

ARMED FORCES RETIREMENT HOME –WASHINGTON

WEEKLY BULLETIN

Monday, August 10 – Sunday, August 16, 2026

ADMINISTRATION UPDATES AND NEWS

CARF Accreditation Survey: A survey team from CARF International will be visiting August 17 - August 19 to evaluate the quality of services provided at AFRH-W. As part of the accreditation process, surveyors may speak with residents, family members, and staff about their experiences. Topics may include the safety and cleanliness of our community, the quality of services received, communication, respect, and opportunities to participate in care and service planning. Thank you for taking the time to share your feedback should you be selected to participate.

HEALTHCARE SERVICES

Chat with the Chief: We encourage residents to attend, stay informed, and take advantage of the opportunity to hear directly from the Healthcare team. Join us for our next Chat with the Chief on Wednesday, August 12 at 1500 in the Scott Theater.

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

Golf Cart Access: Golf Carts are a great resource for residents to be able to travel around campus. To operate a golf cart or any equipment, residents must complete the approval process, which includes obtaining approval from the medical team and demonstrating the ability to safely operate the golf cart with a member of the recreation team. To begin the approval process please see a member of the recreation team to obtain an approval form.

Mailroom Update: The Mailroom's hours of operation have changed from 1000–1830 to 0900–1730, Monday through Friday. Please note that resident access to the Mailroom and package pickup hours will remain from 1300–1500.

BUSINESS OFFICE

What is a required minimum distribution (RMD), and why should you care about it? A required minimum distribution (RMD) is the minimum amount you must withdraw each year from your tax-deferred retirement accounts once you reach age 73. Because traditional IRAs and 401(k)s defer taxes—not eliminate them—the IRS requires these withdrawals so taxes are eventually paid. Your first RMD is due by April 1 of the year after you turn 73; after that, the deadline is December 31 each year. Don't skip (or skimp on) an RMD. Failing to take the full amount can result in a 25 percent IRS penalty. If you have further questions, consult your financial advisor.

CHAPLAINS OFFICE

Protestant Services: Pastor Floyd will be out of office until Friday, August 14. During his absence, Dr. Tonya Miller will be providing pastoral support. 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: Father Dominic will be on Canonical Retreat from August 9 – August 19. During his absence, Father Pachomius will celebrate the daily and Sunday Masses. John Smith has been installed as a Eucharistic Minister and will be available to distribute Holy Communion to Catholics in good standing when a priest is unavailable. Residents interested in supporting the Catholic community or assisting with stewardship efforts are encouraged to get involved. For further information, please contact Father Bump.

OMBUDSMAN

RAC Election Timeline: It's time to get involved! Residents interested in running for a Resident Advisory Council (RAC) position may submit their candidacy now through August 20. Candidate standing and verification will take place on August 21, followed by expanded candidacy from August 24–26, if needed. Candidates will be officially announced at the Town Hall on August 27, with campaigning taking place August 31–September 15. Absentee ballots are due September 10–11, and Voting Day is September 15. We encourage residents to participate, whether by running for a position or casting your vote!

SPECIAL EVENTS

- 🌟 Tap into your creative side and enjoy a fun morning at RT Art on Friday, August 14 at 1000 in the Scott Community Center.