



AFRH

ARMED FORCES
RETIREMENT HOME



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RETIREMENT HOME

The Premier Retirement Community for America's Veterans

Protecting a promise.
Renewing a trust.

Time to
Thrive

AFRH

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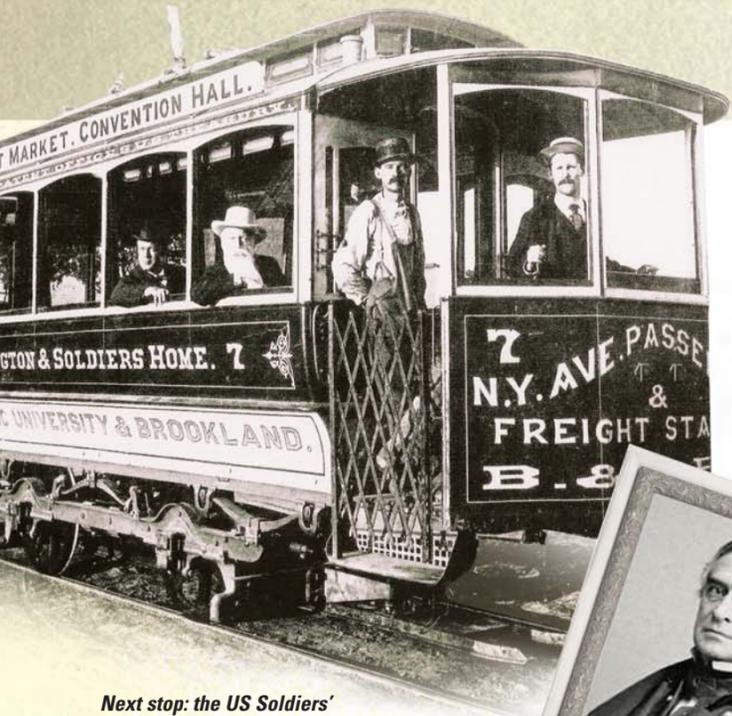
This country home in Philadelphia served as a Naval hospital until the Asylum was constructed.



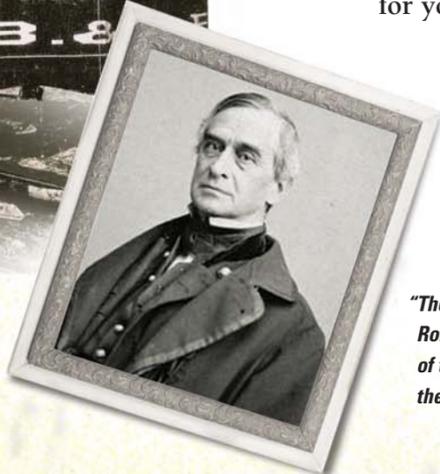
Get what you deserve from the country you serve.

Back in 1811, our young nation made a promise to care for its older and disabled veterans. This would be “repayment” for their sacrifices in defending liberty. So two homes were built: the US Naval Asylum in Philadelphia, PA (1833). And the US Military Asylum in Washington, DC (1851). Ultimately, the two joined forces in 1991 and evolved into a modern retirement community: the Armed Forces Retirement Home (AFRH).

All along, we’ve provided eligible veterans with supportive care and shared camaraderie – much like you experienced in your service days. Back then, you invested in the AFRH via small payroll deductions. Now, it’s time for you to get back what you deserve from



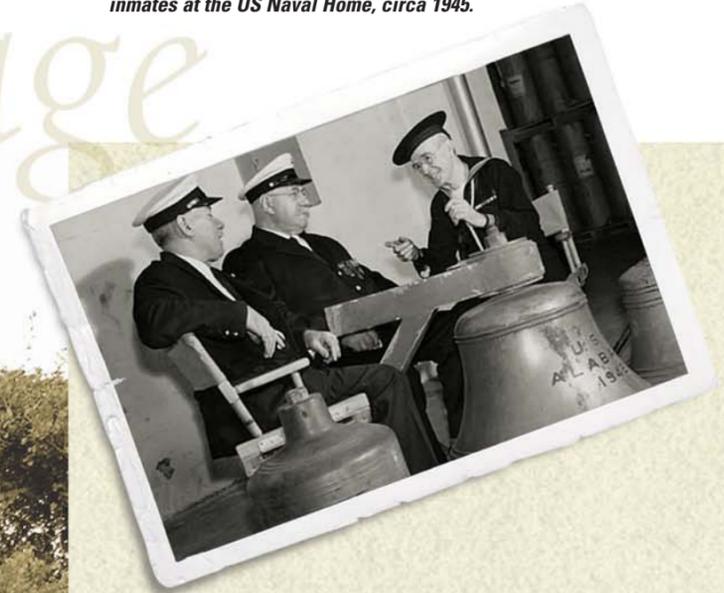
Next stop: the US Soldiers' Home in rural Washington, DC, circa 1890s.



“The Soldiers’ Friend,” Robert Anderson – one of the key founders of the Soldiers’ Home.

Heritage

Camaraderie was the universal compass for inmates at the US Naval Home, circa 1945.



Uncle Sam – a very affordable, comfortable and safe retirement.

Today, our staff is driven to nurture our nation’s heroes, while giving you the respect you deserve. We continually enhance our great programs and services to keep you happy and healthy. All so you can get the most out of retirement. Because, after all, now is your *Time to Thrive.*



Main Campus:
Washington, DC (272 acres)

Auxiliary Campus:
Gulfport, MS
(Closed due to damage from Hurricane Katrina. For rebuild updates, see afrh.gov)

Fee Structure (% of Total Income):
35% for Residential Living
40% for Assisted Living
65% for Long Term Care

Campus Safety:
Gated Entry & 24/7 Security

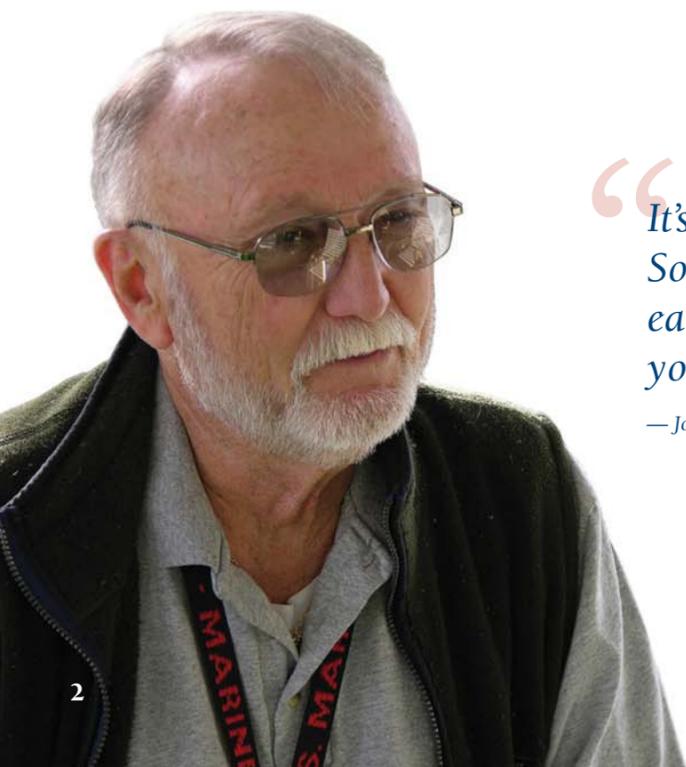
AFRH Website:
afrh.gov

Enjoy an affordable retirement among your own.



The Pentagon Foundation salutes our veterans at the annual "Night of Heroes" gala event.

Comradeship



“It’s very affordable here. So, you won’t worry about eating up the money you’ve accumulated.”

— John Smith (ret. USMC)

The Exclusive Home for Veterans

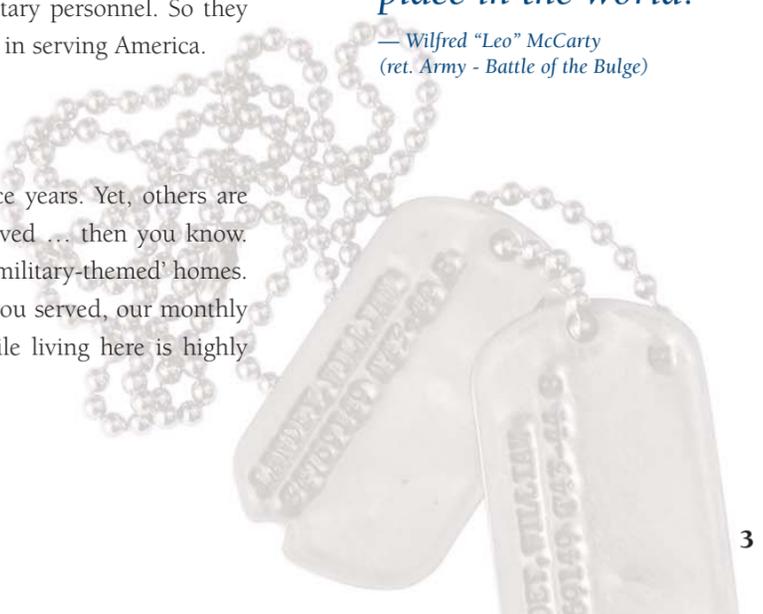
The AFRH is the only national retirement home just for US veterans. Many of our residents have served in one or more war theaters – and in one or more branches of the military. Our decorated veterans know what it means to have endured the strain of battle. Plus, many more were career military personnel. So they understand the sacrifices you’ve made, time and again, in serving America.

A Unique Shared Camaraderie

Many residents enjoy sharing stories from their service years. Yet, others are reluctant to discuss what happened at war. If you served ... then you know. This brotherhood is something you won’t get at other ‘military-themed’ homes. And since you paid into the AFRH Trust Fund while you served, our monthly fees are just a small percentage of your income. While living here is highly affordable, the camaraderie is truly priceless.

“There’s comradeship here – and you can’t match that for any place in the world!”

— Wilfred “Leo” McCarty
(ret. Army - Battle of the Bulge)





The Home is nestled in the heart of Washington, DC – a vibrant metropolis.

Mature trees and a variety of wildlife make our scenic campus a retreat for the soul.



Sanctuary

A Dynamic Urban Oasis

When you enter our campus for the first time, you'll be amazed by its beautiful trees, majestic views, tranquil wildlife and historic landmarks. In a warm country setting, the Home is nestled in the heart of our nation's capital. So if you wish to venture off campus, you're just minutes from the White House, monuments, theaters, museums and more. All of which makes the AFRH a unique and thriving place to call home.

Broad Support Services

The AFRH truly is a "city within a city." Everything you could ever need is here in our secure, gated community. We offer private rooms in modern buildings – all of which are steps from our extensive amenities and resources. And our staff will help you really thrive with a range of support services and top-notch health-care. All at a fraction of the cost of most private retirement homes.

General Services:

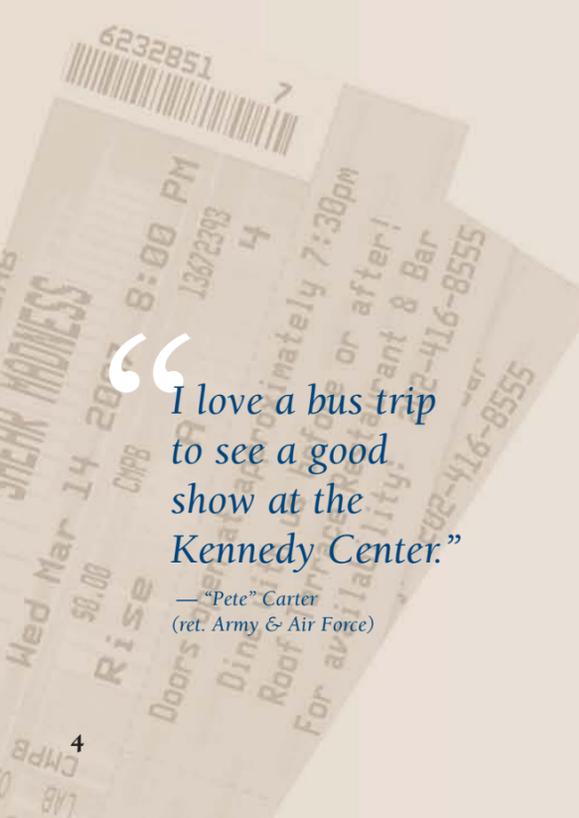
- Medical & Dental
- Wellness Programs
- Recreational Activities
- Full-service Library
- Computer Center
- 2 Dining Halls & Bar/Lounge
- Post Office
- Banking Center
- Campus PX
- On/Off Campus Shuttle
- Public Transportation

Major Amenities:

- Private Rooms & Showers
- In-room Cable TV
- Personal Phone Line
- Fitness Center
- 9-hole Golf Course
- Driving Range
- 6-Lane Bowling Center
- Fishponds
- Walking Trails
- Barber Shop & Beauty Salon
- Hobby Shops

“There’s so much to do and see in Washington, DC. I love jazz night at the Westminster Presbyterian Church. And my volunteer work keeps me busy.”

— Charles Felder
(ret. Army)



“I love a bus trip to see a good show at the Kennedy Center.”

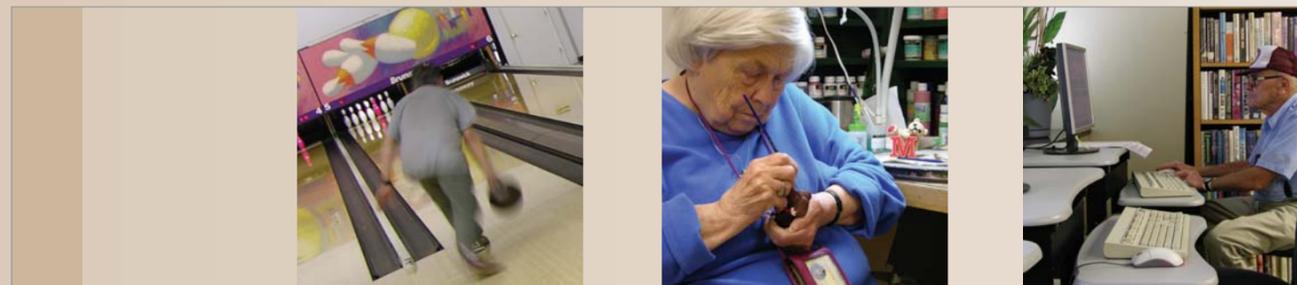
— “Pete” Carter
(ret. Army & Air Force)

More Enjoyable Activities

Active folks love our fishponds, 6-lane bowling center, 9-hole golf course, driving range and fitness center. Creative types enjoy making new projects in one of our hobby shops – like ceramics, leather, woodworking and auto. For everyone else, we offer dances, movie nights, guest speakers and field trips. Naturally, you can always enjoy a refreshing walk, card game, chess match ... or simple relaxation.

“This is my base. I love to travel – yet I always have a place to come home to.”

— Richard Blanton (ret. Air Force)



Exciting Special Events

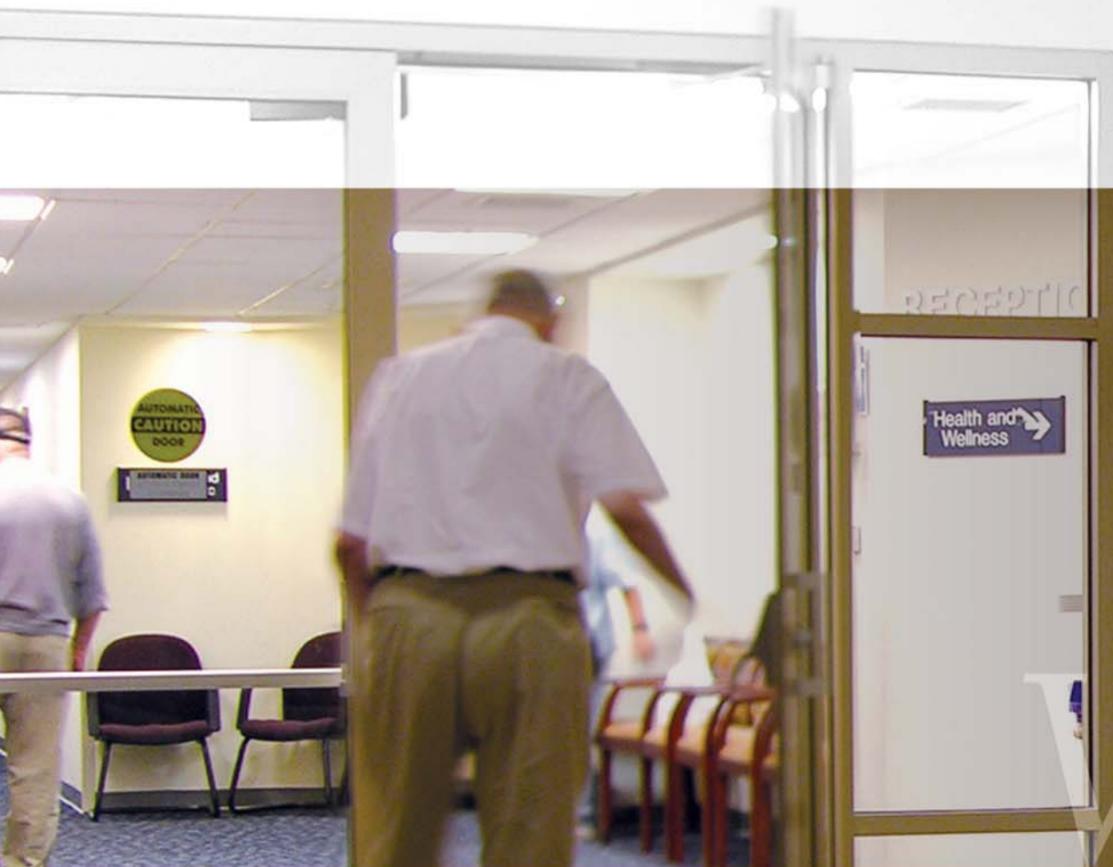
It seems like there's something fascinating going on here everyday – from a bus trip to one of the many Smithsonian museums, to a veterans ceremony at one of the national monuments in DC. Plus, there's our annual Fishing Rodeo and the AFRH Golf Tournament. We even arrange special visits with famous people, like Britain's Prince Charles and former Senator Bob Dole. All in all, there's something fun for everyone.

A 'Wired' Campus for Relaxed Folks

You can bring a computer and surf the Internet via DSL in your room. Or you can visit our computer center, which has high-speed access. Many residents enjoy doing research in the library, where a full-time attendant is on-hand. A recent survey revealed that it was the most popular service on campus – which means our residents have sharp minds and an eager desire to learn.

Extend Your Service by Volunteering

Your service to America needn't stop in retirement. Many residents volunteer on campus – and around the greater Washington, DC area. Some teach adults how to read. Others help out in soup kitchens and homeless shelters. And many more visit schools to tell children first-hand war stories. So, whatever your interest, our volunteer coordinator will go all-out to serve you.



Wellbeing

World-class Healthcare

Many people live here just for the superior medical care. We offer case management to ensure you get all the primary care, basic dental, vision and podiatry care you need. We have programs in Urology, Psychiatry, Internal Medicine and COPD. Best of all, the renowned Washington Hospital Center and the VA Medical Center are just down the street. And George Washington Hospital and Walter Reed Army Medical Center are just a free shuttle ride away.

Well-balanced Nutrition

You'll enjoy three home-style meals each day – with delicious menus prepared by licensed nutritionists. We offer nutritional counseling and have a meal station with special food for diabetics. Each meal period lasts a few hours, so you can come-and-go as you please. All in all, we have two full-service dining halls, plus a comfortable bar/lounge that's open late into the evening. Many residents meet up there for a cold beer, a hearty snack or to discuss the news of the day.



Willa Cooper was troubled by a crushed ankle injury for 20 years. "I had surgery twice, yet I never felt right. Then I came to AFRH and that all changed," she beamed.

Her doctor at Georgetown University Hospital laid out three options: 1) fuse the ankle, 2) more surgery or 3) a special new brace. "We opted the brace and it works great! And I didn't pay a thing," she said.

Today, her brace is keeping her active. "It's great here at AFRH," she said. "And the service is terrific."



Our King Health Center is fully accredited by JCAHO* – offering Long Term and Skilled Care services, plus a range of professional therapies to help you live a rich and fulfilling life.

*The Joint Commission on Accreditation of Healthcare Organizations



Therapeutic

A Range of Therapies

Maybe you need special treatment for a disability, or help with challenging activities. If so, the AFRH has a variety of therapies available for residents. Our professionally trained and licensed staff can help you in any of these areas:

- Physical Therapy
- Occupational Therapy
- Recreational Therapy
- Speech-Language Pathology

A Fully-equipped Fitness Center

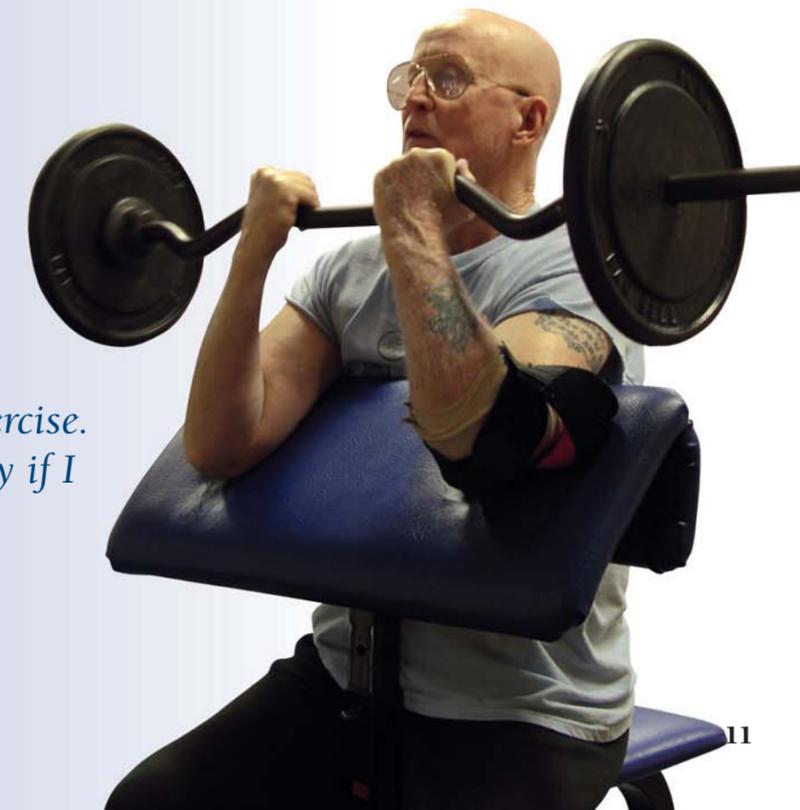
Regular exercise is a vital activity for seniors. So we have a variety of exercise equipment to keep you healthy and active. Plus, we have a range of group and individual fitness activities:

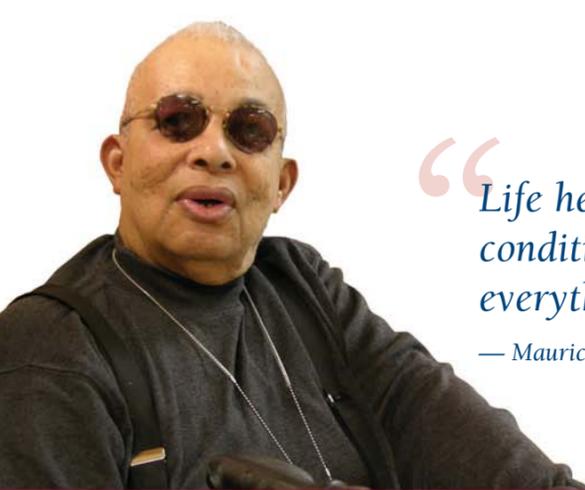
- Walking Club
- Chair Aerobics
- In-room fitness classes on AFRH Channel 99

At age 90, Fay Steele (ret. Air Force) still has the perseverance to run three miles a day.

“I have a 50-year habit of exercise. And I wouldn't do it everyday if I didn't love it!

— Jerry Stahler (ret. Air Force)



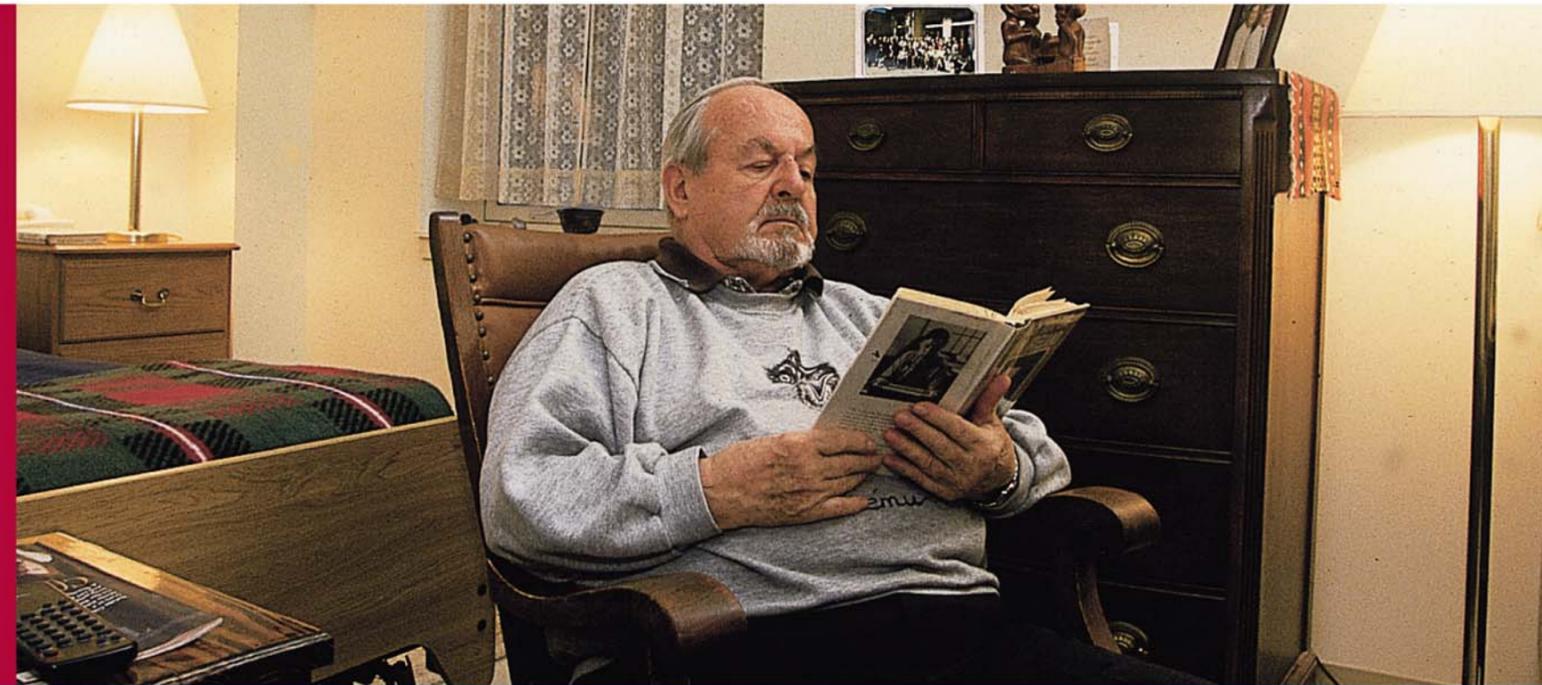
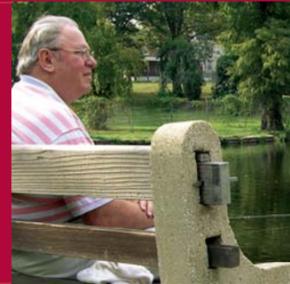


“Life here is beautiful. The living conditions are great and everything is at our disposal.”

— Maurice Taylor (ret. Army)

Cozy Living Quarters

Our single rooms are clean, comfortable and carefully maintained. All have private bathrooms, showers, personal phone lines and cable TV. Plus, we provide your bed, fresh linens and a desk. Best of all, your family and friends can come visit and stay overnight in designated guest rooms for about \$30 a night. That's far less than a hotel or bed-and-breakfast.



Comfort

Residential Living at its Best

All new residents must be healthy enough to enter the Home at this level of care. Here, residents are at liberty to roam on- and off-campus, as well as travel out of town. Or, you can simply enjoy the ample amenities and great activities right here on campus. Altogether, this is retirement at its finest.

Assisted Living¹

Here, current residents maintain as much independence as possible, while also receiving support care for certain daily functions and tasks. This level of care may include assistance with bathing, dressing, eating or exercise.

Long Term Care¹

This is a high level of care for current residents who become disabled or infirm. It involves full assistance with daily activities, plus carefully monitored nursing care. We ensure that each resident receives this top-rated care when necessary – regardless of financial ability.

Eligibility Requirements

(A) You must meet ALL of these criteria:

- Your active duty service was at least 50% enlisted, Warrant Officer or Limited Duty Officer²
- You are free of drug, alcohol and psychiatric problems
- You have never have been convicted of a felony
- You will enter the Home in Residential Living – tending to your personal needs, attending daily meals and keeping your medical appointments

(B) Plus, you must meet ONE of these criteria:

- Have at least 20 years of active duty service and be at least 60 years old, OR
- Be unable to earn a living due to a service-related disability, OR
- Be unable to earn a living due to a NON service-connected disability — yet you served in a war theater or received hostile fire pay, OR
- Have served in a women's component of the Armed Services before June 12, 1948

¹ This higher level of care is only available after admission, if you need it. ² Per US Code 24, Section 412 (24USC.412).

Come Home to the AFRH

Take the first step – complete the application in the back pocket of this brochure. To learn more, or to schedule a visit, call Public Affairs at 800.422.9988. Or see our website at afrh.gov for details. We just know that you'll enjoy a satisfying retirement at the AFRH. And that you'll find your own *Time to Thrive*.

Thanks for your interest – and for your service to our great nation.

It's Your Time to Thrive.



Our residents join members of American Legion Post 70 at the WWII Memorial.

“The freedom that was born of your sacrifice has lifted millions of God’s children across the Earth. This is your monument to your fallen friends, your gift to their children and grandchildren, and your sacred bond with generations of patriots.”

—President George W. Bush



Twice a year, active duty personnel come to the AFRH to meet our veterans.



