ARMED FORCES RETIREMENT HOME –WASHINGTON
WEEKLY BULLETIN

Monday, November 2 – Sunday, November 8, 2026

In Memory Of

Lillian Miller – United States Army

Clark Wren – United States Army

Administration Updates and News

Next week will be a busy one on campus, with several special events taking place throughout the week.

- On **Wednesday, November 4, and Thursday, November 5**, the U.S. Army will conduct brief helicopter landings in the ballfield area to deploy personnel participating in training at the LaGarde Building in Zone A. Aside from these short helicopter operations, the training activities will not impact the upper campus.
- On **Friday, November 6**, we will come together to celebrate Veterans Day, led by the Old Soldiers Home Foundation. This annual event will feature food, music, a silent auction, and an opportunity for camaraderie as we honor all who have served. The celebration will also include a helicopter static display in the ballfield/meadow area.
- Rounding out the week, the annual DCCX Cyclocross Pan-American Races will be held on **Saturday, November 7, and Sunday, November 8**, on the southern end of campus near the fishing ponds and golf course. This fast paced event attracts participants and spectators from across the world and is always a highlight on the campus calendar.

We appreciate everyone's cooperation and flexibility as we host these activities and look forward to an engaging week of training, celebration, and community events.

Healthcare Services

Seasonal Health & Safety Reminder: As we enter another flu season, we remind everyone that hand hygiene is the most effective way to prevent infection.

- We strongly encourage Residents to consider receiving the flu vaccine. For those who cannot or choose not to be vaccinated, please wear a mask throughout the flu season to help protect yourself and others.
- As the season is changing, consider dressing in layers to stay comfortable in the frequently shifting temperatures. Layering makes it easier to adjust throughout the day as our environment warms or cools.

A reminder to all Independent Living (IL) visitors: please sign the log book located on each unit at the front desk before proceeding to Assisted Living (AL), Long-Term Care (LTC), or Memory Support (MS).

Resident Services

DC General Election: The D.C. General Election will take place on Tuesday, November 3. AFRH will provide transportation to Powell Elementary School for voting, with trips scheduled at 1000 and 1400. Transportation sign-up sheets are available at the Recreation Table on the ground floor of the Scott Building. For questions or additional information, please contact Patrick Cahill or Laila Asi.

Wreaths Across America: Stop by the Wreaths Across America information table in the Scott Community Center Lobby on Tuesday, November 17, from 1130 – 1330 to learn more about this year's event. The ceremony will take place on Saturday, December 19 at 1200, at the U.S. Soldiers' and Airmen's Home National Cemetery, followed by wreath placement beginning at 1230. For additional information, please contact Mr. John Smith.

Trip Caller Reminder: Trip callers play an essential role in making our resident outings possible. **Each trip must have a designated trip caller to proceed.** Without a volunteer to serve in this role, the trip may need to be canceled. Residents interested in participating in upcoming outings are encouraged to consider volunteering as a trip caller to help keep these opportunities available for everyone.

Business Office

Fall-Proof Your Finances – Spotting the Latest Scams:

- **Pause:** Take a moment to breathe. Scammers want you to rush.
- **Reflect:** Think and research before you act. Scammers hope you won't.
- **Question:** Look for red flags. Scammers love irreversible payments, like gift cards or cryptocurrency.
- **Confirm:** Verify the details. Reach out through a channel you already trust.

The Business Center is located in the Scott Building, Room 1067, 0800 – 1600 Monday through Friday, and closes daily from 1130 – 1300.

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

Thrift Shop Opportunity: The Thrift Shop is seeking a resident volunteer to assist on Wednesdays from 1300 – 1600 and Fridays from 0830 – 1130. Responsibilities include providing customer service, evaluating and organizing donations, stocking merchandise, and maintaining accurate records. Residents interested in this opportunity are encouraged to contact Max Chace for additional information.

Special Events

- Join us on Tuesday, November 3 at 0900 in the Scott Theater for the Monthly Trip Meeting to share your suggestions and help plan upcoming trips.
- Join us for a fun-filled game of Broom Fuss Ball on Thursday, November 5 at 1300 in the Scott Community Center.