

ARMED FORCES RETIREMENT HOME – WASHINGTON

WEEKLY BULLETIN

Monday, December 15 – Sunday, December 21, 2025

ADMINISTRATION UPDATES

A new AAFES self-vending kiosk (also known as an Unmanned Retail Unit – URU) has been installed just outside the PX entrance. This automated micro market is open 24/7, offering contactless access to a variety of fresh foods, beverages, and everyday sundries that may not be available when the PX is closed. We're excited to be piloting this self-vending concept here on campus. It's designed to be simple and convenient: just **grab, pay, and go**. Please note that purchases can only be made with debit or credit cards; cash is not accepted. To learn more or share your feedback, a representative from AAFES will join us at the upcoming Resident Town Hall next week to answer any questions.

HEALTHCARE SERVICES

- We are committed to your safety and overall wellbeing. Please report all falls immediately. Prompt reporting allows our medical team to implement the appropriate plan of care or arrange transfer to a higher level of care, if necessary. If you experience any new physical or mental health symptoms, do not hesitate to inform your healthcare provider right away. Our team is here to partner with you in developing the best possible plan of care.
- **Influenza Vaccination:** If you have not yet received your influenza vaccine, you may still do so by visiting the Wellness Center. Please note that vaccinations will not be administered during sick call hours. If you have received the influenza vaccine, or any other vaccinations outside of the Home, please provide a copy of your vaccination record so it can be entered into your medical file.

RESIDENT SERVICES

- **Welcome!** We are pleased to introduce Patrick Cahill, our new Recreation Supervisor. Patrick brings great energy, experience, and a strong commitment to enhancing our recreational programs and community engagement. If you have not had the opportunity to meet him yet, please feel free to stop by his office to say hello and welcome him to our community.
- Please be advised, there will be no Resident Memorial Service held this month.

Please be Advised: The Business Center will be closed from December 22–26. Fee assessments will be placed in Resident mailboxes next week, so we encourage you to check your mail regularly. If you have any matters that need attention, please address them before December 22.

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: Mass will be held at 0900 in the Rose Chapel. If you are interested in supporting the Catholic community or assisting with stewardship efforts, we encourage you to get involved. For more information, please contact Father Bump.

OMBUDSMAN

As the holiday season approaches, here's a friendly reminder for some and helpful news for our newer Residents. AFRH-W offers a wonderful Gift Wrapping Room, conveniently located on the ground floor of Sheridan, Room G105.1, just around the corner from the laundry room. Feel free to stop by and make your holiday wrapping a little easier and a lot more festive!

SPECIAL EVENTS

- Join us for our monthly Town Hall on Thursday, December 18 at 0900 in the Community Center.
- Enjoy some festive music and holiday spirit by Mary McLeod Bethune Day Academy in the Community Center on Friday, December 19 at 1000.