

ARMED FORCES RETIREMENT HOME – WASHINGTON

WEEKLY BULLETIN

Monday, July 20 – Sunday, July 26, 2026

WELCOME

Delbert Jackson – United States Navy

CURRENT CENSUS

USA	USN	USMC	USAF	USCG	RC	Spouse	Total
54	52	9	54	1	7	14	192

ADMINISTRATION UPDATES AND NEWS

Attention! A special Town Hall Meeting for all residents will be held on Thursday, July 23, at 1000 in the Community Room to discuss the DC National Guard's potential relocation from the current RFK site to 'Zone A' here on the AFRH-Washington campus. All residents are encouraged to attend. This session is **in addition to** the regularly scheduled Monthly Town Hall, which will take place on Thursday, July 30, at 0900.

Notary Services: Notary services will be available on Tuesdays from 0900 – 1030 by appointment only. Please schedule your appointments in advance with Ms. Susan Chubb at the Resident Services Front Desk. Thank you for your understanding.

HEALTHCARE SERVICES

Falls Prevention Classes: Our upcoming Falls Prevention Classes 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 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.

RESIDENT SERVICES

Air Quality Advisory: The District of Columbia is currently under a Code Red Air Quality Alert due to elevated levels of wildfire smoke. Air pollution levels are considered unhealthy for everyone, especially those with heart or lung conditions. Residents are encouraged to limit time outdoors, avoid strenuous outdoor activities, and keep windows and doors closed when possible. *If you experience shortness of breath, chest discomfort, or worsening respiratory symptoms,*

please contact the Wellness Center promptly. We encourage everyone to take precautions and stay safe until air quality improves.

BUSINESS OFFICE

Online Gambling Awareness: Online gambling can present serious financial and personal risks, particularly for individuals living on a fixed income. Because these websites are easily accessible, it can be difficult to recognize when spending begins to increase, and even small losses can have a significant impact. Online gambling may expose users to scams, misleading advertisements, and fraud, and excessive gambling can contribute to stress, anxiety, and social isolation. Residents are encouraged to protect themselves by using available spending limits, account alerts, and fraud protection tools offered by banks and online platforms. *If you have questions or concerns about online gambling or financial safety, please speak with your Social Worker for assistance and available resources.*

CHAPLAINS OFFICE

Protestant Services: Our next Protestant Chapel Fund Meeting is scheduled for **Tuesday, July 21 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 **Tuesday, July 21 at 1300 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 Wednesday, August 5 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 a special Jimmy Buffet musical performance by Kevin Kremer on Friday, July 24 at 1300 in the Scott Theater.