

ARMED FORCES RETIREMENT HOME –WASHINGTON

WEEKLY BULLETIN

Monday, August 11 – Sunday, August 17, 2025

CURRENT CENSUS

USA	USN	USMC	USAF	USCG	RC	Spouse	Total
62	50	11	59	2	7	13	204
Average Age: 82							

ADMINISTRATION UPDATES AND NEWS

Two alerts that might impact your days ahead!

Sheridan Elevator 4: Following a safety inspection on August 7th, Elevator 4 is temporarily offline due to a minor issue. Repairs are underway, and service is expected to resume by Tuesday, August 12th.

Scott Lobby TV Lounge: Starting Tuesday, August 12th, CMI will begin replacing lights in the hanging fixtures above the lounge. Portions of the space will be closed daily to allow for safe equipment setup. Work is expected to conclude by Friday, August 15th.

Thank you for your understanding and we apologize for the inconvenience!

HEALTHCARE SERVICES

Medication Turnaround Time: The standard turnaround time for prescription processing at the Medication Distribution Center is 48 – 72 hours from the time your request is received. This allows our pharmacy team to carefully review your medication history, ensure the availability of the medications, and prepare your prescriptions with the highest level of care. We encourage residents to request refills at least 10 days before your medications run out. Thank you for your patience as we continue to prioritize accuracy, safety, and your well-being.

Wellness Center After-Hours: In the event that a nurse is not immediately available at the Wellness Center, please use the telephone located at the front desk. A clearly posted sign will provide urgent contact numbers for appropriate assistance. Our nursing staff will return promptly to continue serving your healthcare needs. Additionally, a comprehensive list of emergency contact numbers is always available at the Wellness Center front desk for your convenience.

Scam Awareness: If you have fallen victim to a scam, please know that you are not alone and it is not your fault. We encourage you to reach out to your designated social worker for assistance.

RESIDENT SERVICES

- The Resident Satisfaction Survey is coming soon. We will be providing updates in the coming weeks and plan on executing in mid-September.
- Please join us as we welcome a new therapist to the Recreation Department. Yeonjoo Ahn, a board certified Art Therapist, will be joining the team on Monday, August 11.

BUSINESS OFFICE

Turning 73 marks an important financial milestone, as it is the age at which Required Minimum Distributions (RMDs) generally begin for most individuals. At this stage, you are required to start withdrawing funds from tax-deferred retirement accounts such as 401(k)s and IRAs. Since RMDs are considered taxable income, they can potentially result in substantial tax liabilities. However, with careful planning and strategic guidance, it is possible to mitigate the tax impact and preserve more of your retirement savings. Consulting a qualified tax preparer is an excellent first step in incorporating RMDs, and their potential tax consequences, into your broader financial plan. The Business Center is available Monday through Friday, from 0800 – 1600, and is closed daily from 1130 – 1300. We are located in Room 1067 of the Scott Building.

CHAPLAINS OFFICE

Protestant Services: Bible Study is held in the Meditation Room on Tuesdays at 1500. Church services are held in the Scott Theater on Sundays at 0900. For further information or inquiries, please contact Pastor Floyd.

Catholic Services: We are currently seeking additional participants to join the Catholic Fund Council. If you are interested in supporting the Catholic community and assisting with stewardship of Catholic funds and resources, we encourage you to get involved. Your voice and participation are valued. Please note that Father Dominic will be on a Canonical retreat from August 6 – August 18. During this time, Father Pachomius will be substituting for him.

OMBUDSMAN

The Veterans Affairs (VA) Claims Representative will be available on Monday, September 22, 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

- Join the USAF Chaplains Corp as they spend an afternoon with residents in the community center on Tuesday, August 12 at 1300. Kevin Proctor, Art Specialist, will be providing a sun catcher art workshop at the gathering.
- The NAVY Country Currents are returning once again to the AFRHW! Please join us on Friday, August 15 at 1300 in the CC. Put on your cowboy hats and boots and come ready to dance the afternoon away!