

# ARMED FORCES RETIREMENT HOME – WASHINGTON

## WEEKLY BULLETIN

Monday, December 16 – Sunday, December 22, 2024

---

### CURRENT CENSUS

USA	USN	USMC	USAF	USCG	RC	Spouse	Total
62	52	10	62	4	7	15	212

### ADMINISTRATION UPDATES AND NEWS

As Christmas approaches, please remember to purchase meal tickets for your family and guests before Wednesday, December 25. Our Administrative Offices will be closed in observance of the holiday. Additionally, we kindly ask that you refrain from feeding the animals on AFRH-W grounds. Placing food outdoors can attract rodents, which we want to keep out of buildings and your living spaces. For safety reasons, please also avoid disposing of trash in the ashtrays in designated smoking areas, as this can pose a fire hazard. Thank you for helping us maintain a safe and enjoyable environment during the festive season!

### HEALTHCARE SERVICES

Test	Residents	Staff	Contractors
COVID	0	0	0
RSV	0	0	0
Influenza	0	0	0

- Hypothermia, frostbite and dehydration are a concern during this time of year. Remember to dress warmly, including wearing a coat, hat, and gloves when outdoors. Please limit your time outside and be mindful of each other's well-being. Consider using a buddy system when walking in the cold weather.
- Anxiety and Depression during the holiday season is more prevalent. If you or a friend is experiencing symptoms of anxiety and depression, reach out to your Social Worker, Nurse Practitioner or Physician. We are here to support you.
- Please continue to bring medical information, including vaccination records from your outside providers, to the Wellness Center. Ensuring this information is scanned into your chart is vital for continuity of care.

### RESIDENT SERVICES

- **Bowling Alley:** As we prepare for the Sheridan renovations, we have begun to shift resources towards creating new spaces for our Residents. As an example, the bowling alley will be closed after the New Year. We know these areas are important to you and will keep them open as long as possible and we will keep you updated as things progress.
- **Resident Guide Policy Reminder:** As specified in the Resident Guide Policy, Section 10.a., quiet hours at AFRH-W are set from 21:00 - 06:00 to promote a peaceful and fulfilling quality of life. Please observe these hours to help maintain a calm and restful environment.
- Remember that pets (dogs, cats, etc.) are not permitted on AFRH grounds without prior approval from the Chief of Resident Services or our Administrator. At no time will pets be in the Sheridan building, Anderson Suites, or Dining Hall. Please remind your family to leave their pets at home when visiting.

### BUSINESS OFFICE

- The holiday season is here and so are **scammers**. The U.S. Postal Inspection Service (USPIS) is warning consumers to remain vigilant against identity and package theft. USPS officials have issued a warning regarding text message scams claiming that you have a

package awaiting pickup in the warehouse from USPS. **PLEASE DO NOT RESPOND** to these messages as they are fraudulent. Please delete them immediately and stay watchful.

- The Business Center is open Monday through Friday, from 08:00 –16:00, and closed between the hours of 11:30 – 13:00. We are located in Room #1067 of the Scott Building. For any financial inquiries or assistance, you can also reach us by phone.

#### CHAPLAINS OFFICE

- **Protestant Services:** Bible Study and Prayer will be held in the Meditation Room every Tuesday from 15:00 – 16:00. Church Services will be held in the Scott Theater on Sundays at 09:00.
- **Catholic Services:** All Catholic Masses will be held at 09:00, Sunday – Thursday. Updated schedules have been posted accordingly.

#### OMBUDSMAN

- **Resident Guide Policy Reminder:** As outlined in the Resident Guide, Policy Section 9, Paragraph E: "Residents are not permitted to offer outside employment, tips, money, gifts, or loans, and should refrain from engaging in any financial transactions with AFRH-W employees, contract personnel, or concessionaire personnel."

If you wish to recognize exceptional service or care, we encourage you to consider the following options:

1. Inform the Supervisor directly.
2. Submit a note in the respective suggestion box.
3. Offer a kind word—every bit of appreciation goes a long way.

#### SPECIAL EVENTS

- Celebrate the season with us at the Scott Community Center for our monthly Town Hall on Thursday, December 19, at 09:00. We will be sharing important updates and information, and don't forget to wear your fun, festive ugly sweaters!

