

**Communities:**

AFRH-Gulfport

1800 Beach Drive

Gulfport, MS 39507

AFRH-Washington

3700 N. Capitol Street NW

Washington, DC 20011

**Corporate HQ:**

Armed Forces Retirement Home

3700 N. Capitol Street NW

Washington, DC 20011

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



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

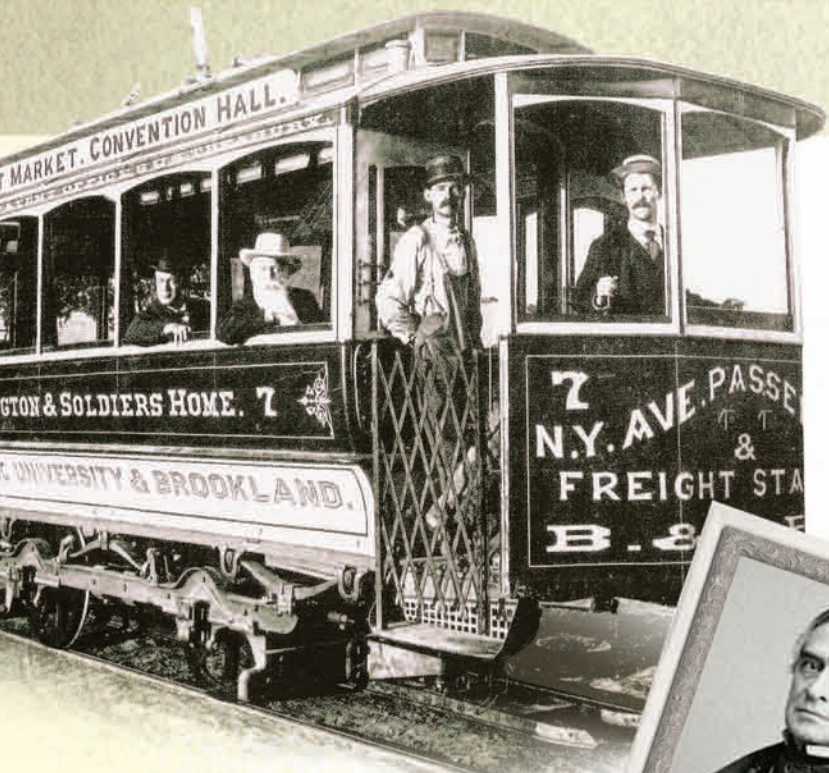


# Heritage

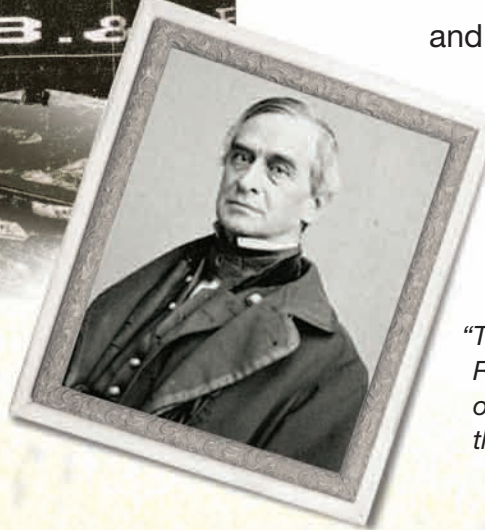
## Get what you deserve from the country you serve.

**B**ack 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. At last, two homes were built: the US Naval Asylum in Philadelphia (1833) and the US Military Asylum in DC (1851). The two joined forces in 1991 and evolved into a modern, thriving 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 AFRH via small payroll deductions. Now it's time for you to get back what you've earned from Uncle Sam – an affordable, comfortable, and secure retirement.



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.



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 deliver highly personal care – so you can stay happy, healthy, and get the most out of retirement. After all, this is your time to thrive.

**Agency Headquarters:**  
Washington, DC

**Communities:**  
Gulfport, MS  
*(on the Mississippi Sound waterfront)*  
Washington, DC  
*(centrally located in our Nation's Capital)*

**Fee Structure** (% of Gross Income):  
35% for Independent Living  
40% for Assisted Living  
65% for Long Term Care & Memory Support

**Campus Safety:**  
Gated Entry + 24/7 Security

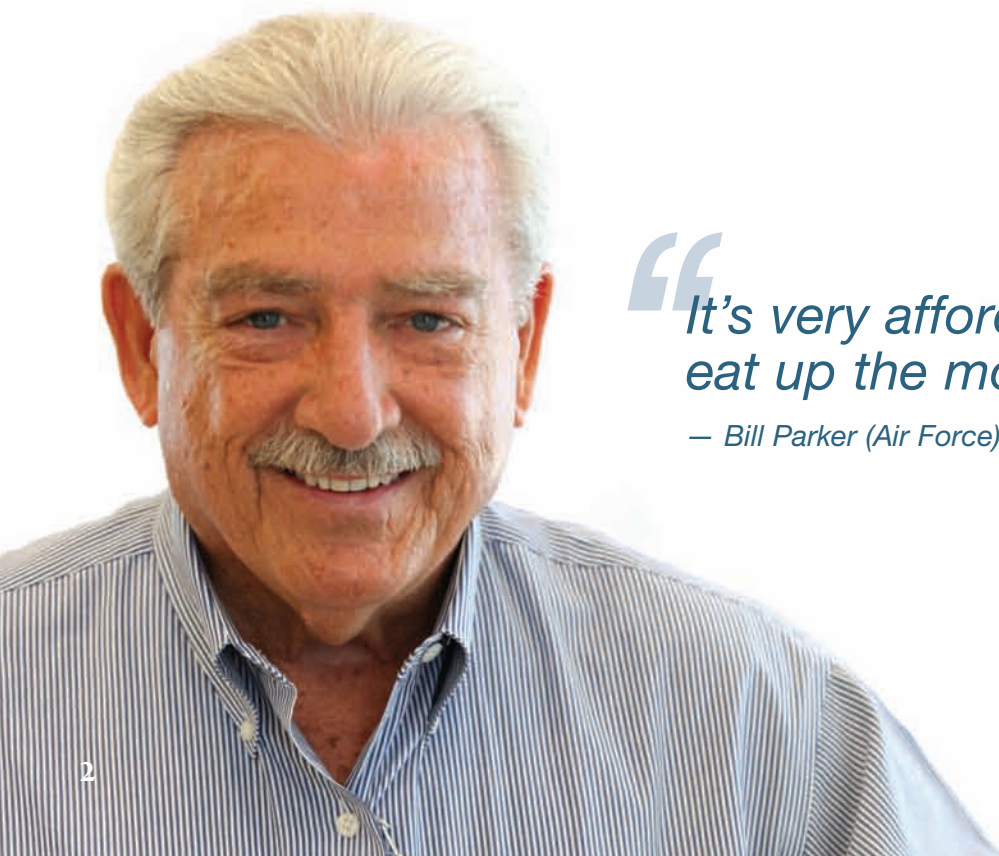
**AFRH Website:**  
afrh.gov



*Enjoy an affordable retirement among your own.*



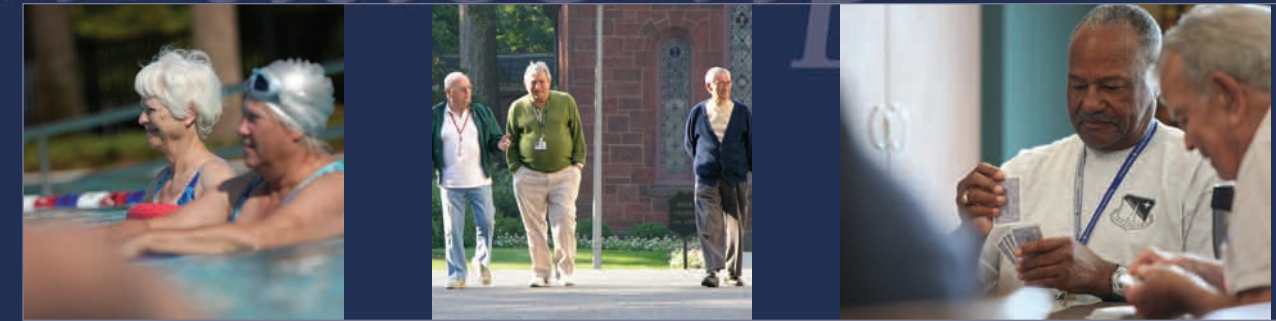
*The Pentagon Foundation sponsors the annual "Night of Heroes" gala.*



*"It's very affordable here, so you won't eat up the money you've saved."*

*— Bill Parker (Air Force)*

# Comradeship



## The Home of America's Defenders

AFRH is the premier Home for military retirees and veterans. Many residents here have served in one or more war theaters, or one or more military branches. They know what it means to have endured the strain of battle, and many were career military personnel. So, they understand the sacrifices you have made serving America.

*"There's comradeship here – and you can't match that anywhere in the world."*

*— John Smith (Marine Corps)*

## A Unique Shared Camaraderie

Some residents enjoy sharing stories from their service. Others avoid discussing wartime events. If you served, then you know. You won't get this special bond at a "military-themed" home. Since you made AFRH paycheck contributions, our fees are but a small portion of your current income. But, the camaraderie here is truly priceless.







*“It’s a small Heaven on Earth here. You don’t worry about a thing.”*

— Esker McConnell (Army)

## Extensive Resident Services

Everything you need is right here at our secure, gated communities in Gulfport and Washington. Both offer private rooms just steps from the dining hall, library, computer center, movie theater, hobby shops, bowling center, mail room, chapels, PX / BX and more. Plus, our dedicated staff will cater to your personal needs with a range of support services and world-class healthcare – all at a fraction of the cost of a private home.



### General Services:

- Medical, Dental & Vision
- Wellness Programs
- Recreational Activities
- Resident Daytrips
- Full-service Library
- Dining Facility
- Social Areas & Cantina
- Barber Shop
- Beauty Salon
- Computer Center
- Mail Room
- Banking Center
- Campus PX / BX
- Computer Center
- Off-campus Shuttle
- Public Transportation

### Major Amenities:

- Private Rooms & Showers
- In-room Cable Internet
- Television Hookup
- Deluxe Fitness Center
- Movie Theater
- Bowling Center
- Hobby Shops

### Gulfport, MS:

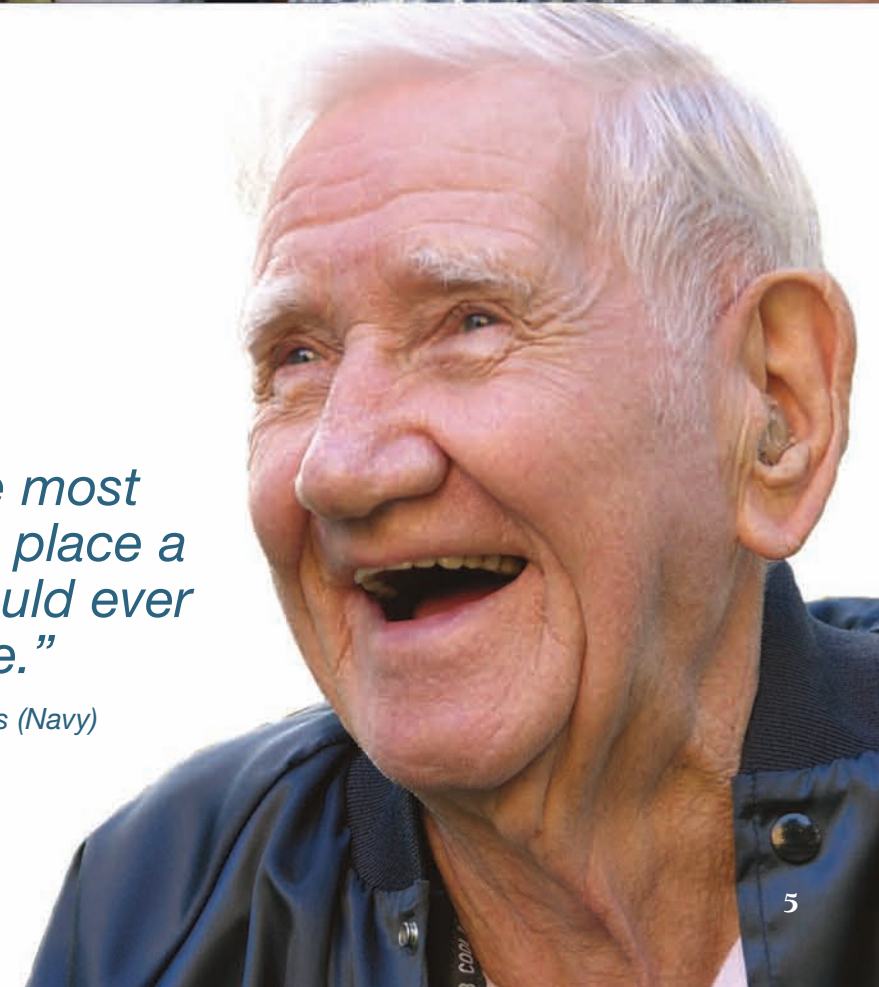
- Walking Path to Beach
- Outdoor Swimming Pool
- Ocean-view Balconies
- Reflecting Pool

### Washington, DC:

- Scenic Walking Paths
- 9-hole Golf Course
- Driving Range
- Stocked Fishponds

*“This is the most wonderful place a person could ever want to be.”*

— Woody Williams (Navy)





*“We’ll help with daily tasks so you can stay independent.”*

— Omobola Akinkuowo (ILP Nurse)

# Independence



## Person-centered Care

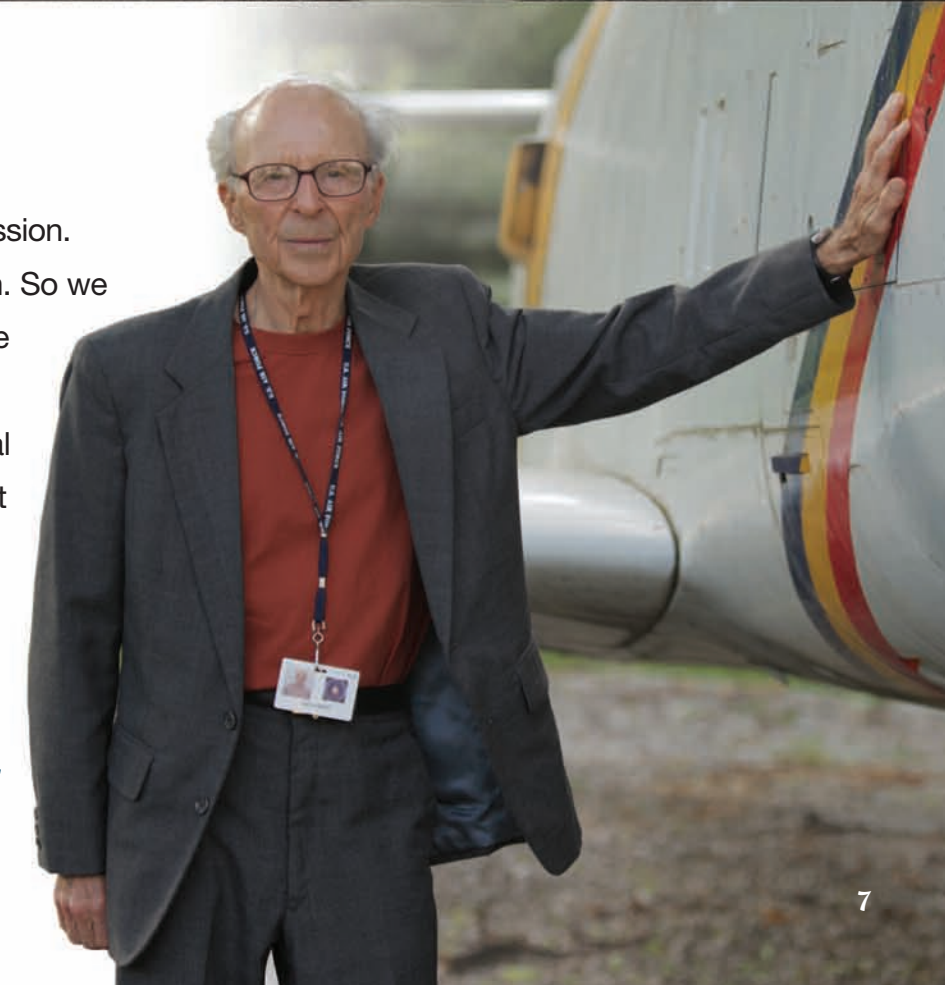
AFRH has adopted a dynamic new philosophy. Here, we focus on your individual needs, develop proactive plans of care, and deliver meaningful services to help you thrive. In fact, you can be an active participant in guiding your life and happiness. Also, each staff and family member will work hard to identify and understand your personal needs, listen carefully to your wishes, and offer smart solutions for consideration.

## Independent Living Plus (pilot program)

You must be healthy and independent for admission. Yet, we realize you may need special care later on. So we developed a pilot ILP. This innovative level of care maintains your freedoms while providing extra assistance with daily living. Healthcare and special services will all come right to you. Plus, our expert staff will nurture each aspect of your life: from medical and social to physical and spiritual.

*“The staff does a terrific job. They really bend backwards.”*

— Joe Shuff (Air Force)







*Enjoy life on the Gulf Coast, or the Golf Course.*

## More Enjoyable Activities

In both communities, active folks love our bowling center, fitness center, golf outings, fishing derbies, Senior Olympics, softball games and more. Creative types love making projects in our hobby shops, such as ceramics, leather, woodworking, and automotive. For the rest, we have dances, movies, speakers, and daytrips. Naturally, you can always enjoy a refreshing walk, invigorating swim, card game, chess match, or pool game.

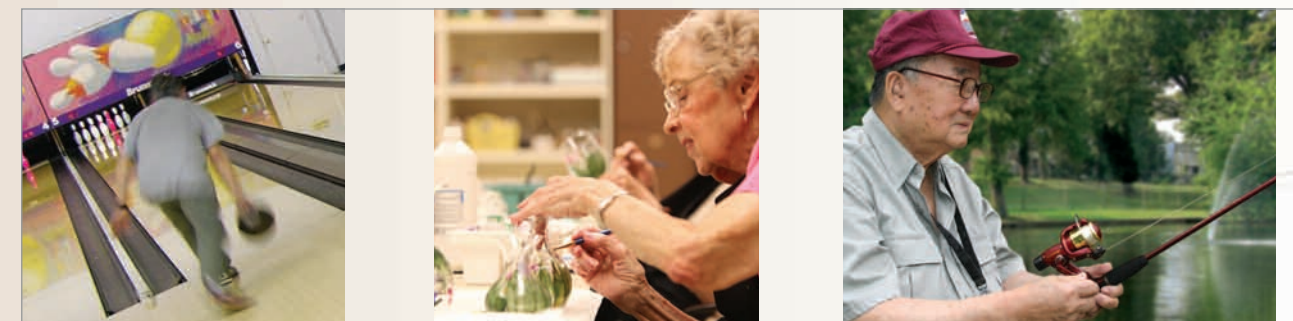


## Exciting Special Events

We have fun daily in Gulfport and Washington – from daytrips to the mall or casino – to bus trips to a museum or fair. We visit battlefields, go to veteran’s ceremonies, tour national monuments, attend theater, see live music, and ride in parades. There’s our big annual Mardi Gras celebration, Community Days, and Fishing Rodeo. Plus, we bring in a variety of famous visitors such as senators, celebrities, speakers, dignitaries and more.

*“This is it! We have so many activities and amenities.”*

*— Helen Sadowski (Navy)*



*“We stay very active – and love the dances & daytrips!”*

*— Buron & Helen Noel (Air Force & Navy WAVE)*







*AFRH-Gulfport: resting on the shore of the Mississippi Sound.*



### Scenic Oceanside Retreat

Sandy beaches, waterfront views, beautiful sunrises, and a charming town surround our Gulfport home. In a relaxed southern setting, this modern site is situated right on the Mississippi Sound, a dynamic fishing and leisure spot. Residents can drive or take public transport to great restaurants, exciting casinos, boutique shops, friendly neighborhoods and more.

### Fun Local Entertainment

Many residents take the shuttle to a local casino or plan a group trip to nearby Biloxi or New Orleans. There are several golf courses nearby for R&R. Plus you can always enjoy surf fishing, great shopping, beach walks, a dip in the pool, or relaxing on your own private balcony overlooking the Gulf. No matter your pace, this is the place.

*“I think I’ve died and gone to Heaven.”*  
 — Barbara Folk (Navy)

*AFRH-G is a short trip from casinos, restaurants, shops and more.*





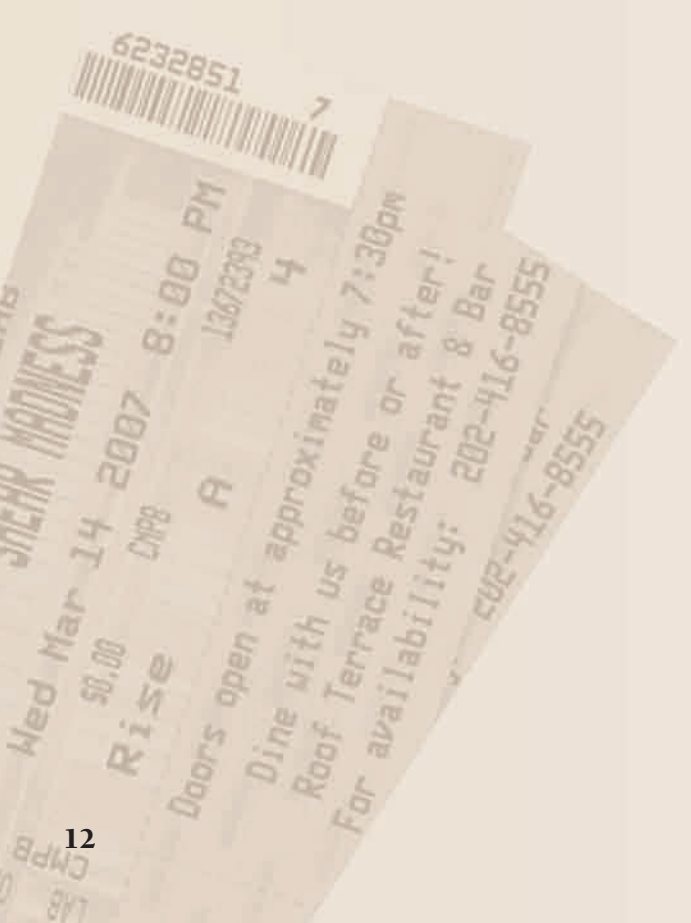


*AFRH-W is a retreat for the soul with walkways and wildlife.*

*AFRH-Washington: nestled in the heart of a vibrant metropolis.*



# Sanctuary



## A Dynamic Urban Oasis

Beautiful trees, majestic views, tranquil wildlife, and historic landmarks surround our Washington home. In a warm, country setting, it is nestled in the heart of our Nation's Capital, a vibrant metropolis. Venture off campus and you're just minutes from the Metro, bus line, White House, monuments, theaters, museums, pro sports and more.

*“I'm the richest man in the world and this is my estate.”*

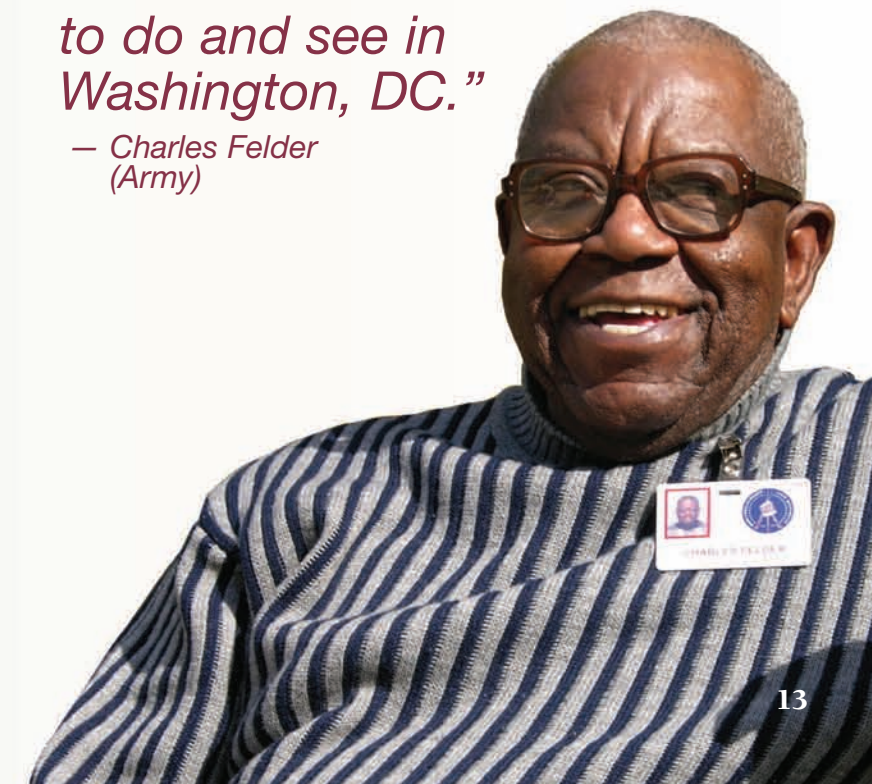
— William Wood (Army)

## Great Area Attractions

Life is fascinating in historic Washington. We take daytrips to the Smithsonian Museums, catch ballgames at Nationals Park, and tour remarkable historic sites. We have special music performances on campus, and we go see shows at the famous Kennedy Center. All in all, there's something exciting for everyone in Washington.

*“There's so much to do and see in Washington, DC.”*

— Charles Felder (Army)

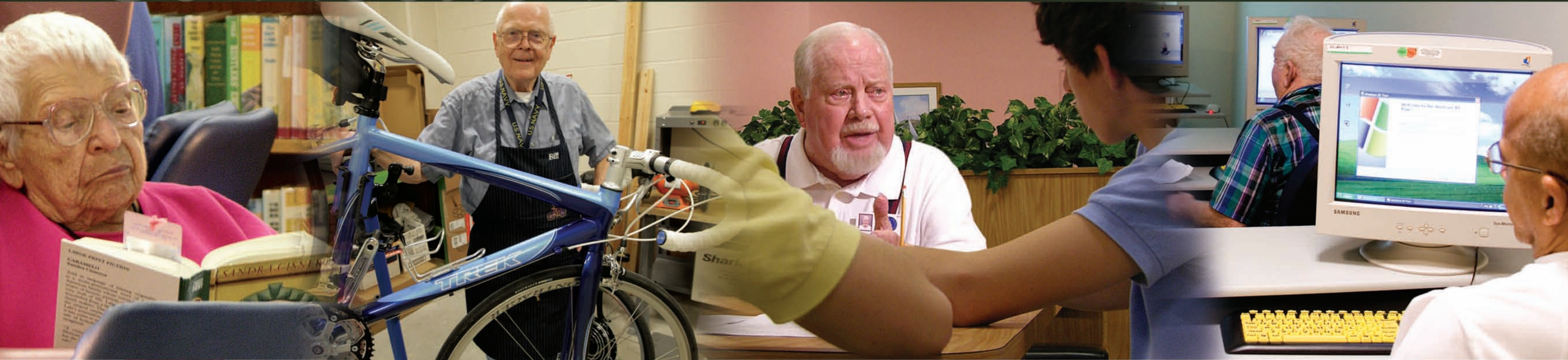




# Connections

“Playing guitar is my life – and my studio is my sanctuary.”

– Louis Lopez (Army)



*A lively community for a rich, fulfilling life.*



“We have daily bus trips to museums, theaters and malls.”

– Victoria Landon (Army)

## A Modern High-tech Community

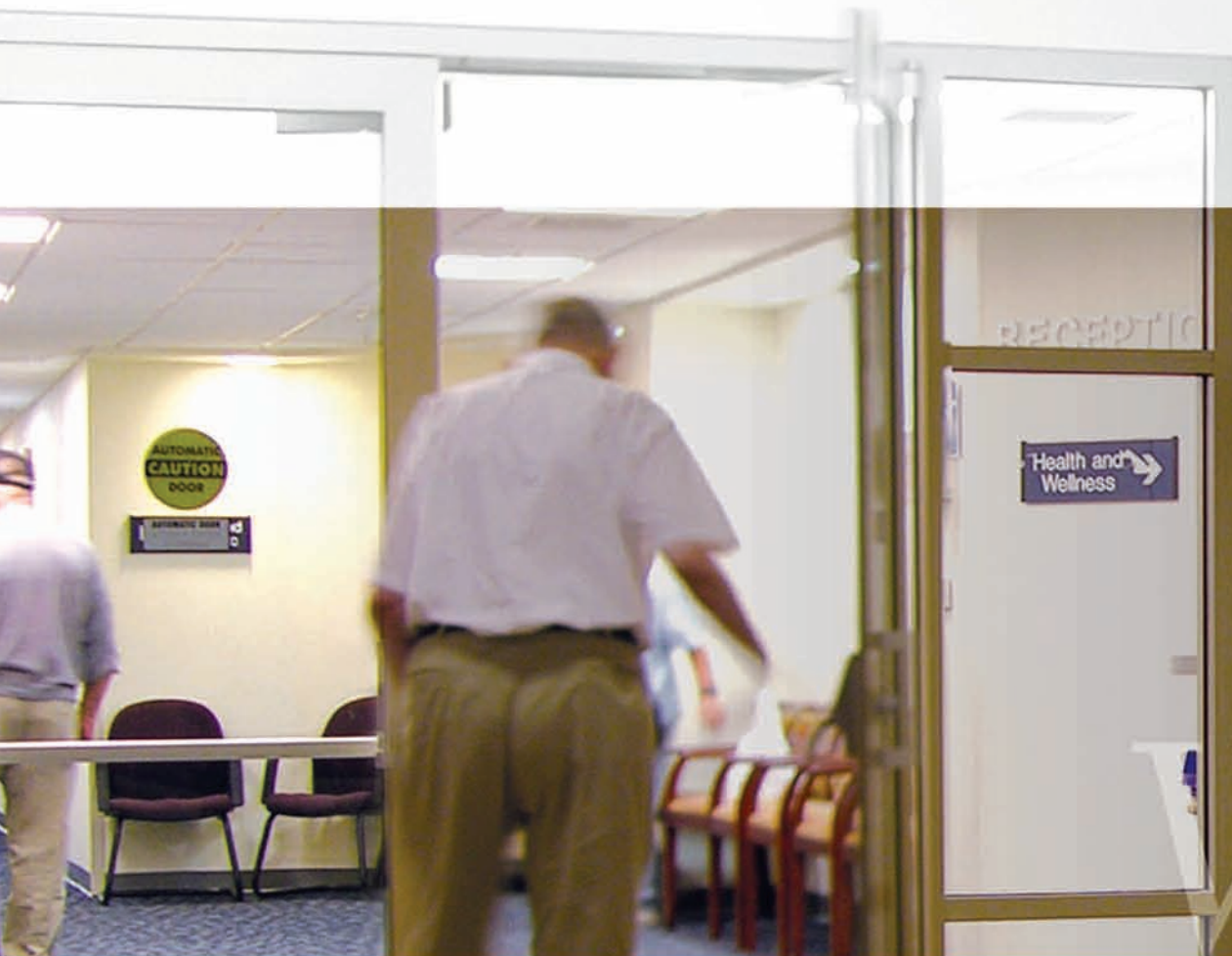
Bring a computer and surf the Web in your room. Or visit the computer center, which has high-speed access. Many residents enjoy doing research in the campus library where we have a full-time assistant. A recent survey showed the library as our favorite service – which means our residents have sharp minds and enjoy learning.

## Stay Connected by Volunteering

Your service to America needn't stop in retirement. Many residents volunteer on campus and in the community. Some teach adults how to read. And many more visit schools to tell children firsthand war stories. Whatever you like, our Volunteer Coordinator will go all-out to serve you.



# HEALTH AND WELLNESS CENTER



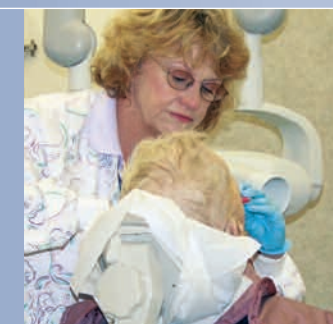
## World-class Healthcare

Many live here for the superior medical care alone. We offer case management to ensure you get all the primary, dental, vision, and podiatry care you need. We also have programs in Urology, Psychiatry, Internal Medicine, and COPD. In DC, the renowned Washington Hospital Center and VA Medical Center are nearby, and the Walter Reed National Military Medical Center is in Bethesda, MD. And in MS, Gulfport Memorial Hospital, Keesler Air Force Base, and the Gulf Coast Veterans Health Care System are just a free shuttle ride away.

# Wellbeing

## Well-balanced Nutrition

The dining options at AFRH are as vast as the activities. Here, you'll enjoy three home-style meals a day – with delicious menus prepared by licensed nutritionists. We offer nutrition counseling and even have a station with special food for diabetics. Each dining period lasts a few hours, too, so you can come and go as you please. And don't miss our monthly prime rib night, BBQ cookouts, and birthday parties.



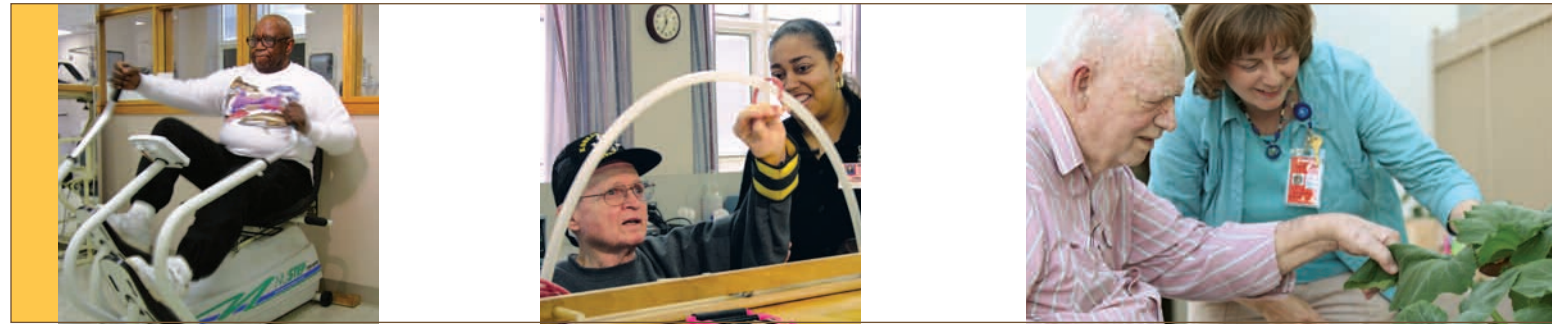
AFRH is fully accredited by CARF-CCAC, a top independent agency focused on quality.

**F**or 20 years, Willa Cooper was troubled by an ankle injury. “I had surgery twice, but never felt right. When I came to AFRH, that all changed,” she beamed. Her new doctor at Georgetown University Hospital laid out three options: 1) fuse the ankle, 2) more surgery or 3) a special brace. “We opted for the brace and it worked great! And I didn't pay a thing,” she said. “AFRH is great and the service is terrific.”

— Willa Cooper (Navy)







*A variety of therapies to help you stay independent.*



# Therapeutic

*“I bike ride, lift weights and teach exercise classes.”*

— Curtis Young (Air Force)

## A Range of Rehab

Maybe you need special treatment for a disability or help with challenging activities. If so, AFRH has an array of programs available for residents. Our professionally-trained and licensed staff can help you with:

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

## Deluxe Fitness Center

Regular exercise is a vital activity for seniors. So we have a variety of cardio and strength-training equipment to keep you healthy and strong. Plus, we offer many dynamic activities such as:

- Strength & Flexibility class
- Chair Aerobics
- Walking Club
- In-room classes on The Resident Channel (TRC)

*“I have a 50-year habit of exercise. I love it!”*

— Jerry Stahler (Air Force)







“*Be open to life. Get out and meet people. Keep smiling. Tomorrow may be the most exciting day of your life.*”  
 — Byron & Bettylu Dennis (Navy)



# Comfort



## Cozy Resident Quarters

Our rooms are clean, comfortable, and carefully maintained. All have private bathrooms, showers, phone lines, and they're cable TV- and DSL Internet-ready. For eligible couples, we have larger suites that are spacious and inviting. Altogether, we have five levels of living:

### Independent Living:

This is retirement living at its finest. Residents are at liberty to roam on- and off-campus, as well as travel out of town at will. Or, you can simply enjoy the ample amenities and fun daily activities here on campus.

### Independent Living Plus (pilot program):

Now you can thrive in a friendly, familiar environment and enhance your quality of life. You'll enjoy your favorite activities, get vital support, and socialize with good friends — all in the safety and comfort of home.

### Assisted Living:

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

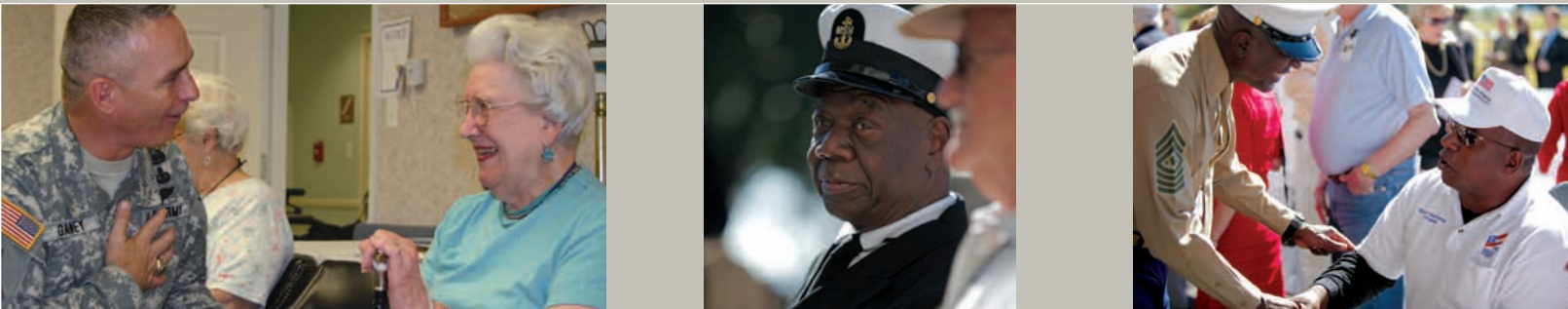
### Memory Support:

This is specialty care for residents who contract memory problems, dementia, or even Alzheimer's disease. Special attention is given to retaining cognitive skills and assisting residents with daily activities, as needed.

### Long Term Care:

This is a high level of care for AFRH residents who become disabled or infirm. It entails full assistance with daily activities and carefully monitored nursing. Each resident is eligible — regardless of financial ability.





*It's Your Time to Thrive.*



*Our residents with American Legion Post 70 at the WWII memorial.*



*Get the most out of your service and enjoy a wonderful retirement at AFRH.*

*Simply complete the application in the back pocket of this brochure. If you have questions or want to schedule a visit, call Public Affairs at 800.422.9988.*

*Because now is your time to thrive.*



# Resident Eligibility

## Persons eligible to be residents

Persons eligible to be residents are persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service (other than as a warrant officer or limited-duty officer), are eligible to become residents of the Retirement Home:

- Persons who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.
- Persons who are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of a service-connected disability incurred in the line of duty in the Armed Forces.
- Persons who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay and were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of injuries, disease, or disability.

- Persons who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

## Persons ineligible to be residents

- A person who has been convicted of a felony or is not free of drug, alcohol, or psychiatric problems shall be ineligible to become a resident of the Retirement Home.

*Married couples are welcome, but both must be eligible in their own right.*

Date of My Visit: \_\_\_\_\_

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# Notes

