

ARMED FORCES RETIREMENT HOME – WASHINGTON

WEEKLY BULLETIN

Monday, June 29 – Sunday, July 5, 2026

IN MEMORY OF
James Hopkins – United States Army

ADMINISTRATION UPDATES AND NEWS

DCNG Feedback: Just a reminder to share your comments, questions, and suggestions regarding the ongoing discussions between AFRH Leadership and the DC National Guard (DCNG) about the potential long-term lease of acreage in Zone A, as well as the possible reuse of underutilized structures and infrastructure improvements elsewhere on campus.

This is an important opportunity for you to have your voice heard and your questions addressed. Feedback will be accepted through July 3rd. You may submit your input by emailing DCNG@afrh.gov, or by using a **comment card available outside the RAC Office in Sheridan Building, Room 1309**. If you prefer to remain anonymous, you may leave the name section blank. Completed comment cards may be returned to Hilary Rosado (RAC Chair) or Gus Taylor (Scott Building, Room 1064).

Campus Striping Work Continues Saturday, June 27: The roadway and parking-lot striping project will be completed this Saturday. Crews will finish work in **Lot 6** (the parking area directly behind the Sheridan Building, including handicap spaces) and in **Lots 4A and 4B** (the small lot north of Sheridan with handicap spaces, along with the adjacent school parking area). They will be refreshing ADA spaces, parking stalls, arrows, crosswalks, speed-bump markings, and roadway lettering. If your vehicle is parked in any of these lots, please move it before Saturday to **Lot 7** (south of Sheridan near Rose Chapel) or **Lot 5** (near the Harewood Gate). Thank you for your patience as we complete this final phase of the striping work.

HEALTHCARE SERVICES In Case of Off-Hour Emergencies:

Falls Prevention Classes: We are pleased to announce our upcoming Falls Prevention Classes, all of which will be held at 1100 in the Community Center. We encourage all residents to attend and learn valuable strategies for maintaining safety and independence.

Topics include:

July 1 – Exercises for strength and balance.

July 8 – Taking care of your health, including the importance of nutrition, understanding your medications, and foot and vision checks to reduce fall risk.

July 15 – Ways to make your home safer.

July 22 – How to protect yourself during a fall and steps to take afterward.

July 29 – How to recover from a fall.

Hydrate N.O.W. (No Opportunity Wasted): Staying well hydrated is important for your overall health and comfort, especially during the warmer months. Residents are encouraged to drink water throughout the day and consider keeping a refillable water bottle nearby. Water bottles may be refilled at the Scott Canteen next to the post office, and bottled water is also available in the refrigerator located in the Wellness Center lobby.

Wheelchair & DME Cleaning: Is your wheelchair, PMD, walker, or rollator in need of cleaning? Please contact Ms. Connie Kendrick, Rehab Director, to be added to the schedule for the next wheelchair and durable medical equipment (DME) cleaning event on Saturday, June 27.

RESIDENT SERVICES

Friendly Reminder: Residents planning to order large items are kindly asked to coordinate all delivery logistics in advance. This includes arranging for the item to be moved from the delivery

location to your room, as well as any assembly or installation that may be required. Planning ahead helps ensure a smooth delivery process for you and minimizes disruptions.

Room Inspections: The Quarterly Health, Welfare and Moral Room Inspections are scheduled for Thursday, July 16 at 0900. If you require assistance in preparing your room, please contact Careful Cleaners at (202) 280-4822.

Mailroom Key Reminder: Residents are kindly asked to keep their mailroom keys in a safe and secure location. We have recently experienced an increase in lost keys, and replacements can be both time-consuming and costly. Please help us by safeguarding your key and treating it as you would any other important personal item. Thank you for your understanding.

BUSINESS OFFICE

Business Center is open Monday through Friday, 0800 – 1600, and closes daily from 1130 – 1300. We are located in Room 1067 of the Scott Building. For financial inquiries or assistance, please contact us.

CHAPLAINS OFFICE

Protestant Services: 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. 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.

Catholic Services: Daily Mass is offered Monday through Thursday at 0900, and Adoration on Wednesdays at 1500. 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.

OMBUDSMAN

Resident Advisory Committee Elections Reminder: Interested in becoming more involved in the resident community? RAC voting will be taking place soon. If you would like to learn more about the responsibilities and daily activities of a RAC Chair or RAC Floor Representative, please speak with a current RAC representative. They can provide insight into the role and answer any questions you may have. We encourage residents to consider participating and helping shape our community through resident leadership. Additionally, residents interested in receiving updates and information from the RAC are encouraged to provide their email address to their respective floor representative.

SPECIAL EVENTS

- 🔥 Celebrate with great food, music, and dancing at our Independence Day Cookout and Dance on Thursday, July 2 at 1130 in the Scott Community Center.
- 🔥 Please note Administrative Offices will be closed on Friday, July 3 in observance of Independence Day.