

ARMED FORCES RETIREMENT HOME – WASHINGTON

WEEKLY BULLETIN

Monday, August 31 – Sunday, September 6, 2026

ADMINISTRATION UPDATES AND NEWS

Heat Advisory Reminder: Temperatures are expected to rise significantly next week, with particularly hot conditions anticipated early to midweek. Residents are encouraged to take extra precautions when spending time outdoors. Please stay well hydrated, limit prolonged outdoor activity, and seek cooler indoor areas as needed.

HEALTHCARE SERVICES

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

Check-Out Procedures: Independent Living residents are encouraged to check out with Security when leaving campus for more than 24 hours. Upper Levels of Care residents are required to inform and check out with their unit nursing desk, social worker, and/or other designated staff prior to leaving campus.

PX Update: Beginning October 1, the PX will operate from 0900 – 1500. Please plan your visits accordingly.

Laundry Room Reminder: Residents are kindly reminded to remove personal items from washers and dryers in a timely manner. This helps prevent belongings from being forgotten or left behind and ensures the machines remain available for the next resident. Thank you for your consideration and cooperation.

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.

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.

BUSINESS OFFICE

Scams can affect anyone, but they pose a particular risk for the senior community, who are often targeted by criminals using increasingly sophisticated tactics. Understanding how these scams operate—and knowing the steps you can take to protect yourself—can make recognizing and avoiding potential threats much easier. A key safeguard is learning how to verify suspicious contacts: double-check unexpected calls, emails, or messages by reaching out to the company or organization directly using a trusted phone number, and never click on unfamiliar links or share personal details with someone you weren't expecting to hear from. It's also crucial to be cautious with urgent requests, as scammers often try to create panic or pressure you into acting quickly. *Take a moment to pause, breathe, and evaluate whether the situation makes sense;* legitimate organizations will never demand immediate payment or sensitive information. By staying informed and practicing these simple habits, you can strengthen your confidence, better protect personal information and finances.

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, please contact Father Bump.

OMBUDSMAN

RAC Election Update: The Resident Advisory Council (RAC) candidates have been announced! We are still seeking residents to serve as 5th and 6th Floor Representatives. If you are interested in representing your floor and becoming involved with the RAC, now is the time! Campaigning will take place August 31 – September 15, with absentee ballots due September 10 – September 11 and Voting Day on September 15.

SPECIAL EVENTS

- 🍷 Come enjoy great food at our Labor Day BBQ on Friday, September 4 at 1130 in the Dining Hall.