

# Policies to THRIVE

Your enlistment into the US Armed Forces carried a great responsibility. Thousands of your fellow service men and women – and millions of civilians – counted on you to uphold your duty. The same goes for entry into the AFRH. Following a few simple policies can ease your entry into community life.

## Conduct Policies:

- > Always behave in a congenial manner toward staff & fellow residents
- > Public profanity, rudeness and lewd behavior is unacceptable
- > You are required to tend to your own personal needs
- > Meals will be served three times a day at set times

## Financial Policies:

- > Resident fees are collected electronically each month
- > You are required to manage your own financial affairs

## Medical Policies:

- > Medicare A&B Coverage is mandatory before your entry into the AFRH

### Military retirees under 65:

- > If you have Medicare benefits, you must obtain Tricare Prime as secondary coverage (at no charge)
- > If you have no Medicare, you must obtain and pay for Tricare Prime. A Primary Care Manager (PCM) can be used at military facilities, yet you will be liable for co-pays on civilian-sector treatment

### Military retirees over 65:

- > If you have no Medicare benefits, you must obtain Tricare Prime

*Our goal is to enhance your life and personal safety. We'll achieve this if you adhere to the Home's rules.*

## Non-military retirees:

- > If you have a 100% service-connected disability, you must use VA or DoD facilities
- > If you have Medicare benefits, you must get a Supplement, or enroll in a Medicare HMO or Medicaid if eligible
- > If you are under 65 with no Medicare, Medicaid or VA benefits, you must buy and maintain major medical insurance



## Financial Responsibility

If you become ill or injured while away from the AFRH, then you are responsible for your medical expenses. Normally, our support facilities can provide you with sufficient medical care. If, for any reason, you need a medical procedure that goes beyond our professional staff's capabilities, then our medical team may call on civilian sources. In such rare cases, you are liable for medical costs.



**B**eyond our military eligibility requirements (Pg. 24 this brochure), you must be in good physical health to be considered for AFRH admission. Specifically, you must meet the following criteria:

#### **Physical Requirements:**

- > The ability to be cared for by the existing facilities and services of the Home
- > Full mental competency (e.g. the ability to make competent, rational decisions)
- > An ability to speak, hear and see (with or without aids) in order to perform basic functions
- > The ability to care for your own room (e.g. make the bed, clean the bath, floors & windows)
- > Freedom from alcoholism, drug addictions or mental disorders. Our staff and facility are not equipped to treat such conditions or perform continual evaluation, observation or treatment

#### *Sobriety Exception:*

If you have a history of excessive alcohol or drug use, you must prove your sustained and continued abstinence and have at least one continuous year of sobriety. Documentation of this proof must be in the form of three letters from rehab professionals, AA staff or medical personnel (not from friends or neighbors). These letters must indicate that your treatment was successful and you are maintaining sobriety. Yet, such documents do not guarantee your admission to the AFRH.



#### **Personal Responsibility**

Life at the AFRH is truly rewarding and fulfilling when we all take personal responsibility for our actions. As a resident, you will be asked to treat others the same way you wish to be treated. In return, you will be blessed with positive support and friendship from your fellow residents, the staff, and service partners of the the AFRH. From all of us at the Home, wish you the very best in your retirement.

*Our sprawling, wooded community in the heart of Northwest DC is close to Metrorail and Metrobus lines.*



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# Procedures to THRIVE

Come be happy and healthy at the AFRH – the premier retirement home for America’s veterans. This insert contains all the instructions you’ll need to complete our application (enclosed in this kit). If you have questions, just call Public Affairs toll-free at 800.422.9988.



## Step 1 - Gather Documents:

- > DD Form 214 or Statement of Service summary
- > Copy of your Federal Tax Return for the most recent tax year. If exempt from filing, provide verification of all income (e.g. W2s, 1099s, all investments & savings)\*
- > Documentation of the amount you’re entitled from all Federal payments (Military Retired Pay, Civil Service Retired Pay, SSI, VA Compensation or Pension)
- > Verification of current year Medicare Part B premium and supplemental insurance payment (or proof of Tricare enrollment)
- > Proof of payment for other health insurance
- > Results of a PPD Screening Test for T.B., conducted by a medical professional. (A ‘positive’ won’t necessarily result in a denial of residency, yet a chest X-ray will be required.)

## Step 2 - Complete Application:

- > Provide thorough and accurate information on the enclosed application
- > Upon receipt, your application will take **4-6** days to process
- > We will call you upon approval and follow up in writing

## Financial Contribution

If you cannot provide proof of income, and you are admitted, you’ll be assessed the maximum monthly fee. This amount may be adjusted down later, if you furnish proof. If you arrive at the AFRH after the first of the month, your fee will be prorated for that month. Within your first 30 days, you will be required to obtain a valid Mississippi or DC driver’s license (and vehicle registration, if applicable). As a DC resident, you’ll also be required to submit annual income tax forms to the District.

## Fee Estimate

For an estimate of your monthly fee, please call us toll-free at 800.422.9988. You must have the required paperwork (see Step 1 at left) to obtain an accurate phone estimate.

\*Required upon move-in.



**Y**ou must be healthy enough for admission into Residential Living. (See Policies Insert for details.)  
Later, if you require Long Term Care (permanent healthcare), your fee will increase to offset the higher costs. Resident fees are recalculated annually and “maximum monthly fees” are regularly adjusted for inflation.

**Your monthly fee is a percentage of your Total Income:**

- > 35% for Independent Living
- > 40% for Assisted Living\*
- > 65% for Long Term Care\*

*\* Available to existing residents only*

**Your Total Income is a sum of:**

- > Your Taxable & Non-taxable Income as reported on your US Tax Return, and
- > Tax exempt income (e.g. benefits from Department of Veterans Affairs, Social Security Administration, disability retired pay, pensions, annuities and IRA distributions that aren't included in your Total Income)

**Extensive Resident Benefits:**

Your resident fees cover your room, three meals a day, 24-hour security, religious services and many campus recreational activities (e.g. bowling, golf, hobby shops, entertainment, trips, etc.). Also, you get basic dental care plus access to licensed specialists in optometry, podiatry, mental health, internal medicine and diabetic care.

**What's Not Included:**

Clothing, toiletries, dry-cleaning, haircuts and other personal items are at your own expense. Still, we have extensive Resident Support services here, and we can help you access virtually anything you need for a healthy and rewarding retirement.

**Documentation Resources:**

- > Military retired (retainer) pay:  
Defense Finance and Accounting Service,  
888.321.7411  
dfas.mil
- > VA Compensation or Pension:  
Department of Veterans Affairs, Regional Office  
800.827.1000  
va.gov
- > Social Security Administration:  
800.772.1213 (main)  
ssa.gov
- > Civil Service Retirement  
Office of Personnel Management  
202.606.0500  
888.767.6738  
opm.gov
- > Internal Revenue Service  
800.829.1040  
irs.gov

*Feel free to browse the Internet to find local phone numbers of these agencies to speak with a representative in your area.*



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