screenings. Your healthcare provider can perform necessary screenings and, if needed, begin treatments that may slow disease progression.
- With warmer weather here, staying hydrated is crucial. Drink fluids regularly throughout the day, even before you feel thirsty. For outdoor activities, plan ahead by hydrating the day before and bringing water with you. Wear a hat, sunscreen, and bug spray if you’ll be in grassy or bushy areas. Water is available in the Wellness Center, so take some with you before heading outside. Remember, Hydrate N.O.W. (No Opportunity Wasted)!
- Please continue to submit your insurance cards to the Wellness Center. Our Medical Records Technicians are continuing to verify insurance information as they are received, and may contact you if there are any questions or discrepancies. Remember, accurate insurance information is important for proper billing of ancillary services such as lab work, x-rays, and ultrasounds.

RESIDENT SERVICES

- The contact number for Anderson Suites reservation desk has been temporarily changed to (202) 541-7727. This new number will remain in effect until further notice. Additionally, you may contact Susan Chubb directly via email at susan.chubb@afrh.gov for reservation inquiries.
- **Meal Ticket Reminder:** The cost for all special meal tickets, including those for resident birthdays, holidays, and Military birthdays is \$15. Please remember that special meal tickets are white tickets.
- **Dining Hall Reminder:** Please refrain from eating while in serving line or at the salad bar. Personal dishes and storage containers are not permitted in the serving areas. Our Dining Services team works diligently to uphold the highest standards of sanitation and

cleanliness. Your cooperation helps avoid the possibility of contamination, and maintain a safe and enjoyable dining experience for everyone.

BUSINESS OFFICE

- Social Security scams are on the rise, with fraudsters often posing as representatives from the Social Security Administration (SSA) in an attempt to steal personal information or money. These scammers may contact you by phone, email, or text, using threats to suspend your Social Security number, claims that you owe back payments, or promises of increased benefits. If you receive any suspicious messages or calls, please do not respond – simply hang up or delete the message. To report the incident visit oig.ssa.gov/report, or call the SSA directly at 1-800-772-1213.
- 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 at (202) 541-7525.

CHAPLAINS OFFICE

- **Protestant Services:** Bible Study and Prayer is 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 at (202) 541-7612.
- **Catholic Services:** Catholic services for the month of June will include Mass on June 29 in the Rose Chapel, celebrating the Feast of Saints Peter and Paul. All Masses will begin promptly at 09:00, with Confession available before each service. Additionally, Adoration will be held every Wednesday from 15:00 – 16:00, providing an opportunity for prayer and reflection. For more information, please contact Father Bump at (202) 541-7616.

OMBUDSMAN

The Veterans Affairs Claims Representative will on Thursday, July 24 from 10:30 – 13:00 in the Scott Building, Long-Term Care, South House Den 2083. Residents are encouraged to take advantage of this opportunity to consult with the representative regarding VA claims and to receive expert guidance on navigating the benefits process. For further inquiries, please contact Mr. Dion Dupree at (202) 541-7608.

SPECIAL EVENTS

- Join us as we honor and remember our beloved residents at the Resident Memorial Service on June 25th at 10:00 in the Meditation Room.
- Join us in the Scott Community Center for our monthly Town Hall on Thursday, June 26th at 09:00.