

ARMED FORCES RETIREMENT HOME –WASHINGTON

WEEKLY BULLETIN

Monday, September 14 – Sunday, September 20, 2026

IN MEMORY OF
William Shives – United States Air Force

ADMINISTRATION UPDATES AND NEWS

Fire Alarm Testing – Upcoming Schedule

We want to make everyone aware of the upcoming fire alarm testing taking place around campus. Please see the dates below so you know what to expect in your area:

- Monday, September 14: *Scott Building*. Most devices will be tested without activating alarms until the third day. Any alarm activation will be brief.
- Tuesday, September 15 – Thursday, September 17: *Sheridan Resident Rooms*. Similar to the Scott Building, devices will be tested quietly until the third day, with only short alarm activations.
- Monday, September 21 – Tuesday, September 22: *Elevators*. Testing may cause short pauses in elevator service, but only one or two elevators will be affected at a time.

Thank you for your patience as we complete these important safety checks.

HEALTHCARE SERVICES

Welcome to the Team: Please join us in welcoming Ms. Marja Reed, Long-Term Care and Memory Care Social Worker, and Ms. Shacura Melton, CAN for Long-Term Care. We are happy to welcome them to the AFRH-W community!

Annual Flu Clinic: The Annual Flu Clinic will be held on Friday, October 2 in the Scott Community Center. Flu, COVID-19, and RSV vaccines will also be available. Residents interested in participating are asked to sign up in the Wellness Center. Please remember to provide the Wellness Center with documentation of any vaccines received at outside facilities.

Dining Assistance: Please ask for assistance at the Dining Hall if needed. For your safety, please avoid balancing your trays on walkers, rollators, or your lap. If you drop or spill items, it can create a safety hazard for you and others.

RESIDENT SERVICES

Welcome to the Team: Please join us in welcoming Ms. Bridgette Patterson, Admissions Officer, and Mr. Maxwell Chace, Volunteer Coordinator to the AFRH-W community!

Mailroom Reminder: Residents are kindly asked not to leave empty boxes in or around the Mailroom. Please break down and dispose of empty boxes in the designated recycling bins located near the Mailroom. Thank you for helping keep the area clean, safe, and accessible for everyone.

Bingo Volunteers Needed: We are looking for resident volunteers to help with Saturday Bingo, including calling numbers and collecting money. If you enjoy Bingo and would like to lend a hand, we encourage you to get involved. Please see Mr. Patrick Cahill if you are interested in volunteering.

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.

The Veterans Affairs (VA) Claims Representative will be available at AFRH-W on Monday, October 26 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 at (202) 541-7608.

BUSINESS OFFICE

5 Mistakes to avoid these financial blunders when helping grandkids:

For many grandparents, spoiling grandchildren is a true joy, but giving cash, gifts, or investments can get complicated if you overlook taxes or a child's financial readiness. Common mistakes include overspending at the expense of your own financial security, failing to create an estate plan that protects your grandchildren's inheritance, co-signing student loans that could put your Social Security at risk, and missing the chance to pass on your hard-earned financial wisdom.

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! Candidates include Mary Rechtien for RAC Chair, John Phillips for 1st Floor Representative, Richard Cote for 3rd Floor Representative, Steve Logan for 4th Floor Representative, Tim Brundle for 7th Floor Representative, and Christine Engle and Kay Stark for Upper Levels of Care Liaisons. 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. Please see Mr. Dion Dupree for further information.

SPECIAL EVENTS

- Join us for Back to Broadway with Stephanie Dailey on Tuesday, September 15 at 1300 in the Scott Community Center.
- Come admire a collection of classic vehicles and enjoy a morning of vintage charm at the Antique Auto Show on Saturday, September 19 at 0800 in the McKee Courtyard.