

ARMED FORCES RETIREMENT HOME –WASHINGTON

WEEKLY BULLETIN

Monday, August 18 – Sunday, August 24, 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

Eagle Gate Repairs in Progress: Concrete repairs at the entrance side of Eagle Gate (lane farthest from the guard house) began on Thursday, August 14. The damaged section is being replaced with high-strength, rebar-reinforced concrete to ensure long-term durability and improved safety. Yes, this area was recently repaired, but the previous work didn’t hold up to the volume and weight of campus traffic. We’re addressing it now with a more robust solution. The lane will be closed through Monday, August 18 to allow the new concrete to fully cure. Please follow posted signage and use caution when entering the campus.

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 will be launched soon. We will share updates over the coming weeks and anticipate implementation in September.
- The New Resident Orientation will take place on Friday, August 22 from 0900 – 1100 in the Scott Game Room.
- **Reminder:** When going out on leave or vacation, please remember to sign out at the Security desk using the designated leave and vacation logbook. Additionally, if you wish to secure your room, you may request a pin to lock it.

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 8, 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 Dupre.

SPECIAL EVENTS

- The New Resident Orientation will take place on Friday, August 22 from 0900 – 1100 in the Scott Game Room.