



Armed Forces Retirement Home

The premier retirement community for our veterans

The Communicator

Washington, District of Columbia & Gulfport, Mississippi

VOLUME XX ~ QUARTERLY NEWSLETTER ~ VOLUME I

JANUARY 1, 2023 - MARCH 31, 2023

Pin-Ups for Vets visit

By Steven Briefs, CTRS | Recreation Supervisor

Photos by Marla McGuinness | Recreation Specialist

On March 2 our residents enjoyed a visit by Allie and Liz, two ambassadors from the Pin-ups for Vets organization based in California. This organization was started in 2006 by Gina Elise, who had a heart for veterans and wanted to support them in some way. She came up with the idea to create nostalgic pin-up calendars featuring photos of female veterans dressed up in the 1940's era dress. She hoped to raise money through the sale of those calendars to donate to hospitalized veterans and wounded warriors. All calendars are handed out free to veterans by the female ambassadors, who themselves are featured in the calendars.

Allie and Liz met our residents, signed calendars, took photos with the AFRH-W residents and shared memories of their service to our country. Smiles and good will were shared with everyone.

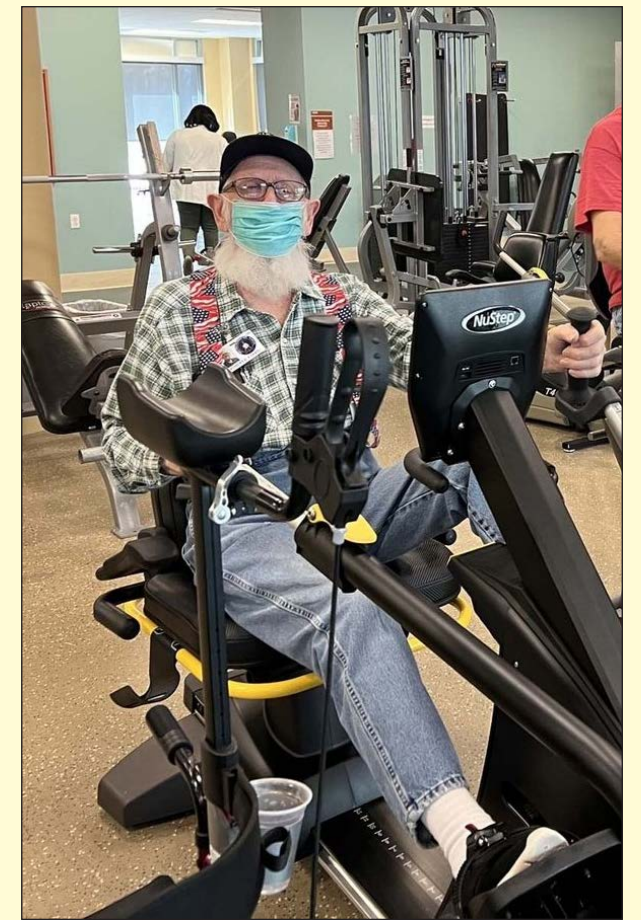
To date they have donated \$100,000 dollars to the VA and military hospitals, and have also visited 15,000 thousand veterans in 32 states. We were happy to have them visit at AFRH-W.



New gym equipment installed at AFRH-W

Story & photos submitted by The Old Soldiers Home Foundation

The Old Soldiers Home Foundation answered the call when a couple pieces of gym equipment reached end-of-life at the Armed Forces Retirement Home in Washington, DC, and they couldn't purchase new ones due to limited budget and government funding delays. These recumbent cross-trainers are important physical therapy tools for the Home's veteran residents. They are designed for seniors and those with physical limitations, are easy to access and use, and parts can move independently and from different positions to target specific muscle groups. The Old Soldiers Home Foundation was able to move quickly, thanks to recent fundraising efforts. They also worked with NuStep in Plymouth, Michigan, to deliver two new recumbent cross trainers to the residents' gym. The trainers were installed and ready for residents on February 3, 2023, and they are already getting plenty of use. Thanks to our donors, and to NuStep who provided a \$1,500 discount and who helped make this quick-win project possible.



Let the good times roll!

Story & photos by Becki Zschiedrich | Public Affairs

Residents & employees adorned their purple, green & gold Mardi Gras colors on Fat Tuesday at the AFRH-G parade: *The Krewe of NAMAC* (Navy, Army, Marines, Air Force, Coast Guard.) The King and Queen were revealed when they rolled down the Boardwalk riding in their beautifully decorated golf cart floats. The King was Charlie Melson, who is 100, and the Queen was Doris Balfour, who is 97. The Grand Marshal was our youngest resident, Shaun Hogan, who is 58. Past King and Queens were also in the parade along with employees, who made very festive floats and threw beads, doubloons and other keep-sake trinkets to the crowd of residents. The Mardi Gras Ball & Coronation was followed by the parade in the Community Center, where residents celebrated and danced to the live music provided by Eddie McDaniel.

Queen Doris Balfour was born on September 7, 1925, in Waverly, Alabama. She served in the U.S. Navy during WWII.

King Charlie Melson was born November 12, 1922, in Birmingham, Alabama. He served in the U.S. Navy during WWII.

Grand Marshal Shaun Hogan was born on October 24, 1964. He served in Afghanistan and is retired from the U.S. Navy.

Mardi Gras at AFRH-G equals delicious food, great music, a dance floor, good friends and lots of purple, green & gold - Laissez les bons temps rouler!



INSIDE THIS ISSUE

Page 3
Gulfport
Resident Turns
103

Page 4
COO Announces
Employee of the
Year

Page 8
AFRH-W Rivkin
Art Center Grand
Opening



AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by the AFRH Communicator staff for journalistic style and length. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.

Serving America's Veterans

AFRH is not just a place to live, but a place to live more. Our model retirement communities are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.

- Eligibility:** Military veterans from each service branch can live at AFRH. The following persons who served as members of the Armed Forces, at least one-half of whose service was not commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home.
- Active-Duty Career Retired:** Veterans who retired with 20 or more years of active-duty service in a regular component of the Armed Forces.
- Eligible for Retired Pay:**
 - Veterans, who served in a regular or reserve component of the Armed Forces, who are now eligible to receive retired pay and benefits.
 - Retired Guard/Reserves with over 20 years of creditable service (combined inactive and active-duty).
 - Veterans who qualified for an early retirement such as TERA (Temporary Early Retirement Authority).
 - Veterans who were given a medical or disability retirement with pay and full benefits.
- Service-Connected Disability:** Veterans with a service-connected disability rating from the Department of Veterans Affairs.
- War Theater:** Veterans who served in a war theater or received hostile fire pay and now suffer from injuries, disease, or disability.
- WWII Female Veteran:** Veterans who served in a women's component before June 12, 1948 who are determined to be eligible due to compelling personal circumstances.
- Beneficiary Spouse:** The spouse of a retired veteran may apply to live with the Retiree if he/she is enrolled as a beneficiary in DEERS (Defense Enrollment Eligibility Reporting System) and was married to his/her sponsor prior to the veteran's retirement from the Armed Forces.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to: AFRH, Public Affairs Office, Box #584 ~ 3700 N. Capitol St. NW, ~ Washington, DC 20011-8400

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WE CURRENTLY DO NOT HAVE A WAITING LIST. APPLY TODAY!

AFRH-W resident highlight – Corrine Robinson

By PK Knor | AFRH-W Resident



Once upon a time...usually starts fairy tales, not service members' biographies, but Corrine "Coreen" Robinson has had a wonderful life. She has been a Navy corpsman (WAVE), a wife and mother, a grandmother, an entrepreneur, a business owner, an organizer, a volunteer and so much more. Born Corrine Raap, she was from a farming family in Montrose, SD. The only activities she could join in high school, as a girl, were chorus and band, so naturally, she sang and played the clarinet.

When she was 18, a Navy recruiter paid her \$20 to talk her parents into letting her join the Navy because she wanted to see the world. She had basic and hospital corpsman school in Bainbridge, MD. Her first duty assignment as a WAVE, in 1953, was to Memphis, TN, where she was signed in by her future husband, Richard A. Robinson, a hospital corpsman. During their dating, Richard got orders to Key West, FL, but single WAVES could not be assigned there, so they eloped to Mississippi. After several months of marriage, she was assigned to the delivery room, and he was assigned to the operating room in Pensacola, FL. After a year and a half, Corrine gave birth to twins, Steven and Debra. She was forced out of the Navy with an honorable discharge when she became pregnant. Richard's next assignment was to Hawaii. This is where their son, Richard M., was born.

Her husband spent 24 years in the Navy, half of his career as enlisted and half as an officer. Sometimes the family could be stationed with him and other times not. From 1961-64 he was stationed in Nice, France, where Corrine was president of the Navy Wives Club. This was a terrific assignment. Corrine took French cooking classes and the family traveled throughout Europe.

While Richard was involved with work, Corrine did not let the grass grow under her feet. She was involved with the brownies and boy scouts. When Richard went to Vietnam with the Marines, she moved back to South Dakota and became a school bus driver in the ice and snow.

In 1971, while the family was stationed in Albany, GA, Corrine was selected as Navy Wife of the Year for her extensive volunteer actions, especially with the Red Cross at the Naval Clinic.

In 1975, Corrine graduated on the Dean's List at Norfolk Business College. In her spare time, she went to work for the Red Cross in their blood drive programs where she was secretary to the director of the blood program.

When Richard retired from the military in 1976, they moved to Tennessee. Richard helped a group of doctors start clinics, first in Tennessee and then in Missouri. Corrine started a Welcome Wagon Newcomers Club and became a hostess in Tennessee.

When they moved to Missouri, they bought their "dream" house. During this time, Corrine trained with Metropolitan Life and became a broker specializing in senior health care. She was the first woman to serve on the Missouri State Board of Life Insurance Underwriters. In 1981, she was American Business Woman of the Year. In 1985 they started the Robinson Insurance Agency, and in 1986 she was the first female selected as The Missouri Life Underwriter of the Year. Richard left for California to set up another clinic for the military so for three years she flew back and forth from Missouri to California.

In 1989 they moved their insurance agency to San Diego, CA, where they were involved with numerous community projects. After five years, they retired, bought a truck and a fifth-wheel RV and traveled through all fifty states and Canada. During this time, they also worked for Southeast Publications, which advertised campgrounds.

In 1998, she and Richard moved to the U.S. Naval Home (AFRH-G) in Gulfport, MS. They were active with the Newcomers Club and bridge clubs. Corrine started the Mississippi Red Hat Beachcomber Chapter. She also formed the WAVES National Unit #150, was the Mississippi WAVES State Director, and WAVES National Region IV Director, which included five states. These units were heavily involved with women's and children's services.

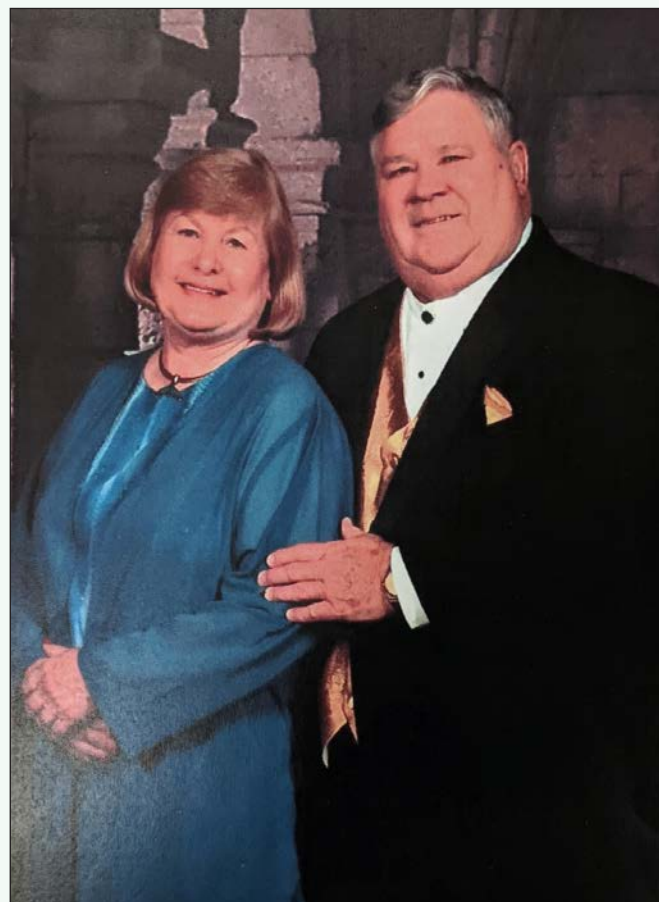
Corrine also served as a Red Cross Disaster Relief responder. She deployed to the Pentagon after 9/11 and on another occasion to Florida. She was also deeply involved with community care projects in Mississippi.

When AFRH-Gulfport was destroyed by hurricane Katrina in 2005, residents were moved to AFRH-Washington. Corrine, as Navy Waves National Chairman, had been planning the first national convention on a cruise ship, and they were to sail out of Gulfport. She continued to plan the cruise from AFRH-W. All 350 members and guests left for Galveston, TX, to Mexico and back, as planned. Corrine and Richard loved to take cruises, which Corrine still does today!

When the Gulfport residents moved back home, she and her husband decided to stay at AFRH-W due to his health. Richard passed away in 2011.

Corrine has seven grandchildren and one great-grandchild. The twins are living in Virginia, one of the grandchildren is a Lieutenant in the Navy, and their son Rob still resides in California. All three children are insurance agents.

Both Richard and Corrine have been past Commanders of The American Legion Post 70 in DC, where she is currently the Adjutant. She continues to play bridge and pinocle, and she also volunteers to welcome new residents to the Home. We are very fortunate to have such a well-rounded and caring individual in our Home.



AFRH-Gulfport

Meet Gulfport resident & pianist Frederick “Fred” Smith

Story & photos by Becki L. Zschiedrich | Public Affairs

If you've ever walked through the main lobby at AFRH-Gulfport and thought you heard a classic pianist, you heard right. Resident Frederick “Fred” Smith visits the reception room regularly to play on the baby grand piano. I just happened to be at the right place at the right time when Mr. Smith walked in and started playing. He is absolutely AMAZING!

Mr. Smith recently moved into AFRH-G in November of 2022. He was born in Worcester, Massachusetts, on April 1, 1932. It's hard to believe he'll be 91 in April! He may have been born on April Fools' Day, but he is no joke. He's the real deal on the piano and plays so effortlessly. Mr. Smith was in the U.S. Army and served in Korea.

A quick fun fact: Mr. Smith's son, Steven Smith (pictured below with Fred), worked for GSA and was the lead project manager for the rebuilding of AFRH-G after Hurricane Katrina. It's so cool that his dad now lives in the building that he helped create.

We are so glad you are here at AFRH-G Mr. Smith. Thank you for sharing your supreme talent with us.



Celebrating ‘103’ magical years!

Story & photos by Susan Bergman, MT-BC | Recreation Therapy & Beth Cox | Recreation Therapy Assistant



Born in the rural Ebenezer community near Hornbeak, TN, on February 5, 1920, Lois Culp Hogan enlisted in the U.S. Navy in April, 1943, with the intention of being a wartime photographer. However, due to testing high in her math skills, she was assigned to the WAVES Quarters in Washington, DC, to work in cryptology decoding enemy messages for Naval Intelligence. Along with other service members, she was instrumental in ultimately changing the course of WWII with successfully breaking the code before the Battle of Midway. In 1944, she married Purple Heart and Bronze Star recipient Reed Hogan, who had served in the Navy and Marines. After the war Ms. Lois graduated from the University of Tennessee in 1949 with a degree in Business Administration. After moving to Clarksdale, MS, and tragically losing her husband in 1964, she became a single mother in which she raised her three daughters and son.

Her 103 birthday festivities began on Friday, February 3, 2023, with several Skype calls to out-of-town family (daughter, Kimberly Pesaniello and granddaughters, Kimberly Molteni and Lizzie Eaves). Renditions of “Happy Birthday” filled the air along with the complete version of “A Bushel and a Peck.” Ms. Lois quickly jumped in to sing, “I love you, a bushel and a peck...and a hug around the neck...a barrel and a heap and I'm talkin' in my sleep...about you, about you. 'Cause I love you, a bushel and a pick...You bet your purdy neck, I do!!” She continued the day with an outing for a new hairdo along with Krispy Kreme doughnuts, balloon bouquets, and media interviews to show off her amazing talent of singing the alphabet backwards along with words of wisdom for living to 103. When asked about her talent, she stated, “I was a quick learner, I learned to read at a very

early age. So, to challenge myself, I learned how to say the alphabet backwards.” On Saturday, February 4th, she gathered in the decorated Loyalty Hall family room with her close family members (daughter, Beth Hogan and son, Dr. Reed Hogan along with his wife) for a celebration brimming with a bouquet of roses. On Sunday, February 5, 2023, she and fellow residents made it official in the Loyalty Hall Dining room to celebrate her 103rd birthday with a special strawberry cake created by AFRH-G Dining.

Ms. Hogan, who has lived at the Armed Forces Retirement Home in Gulfport, MS since 1993, often states, “I love my home...Isn't my home beautiful,” and continues to enjoy fun art painting, music, piano time, reading, drumming, Skype visits with family, walking, singing, tongue twisters, flowers, and reminiscing. Thank you to everyone for joining in whether in person or virtually for this special “Celebrating ‘103’ Magical Years!



AFRH-G resident spray paints vehicle at Cadillac Ranch

By Becki L. Zschiedrich | Public Affairs
Photos by Mike Moran | AFRH-G Resident

Recently AFRH-G resident Mike Moran went on a road trip to Albuquerque, NM, for the International Balloon Fiesta. On his drive home he took Route 66 west of Amarillo, Texas, and stopped at Cadillac Ranch where he “legally” spray-painted AFRH-G on one of the vehicles.

In 1974 Cadillac Ranch was invented and built by a group of art-hippies imported from San Francisco. Ten Caddies were driven into one of Stanley Marsh 3's fields, then half-buried, nose-down, in the dirt. They faced west in a line, from the 1949 Club Sedan to the 1963 Sedan de Ville, their tail fins held high for all to see on the empty Texas panhandle. People would stop along the highway, walk out to view the cars, then deface them or rip off pieces as souvenirs.

Decades have passed. The Cadillacs have now been in the ground as art longer than they were on the road as cars. Yet Cadillac Ranch is more popular than ever. It's become a ritual site for those who travel The Mother Road. The smell of spray paint hits you from a hundred yards away. If you bring spray paint, make sure to snap some photos because whatever you create at Cadillac Ranch will probably only last a few hours before it's created over by someone else.

Thank you Mike for sharing this story with us.



American Legion Vice Commander visits AFRH-G

Story & photo by Becki L. Zschiedrich | Public Affairs

Thank you to the American Legion Vice Commander Patricia A. Harris and members for visiting the Armed Forces Retirement Home in Gulfport, Mississippi. Thank you also to our RAC Chair, Diana Dopp, who conducted the tour. Some of the members are interested in applying to live here because they were so impressed with our Home. We are grateful you all toured our beautiful community and stayed for lunch to visit with our awesome residents.



AFRH-Washington

From the AFRH-W administrator



It is amazing how fast the winter has passed by. Luckily for us, it has been generally mild, not what our snow lovers like, but much easier to deal with. As I write today, we are again fortunate to have ZERO active COVID cases on campus. Many thanks to those residents and staff who helped us care for our positive cases during our recent outbreak. It was a true team effort!

We had our first Joint Commission survey for assisted living a few months ago, and we have received our certificate to show we are fully accredited. Kudos to our assisted living and other staff that were instrumental in this achievement. We are one of the few Homes in the country with this distinction as it is a new area for accreditation.

I would like to acknowledge and thank Fred Layman, who served as our Resident Advisory Board Chair (RAC) for almost three years, for all that he has done for the Home and his fellow residents. Fred was the key person who kept our golf course operational for many years and was a dedicated leader in his RAC role. We welcome Hilary Rosado who will be serving as our new RAC Chair. I look forward to working with her in the coming months, and I thank her for stepping up to accept this new role.

One of our biggest annual events is our Black History Month program that is a combined effort of a group of dedicated residents and The Lincoln Cottage staff. This year, as usual, was a chance to honor, reflect and be reminded of the struggles of so many. Our Women's Veterans program honored and highlighted our women on campus, both residents and staff. All have a story to tell. One other special program was listening to fourth grader Evelyn Wallace from the charter school on campus read her Veterans Day card that she wrote to our residents.

Our volunteer groups are back in force. Some included: Maritime Voices; Pin Up for Vets; Blessed Sacrament who assisted with Bingo; PALS who brings in dogs; Git Meow who brings in cats; NFCU Financial Literacy who is educating our residents on scams; Casey Trees who planted 50 trees to replace those we took down; and Glenna Orr who has been supporting our Resident's Book Club for many years. One last volunteer who is moving out of the area is Carol Herwig, who has assisted us with landscaping for many years. Thanks to these and all of the others who come here to make this a wonderful place

to live!

Our recreation team has been busy keeping everyone engaged as usual. Some of their programs included: New Year's Eve party; Super Bowl Game/Party; Pig Calling contest, with a side of bacon and pigs in blanket; Cocoa/Ice Cream: Korean Cooking; Root Beer Floats; Paint & Sip; Doodle & Chug; Billiards & Beer; Chocolate Lovers Happy Hour; and a St. Patrick's Day party, among many others.

I am happy to recognize the AFRH Employee of the Year was from the DC Campus! Dominic Bernardy, a Navy retiree, who works in our Campus Operations was chosen for the many things he does for the residents. He demonstrates his dedicated service to our residents every day.

Our latest two Employees of the Quarter are Kia Hopings who works in the Business Center, and Amanda Jensema who has been a Recreation Therapist here for many years. Congrats to all!

Looking around the campus, spring must soon be here. Daffodils are in full bloom, trees are flowering and the robins are back. Enjoy all that we have to be thankful for!



Susan Bryhan

Congratulations to Kia Hopings for her July - September 2022 Employee of the Quarter award.



Student from Creative Minds International, Evelyn Wallace, shared her Veterans Day card at the AFRH-W Town Hall.

Congratulations to the AFRH-W Employee of the Quarter



Congratulations to Recreation Therapist Amanda Jensema! Amanda has been a pivotal member of the recreation team at AFRH-W for 15 years. During the last quarter, she continued to provide exceptional resident centered care toward residents of the AFRH by planning, coordinating, promoting quality programs for AFRH healthcare residents. Throughout this last quarter, she provided innovative, engaging, and fun programming for our residents.

Some of the major programs Amanda facilitated: USFS Raptors Presentation, Veterans Day Bingo with Omega Psi Phi Fraternity, Holiday Party with Daughters of the American Revolution, and New Year Roving Muffins & Mimosas.

Further, Amanda was first on the scene and led the response team when Mr. Briefs had an accident. She initiated security protocols; calling 911 and directing them to alert Wellness Center. Amanda alerted AFRH leadership and operated as "on scene command." Due to Amanda's quick

response and action, Steven received expedited medical treatment from our in-house medical team. She directed paramedics to the scene and stayed to ensure Steven was receiving the best care possible. She used her training to ensure that he was breathing and calm until the medical team arrived. Amanda also was "Acting Supervisor" in Steven's absence for the recreation services team.

Amanda provided exceptional stewardship during this quarter by coordinating with the DAR Capitol Chapter organization to sponsor our annual Recreation Therapy Christmas party. She provided the chapter with appropriate gift ideas and when many of those presents came in she gathered a group of helpful residents who then filled many Christmas bags with those gifts. On the day of the party every resident who attended received a gift bag full of interesting items. During the event, Amanda encouraged the volunteers to socialize and even dance with our residents.

She involves the Assisted Living staff during her programs to assist in serving and socializing with the residents so there is the feeling of a true home environment. She also works with independent living residents to join in various events and activities. Amanda believes in the "team concept" where all staff work together to help make life enjoyable for the residents at AFRH. She is also flexible and willing to help other recreation therapy and recreation staff during their activity programs.

The AFRH Chief Operating Officer announces The Employee of the Year!

By John S. RisCassi | AFRH Chief Operating Officer

As we move into the New Year it is time to select the outstanding AFRH employee of 2022 and to recognize the stellar performance of an employee from each campus. First, I would like to recognize the runner up - Brandon Kinchen, RN from the Gulfport Campus. His dedication and compassionate care to our residents is evident in the sheer volume of work: completing over 900 Resident encounters, 59 annual exams, 49 new resident admission physicals as well as over 250 calls to healthcare facilities obtaining updates and critical care instructions for returning residents. In addition, and most significantly, Brandon saved the life of a resident by providing critical life support measures until an ambulance arrived. Congratulations to Brandon for his exceptional performance!

The Employee of the Year 2022 is Dominic Bernardy, Supervisory Contracting Officer's Representative assigned to the Washington Campus. Dominic embraces resident centered care on a daily basis and possesses an innate ability to multitask while adjusting to new circumstances. This was evident when transportation services were cancelled during COVID and his efforts got our residents to and from their many appointments. He continues to work with other departments to identify issues and implement corrective actions. Additionally, despite his heavy workload, Dominic constantly finds ways to assist his direct reports, co-workers, and other departments. He is the ultimate team player who is recognized by both AFRH employees and residents alike for his positive attitude and willingness to assist others.

Please congratulate these two outstanding individuals as they represent all of your efforts and why we are all here.

I look forward to another year of superb performance.



Congratulations to Employee of the Year, Dominic Bernardy!



Congratulations to Employee of the Year Runner-Up, Brandon Kinchen!

Notes from the AFRH-W resident advisory committee chairwoman



When I arrived at the Washington, DC, Armed Forces Retirement Home in September 2020, becoming the RAC Chair was definitely not on my radar. While I did my share of volunteering once I had settled in, I wasn't even sure if I wanted to run for floor representative in September 2022. But I did run, and not long into my term as the second floor representative, RAC Chair Fred Layman asked me to be his vice chair. Then, after much deliberation, Fred decided to resign at the end of February due to health reasons. I am honored and ready to serve you as the new RAC Chair along with the other members of the Resident Advisory Committee. I do not take this responsibility lightly, and I promise to work hard on your behalf.

April is Volunteer Appreciation Month, and I would like to take this opportunity to thank all the resident volunteers who make a difference every day at AFRH-W. What follows is a long list of volunteer positions, and while I am not naming the residents who fill these positions, you know who you are. Thank you to the library technician and circulation assistants, the thrift store attendants, the video projectionists, the golf cart drivers, the recreation assistants, the team that sponsors new residents, our administration assistant, the chapel assistants, the auto hobby shop assistant, the medical escorts, the bowling center assistant and the Defenders' Inn manager. Thank you to our puzzle room attendant, the COVID meal delivery and cleaning crews, the resident who updates the sick call book, the parcel delivery crew, trip callers, our gardeners and those who take care of the plants in the Sheridan Building, the trash pickup volunteers, the Christmas gift-wrapping elves, our resident who delivers newspapers every morning at 0-dark-thirty, those who share prayer and scripture readings with other residents, those who provide general event support, and those who take the initiative to do something to make another resident's day a bit brighter. My apologies if I have failed to mention a particular position.

Lastly, a heartfelt thank you to our outgoing RAC Chair Fred L. Layman. Thank you, Fred, as well as my fellow RAC members, for entrusting me with this ultimate volunteer opportunity.

A final thought from the outgoing RAC Chair, Fred L. Layman:

The Armed Forces Retirement Home - Washington residents have a strong RAC Chair and RAC. However, they will need the support of the residents to ensure they continue to provide the channel needed between staff and residents. Thanks to all of you for your support.

Hilary J. Rosado

AFRH-Gulfport

Congratulations to AFRH-Gulfport's Employee of the Quarter!

Photos by Becki L. Zschiedrich | Public Affairs



The Employee of the 1st Quarter FY23 was awarded to Recreation Therapy & Music Therapist Susan Bergman for exceptional service to the Armed Forces Retirement Home during October, November, and December 2022.

Susan is an amazingly talented Recreation Therapy / Music Therapist. She has a never-ending supply of costumes that elicit joy and smiles from the residents she interacts with. Susan transported her personal Halloween collection of spooky creatures to AFRH-G and created a "Spooky Fun House" for the residents and staff to enjoy. The atmosphere was creepy and scary with Halloween lights, sounds, and music. Creating this room size display, hanging lights, putting batteries in all of the scary creatures, and organizing in a fun manner took a lot of planning and effort. She created a room with visual and tactile Halloween items and sounds to stimulate residents and bring back fond memories of Halloweens past. Susan, with no lack of energy and enthusiasm, always makes activities fun and enjoyable for the residents.

Susan said, "It is an honor to be named Employee of the Quarter and a privilege to engage in creative experiences with our distinguished veterans at AFRH-Gulfport. I strive each day to bring joy and bliss to others whether through drumming, music therapy, a costume, an interaction, or even the Spooky Fun House! Thanks again and here's to more exciting fun-filled recreation celebrations!"

Susan's dedication is commendable and reflects great credit upon herself and the Armed Forces Retirement Home.



Seabee's 81st birthday celebration

By Tony Langdon | Resident

On March 11, residents from the AFRH-G were invited to celebrate the U.S. Navy Seabee's 81st birthday at the Imperial Palace Resort & Casino in Biloxi, Mississippi.



AFRH-G Handy Helper's Service Day

Story & photos by Rosie Lake | Activities & Volunteer Coordinator

Thank you to our military partners from the 81st Medical Support Squadron at Keesler Air Force Base for volunteering at our recent AFRH-G's Service Day, which was held on February 7. Residents within the Home signed up to get assistance with small tasks such as oiling squeaky personal mobility devices, to turning mattresses, and assembling shower chairs. I would like to extend a special thank you to A1C Meadow Twoteeth for her leadership with this group and MSgt. Kristine Richardson from the 81st MDSS Medical Logistics Flight, who has been extremely helpful in sharing members of her team in support of our veteran's needs. Your service to our country and to our Home is appreciated!



Happy New Year!!!

Story & photos by Rosie Lake | Activities and Volunteer Coordinator

Every year on December 31, people around the world celebrate New Year's Eve, the last day of the year. It's a day to say "goodbye" to the old and "hello" to the new. It's definitely the time of year to celebrate the year ahead, and we did just that! Residents at AFRH-G enjoyed live music, fellowship, great food, and dancing during our New Year's Eve celebration on 31 December 2022. Happy New Year everyone!



The Aging Mastery Program

By Carol Davis | Recreation Assistant

The Aging Mastery Program is an evidence-based program promoted through the National Council on Aging. This is an all-in-one workshop consisting of 10 sessions and covering a new topic weekly. Each week will consist of guest speakers, raffles & door prizes. Topics will range from healthy eating to financial fitness, fall prevention to the benefits of sleep and so much more. Join us on this adventure of aging to perfection! Be looking for the flyers for more information and the date sessions will begin. Tentative start date is Tuesday, May 2, 2023.



Aging Mastery Program[®]

National Council on Aging

Notes from the AFRH-G resident advisory committee chairwoman



Congratulations to the new AFRH-G RAC Chair, Diana Dopp! Diana was born in the small town of Rockville, Connecticut, in the fifties. She attended St. Joseph Catholic School from kindergarten through the sixth grade. She attended Sykes Junior High and then Enfield High School. After high school she married James Dopp and had three children: Heidi, James and Joan. Being young and deciding that perhaps James was not the one she would live with until death do us apart, she decided on another path. She worked at U.S. Technology Research Center where she soon discovered she needed a college degree. She was advised to go into the Navy Reserves where she could obtain the G.I. bill to get a free college education. Things, unfortunately, did not go according to the plan.

Her entrance into the military was a storybook only entrance. She signed up on a Saturday to be a reservist in data processing and was told that there was a year wait. Diana was already 32 years old, and this was the last year she could enter the military. Diana was upset, but being a lady with great faith, she went home with a positive attitude. Four days later the recruiting office called and said someone had become ill and would not be using their orders and she was signed up to be a data processor. Diana was offered this position. After going to pick up her orders, she discovered the person not reporting would leave that Friday. What do you do with three children and an apartment in three days? Well only Diana could do this. She sent furniture everywhere, sent the three children to their father, and left for boot camp. There were more surprises at boot camp when she discovered she had a six-year active duty commitment.

IT1 Dopp reported for active duty in the United States Navy on August 13, 1982, and after completing basic training in Orlando, Florida, attended Data Processing 'A' school in San Diego, California. In January of 1983 she reported for duty Fleet Intelligence Center Europe and Atlantic, Norfolk, Virginia. She received Sailor of the Quarter, Sailor of the Year, and was nominated for Shore Sailor of the Year. In January 1988, the DP2 Dopp reported into Rota Spain for duty Fleet Ocean Surveillance Information Facility and advanced to Data Processing First Class in June 1990.

IT1 Dopp is a Gulf War Veteran, who in 1992 was assigned to the USS Prairie AD-15 until it's decommissioning, and subsequently assigned to duty with USS Niagara Falls AFS-3 at Agana, Guam, completing two tours in the Arabian Gulf and Southeast Asia. Petty Officer First Class Dopp reported aboard USNS Niagara Falls (AFS-3) in September 1994, and transferred to her ultimate and final command, Joint Analysis Center Europe in March 1995.

During IT1 Dopp's career she has earned the Joint Service Commendation Medal, Joint Service Achievement Medal, Navy and Marine Corps Achievement Medal with four gold stars, Joint Meritorious Unit Award with three oak leaf clusters, Navy Unit Commendation with one bronze star, Navy Meritorious Unit Commendation with one bronze star, two Battle "E" Awards, Good Conduct Medal with one silver star, Navy Expeditionary Medal with bronze star, National Defense Service Medal with bronze star, Sea Service Ribbon with one bronze star, Overseas Service Ribbon with two silver stars and four bronze stars, Southwest Asia Service Medal with bronze star, and the Kuwait Liberation Medal. Well, twenty years later she retired from the military, but was so enthusiastic about government that she became a civil servant for another ten years doing exactly what she did in the military.

Diana's field was computer forensics, one of the few women in the field at the time – another trailblazer in her day.

Diana has three married children, Heidi Meyers, James Dopp and Joan Saucier, and six grandchildren Stephen Meyers, Cameron James Dopp, Jacob Saucier, Whitney, Abigail, and Nathan Whitham.

Diana Dopp

AFRH-Washington

AFRH-W resident highlight – Carl Ayers

By PK Knor | Resident



Born on April 3, 1931, in the coal mining town of Hugheston, West Virginia, Carl Ayers was the oldest of 13 children. He took care of feeding them, changing diapers, bathing and dressing them, and also helped with the household chores. Because of this, he did not graduate from school but later got his GED. His father was President of the Coal Miners Union, so he sent Carl to the coal mines to keep him out of the Korean War. After three and a half years in the mines, Carl "forgot" to mail his deferment and received the dreaded card, "Greetings, you have been drafted!" Carl said, "Best mistake I ever made!"

Between helping his family and working, Carl also managed to date his future wife, Rubye, who was attending nursing school in Charleston, West Virginia, where she graduated top of her class. In 1953, Carl was sent to basic training at Fort Hood, TX, and Military Police School at Fort Sam Houston, TX. He spent six months at Camp Rucker, AL and then finished his first tour in Karlsruhe, GE. Carl and Ruby were married and he wanted to stay in the Army, but wanted something close to home. He found a duty station in Charleston, WV, so he re-enlisted and conducted AWOL apprehension and town patrols.

He did receive orders to Korea, but after a short time there he became sick and was shipped home to Presidio, CA. Rubye lived in California with her brother, so she joined Carl there, where he worked as a patrol supervisor at the Golden Gate Bridge.

His next assignment took him to Smithfield, VA, but, as a Nike Ajax guided missile fire control man, with in-house training. As an E-4 he was sent to recruiting school but, because promotions were frozen, he could not be a recruiter!!

Carl re-enlisted to be a microwave technician and was stationed at Fort Monmouth, NJ. Then, the family was sent to Seckenheim, Germany where, because of his rank, they had to live on the economically. Finally, he was promoted to E-6 and then stationed in Heidelberg, GE, where he worked twelve-hour shifts, on the top of a mountain for two years. After six years in Germany, he returned to Fort Monmouth to be an instructor.

The Vietnam War had started, and Carl was sent to DaNang, promoted to E-7 (Sergeant First Class), and assigned to the Signal Corp. When this tour was over he returned to Fort Monmouth. After three months, he was to be sent back to Vietnam. Carl's brother, Newman, was also in Vietnam and brothers couldn't be stationed in a war zone! Later, they each got orders, met at 1st Signal Brigade HQ in Long Binh, and exchanged their country locations. Carl then spent another year there.

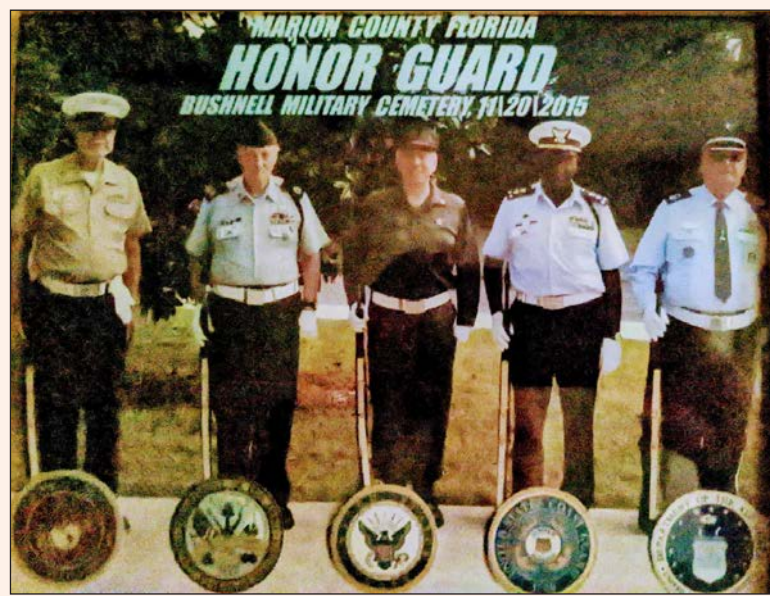
Carl's last assignment was at Ft Bragg, NC, where he built a M.A.R.S. (Military-Affiliate Radio System). He retired as an SFC on July 1st, 1973, after 20 years. But, Carl was not ready for a rocking chair...

For the next 18 years, he worked as a junior ROTC instructor for six different high schools in North Carolina. Some schools had established programs, some schools needed revamped programs and some schools needed Carl to develop their program. Carl had supervisors, but they left everything to him. He taught the students military history, marching, weapons training, repelling, etc. In the summer he took them to Ft. Bragg or Ft. Jackson for special weapons training. He also had drill teams and a color guard. At his one special needs school, 30 students signed up and were shocked and very excited to get uniforms. So much so that one child wore his uniform every day. A lot of his students went on to have military careers and some of them still keep in touch with him. (Ask Carl about these students, he has great stories!)

When Carl finally retired, he volunteered with meals-on-wheels and the fire department. He also helped organize and volunteered with the Marion County Florida Honor Guard to attend military funerals.

During his 52 years of marriage to Rubye, she continued her nursing career. They had three sons, Glenn, Guy, and John. His sons have made him very proud and all have had successful careers and happy marriages, and have given him five wonderful grandchildren. After Rubye passed away, Carl married Suzanne Rounds. They were happily married for eight years, until she passed away.

Carl enjoys his time at AFRH-W, plus all the special programs they offer, and the friends he has made.



AFRH-W Valentine's Day

By Carol Mitchell, ADC | Recreation Therapist

Photos by Carol Mitchell & Evelyn Chandler-Payne | Recreation Therapy

Roving Valentine's Day carts were on the move on February 14 roaming the healthcare houses and bringing sweet smiles to all. The themed-carts strolled through with tasty treats to include chocolate dipped strawberries and pineapples, assorted cupcakes, cakes, cookies, fresh fruit salad, sparkling cider, and, of course, chocolate kisses!

Residents entering and exiting the dining room were greeted by recreation staff and volunteer services to receive donated Valentine's Day goody bags, and of course delicious chocolate treats!



2023 Black History Program

By Marla McGuinness | Recreation Specialist

Photos by Steve Briefs | Recreation Supervisor

This year's theme for Black History, 2023 was Black Resistance. AFRH-W teamed up with President Lincoln's Cottage. The guest speaker was Christopher Wilson, Director of Experience with the Smithsonian National Museum of American History.

Mr. Wilson spoke of his childhood and had some powerful words to share during the ceremony.

The Master of Ceremonies was Billy Bowen, the Invocation was presented by Chaplin John Goodloe, Resident Barb Wilson read a poem called "Breathe" by Lisa Pegram, music was played by Billy White, and the AFRH-W Administrator Susan Bryhan presented a coin.

Special thanks to the AFRH-W resident committee team: Carl Ayers, John Baker, Billy Bowen, Arlester brown, Sabrina Larry, Esker McConnell, Buddy Reynolds, Billy White, Rose Williams, Barb Wilson, Ted Wilson. We appreciated partnering with President Lincoln's Cottage Director of Programming Callie Hawkins. Thank you also to our Art Specialist Jenna Kriegel, who taught a charcoal class for the residents, which was displayed during the program.



AFRH-Gulfport

AFRH-G resident highlight - LV and Kimberly Golson

By Dan Ellis | Resident



LV Golson, Jr. was born on 7 January 1957 in Seattle Washington. He moved to Lompoc, California in 1963, where his dad (U.S. Air Force, CMSGT/Retired) was stationed at Vandenberg Air Force Base. Upon graduating high school, he was off to Navy boot camp in October 1975. After completing boot camp in San Diego California, he attended the Cryptologic Technician Technical (CTT) Navy 'A' school training in Pensacola, Florida. LV's assignments included three tours in Japan: NSGD Fort Meade, Maryland; NSGA Homestead, Florida; NSGD Pensacola, Florida; and NSGA Northwest, Virginia. He deployed aboard seven fast attack submarines, earning his submarine qualifications on the USS Spadefish SSN 668 in 1982 during an ICEX deployment, where he surfaced 80 yards from the North Pole.

LV enjoyed participating in all the sporting activities the military had to offer. He was selected to play on both the All-Navy softball and racquetball teams. His current love now is golf.

After serving 21 years, LV retired as CTRC(SS) in 1996. He then attended the Police Academy in Pensacola, was employed by the Pensacola Police Department for five years before becoming the computer support manager for Sacred Heart Medical Group in Pensacola from 2000 to 2013. LV was next employed by CSC (Computer Science Corporation) at Saufley Field Pensacola as a Database Manager until 2016 when he became fully retired.

Kimberly Smith Golson was born in Darlington, South Carolina. She has lived all over the United States. She has called Alabama, Texas, California, Indiana, Virginia, North Carolina, and Florida home and lived in all these places before graduating from high school.

Kim enlisted in the Navy in January 1977 under the Delayed Entry Program while living in North Carolina. She went to boot camp in Orlando Florida. After boot camp, she was sent to Cryptologic Technician (Collection) (CTR) "A" School at Corry Station, Pensacola, Florida. Upon graduation, she took orders to Okinawa, Japan.

While stationed in Okinawa, Japan, Kim converted from CTR to CTA (Cryptologic Technician (Administrative)). She received orders to the National Security Agency in Fort Meade, Maryland, then to Homestead Air Force Base in Homestead, Florida. After Homestead, it was back to Okinawa. After a second tour in Okinawa, she was transferred to Naval Education and Training Professional Development Center (NETPDC) Saufley Field, Pensacola Florida, where she wrote advancement in rate exams and rate training manuals for the CTA rating. Kim retired in 1997 as a CTACS in Pensacola, Florida. After retiring from the Navy, Kim accepted a job with Computer Science Corporation at Saufley Field as a database administrator in support of mission-wide network management.

In furthering her education, Kim attended multiple colleges throughout her military career. Following her retirement, she made good use of the GI Bill. She graduated from Pensacola Junior College (AA), The University of the State of New York (BA), and The University of West Florida (MS), receiving her Master of Science in Database Administration.

Kim continues to teach college courses for the Computer Science Department of the University of West Florida in Pensacola, Florida.

Kim and LV met while stationed in Okinawa, Japan where they married and followed paralleling paths while in the Navy. Following their military retirements, they made their home in Pensacola, Florida.

Both have an avid interest in traveling and continue taking cruises while having established new quarters at the Armed Forces Retirement Home in Gulfport, Mississippi.

Kim takes time to volunteer as a Library Assistant and LV puts his time in the Mail Room.



Not every rose has thorns

Story & photos by Becki L. Zschiedrich | Public Affairs

There has been a lot of activity going on in the sewing room at AFRH-G. Resident Roberta McElroy held classes on making roses out of Hershey kisses and they came out beautifully. It's even better that these unique roses do not have thorns, plus there is a sweet treat inside, and it doesn't need water. With help from other residents, Roberta's goal was to make a rose for every single resident. In February we had a total of 412 residents (we currently have 422 residents), so that's a lot of roses to make. Roberta is multi-talented. She makes eclectic artwork, jewelry, and is also a ventriloquist. These roses were handed out on Valentine's Day when residents exited the dining hall.

On a side note, do you know why roses even have thorns? Thorns are to deter animals from eating the leaves. Rose bushes put so much energy into making a rose that it is known as the physical defense because the plant physically defends against the animals by poking them.

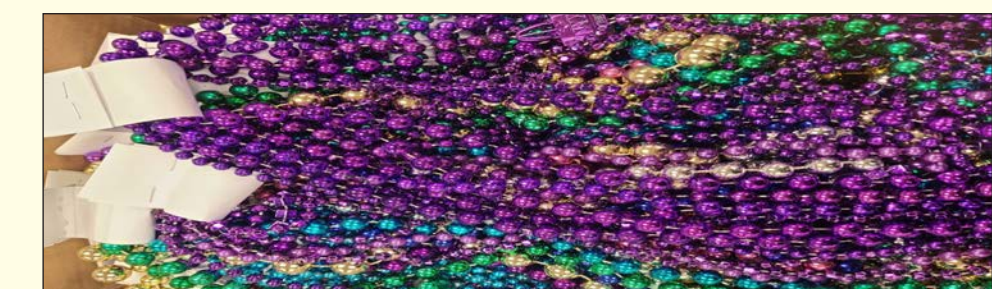
Thank you Roberta and all the residents who helped out in making these thoughtful roses for all the residents.



Beads, beads, and more beads!!!

Story & photos by Rosie Lake | Activities & Volunteer Coordinator

Mardi Gras preparations were underway, and it wouldn't be a celebration on the Mississippi Gulf Coast without BEADS!! If you've ever experienced Mardi Gras, you know what I'm talking about. If you've walked into the volunteer lounge in February, chances are you've seen Mr. Tom George and Mr. Don Gallagher separating and organizing beads. Tom and Don regularly volunteer in the UPS/FED EX package room but are always willing to help when needed. Some days the beads were more tangled than others but the company and conversations are always something to look forward to! We are so thankful to all of our resident volunteers at AFRH-G, they are always willing to help!



AFRH-G International Culture & Cuisine Social

Story & photos by Becki L. Zschiedrich | Public Affairs

Food is not rational. Food is culture, habit, craving and identity. AFRH-G's Recreation Services & Dining Hall hosted a festive International Culture & Cuisine Social on February 28. It was an incredible turnout and we would like to thank all the residents who attended. There were diverse food booths set up around the Community Center for residents to visit and try food from other countries. Beer and wine were served along with Greek salad, Swedish meatballs, Hawaiian (USA) coconut shrimp, Mexican hot tamales, Jamaican jerk chicken, Japanese fried rice, Chinese eggrolls, French eclairs, Greek baklava, French silk pie and Italian lemon cr me cake.

Food is a part of culture that is central, connected to many kinds of behavior, and infinitely meaningful. Food culture incorporates our ethnicity, and cultural heritage and provides a mechanism of communication with others both externally and within our families and communities. Thank you to recreation and dining for creating such a fantastic international cultural event for our veterans.



AFRH-Washington

Budget update

By Travis Cook | Chief Financial Officer



Just before the New Year, Congress passed the annual funding bill for the fiscal year 2023 after a three-month delay. It provided AFRH with budget authority for operations on par with our 2022 levels (\$68.06 million in 2023 versus \$68.0 million in 2022) and a reduction in budget authority for capital improvements (\$7.3 million in 2023 versus \$9.0 million in 2022). On the operating side, we had to absorb a 4.1% federal pay increase and other costs in some of our major expenses due to supply-chain backlogs and inflation: 13% for utilities, 9% for food, and 5% for materials and supplies. Additionally, we had to absorb a 34% cost increase for specific service contracts due to Executive Order 14026, which increased the minimum wage for federal contractors. The good news is we could offset the higher costs and add \$6 million to the Trust Fund, ending the fiscal year 2022 with a \$107 million balance. Over the next couple of years, the outlook looks favorable as supply-chain backlogs have eased, and inflation has peaked and begun to cool.

An essential piece of the fiscal year 2023 funding bill is a \$77.0 million transfer from the Department of Treasury's General Fund to the AFRH Trust Fund for a complete renovation of the Sheridan Building at the DC campus. This will be a significant capital investment for AFRH and significantly improve the quality of life for our Sheridan residents. The lengthy procurement process is underway and expected to continue into 2024. As a side note, until expended, those funds are held in investments and have an anticipated return on investment of \$3 million for 2023.

Looking ahead to next year, the 2024 President's Budget Request maintains the 2023 operating level of \$68.06 million but does boost capital spending to \$8.94 million. Key capital projects funded in 2023 are Gulfport's generators and chiller and the final phases of DC's water and electrical infrastructure projects. If passed by Congress, critical projects for 2024 funding will be keyless entry and emergency alert systems at both campuses and HVAC and fire pump and sprinkler system modernization at the DC campus.

Commitment to quality

By Elaine Fry | Performance Improvement Integrator



We are proud to announce that we received accreditation from The Joint Commission for our Assisted Living Program! This is the first time that Assisted Living received its own stand-alone accreditation and sets us apart from most other Homes. The surveyor gave us an overall very positive report and noted that we provide more services than most other programs she has surveyed. There were no critical level findings, and the few healthcare findings were immediately corrected and accepted by The Joint Commission. Preparation for the surveyor's visit was a team effort, and our daily commitment to quality was evident in our successful compliance to the many Joint Commission standards that were reviewed.

This quarter, action was taken in response to resident feedback during the Accessibility Focus Groups that took place last quarter. Residents told us that some of our informational postings were difficult to read, especially for those with low vision and those whose line of vision is from the height of their wheelchairs. A workgroup was formed to research the best techniques for written communication for older adults. The group then surveyed the buildings to find examples of postings that did not meet that criteria. An educational memo, signed by the administrator, was disseminated to all staff on guidelines to follow when written information is posted for residents.

Resident feedback on dining and housekeeping is important information in maintaining quality services. Every second Tuesday of the month, a Dining Committee Meeting is held for residents to attend and express their opinions on the quality of dining services and the food served at meals. This quarter, a Housekeeping Committee was initiated similar to the Dining Committee Meeting. Residents are encouraged to attend to provide feedback. A survey box in the Sheridan Building will be available starting in March, where residents can complete and submit a satisfaction form. This feedback will be collected and discussed at the Housekeeping Committee Meetings.

In addition, representatives from Healthcare Services, Residential Services, Campus Operations and the Performance Improvement Integrator have been meeting to work on making the transition process to another level of care more effective and efficient. We recognized that we needed to improve the process by defining roles and responsibilities, identifying timeframes, managing vacated rooms, enhancing resident and family education and reviewing and updating our standard operating procedures. The goal is to ensure that residents receive a smooth transition from one level of care to another, and are clearly aware of the reason for transition, who provides what service, and what to expect in the transition process.

These are just a few of the ways that AFRH-W demonstrates a commitment to quality. Other initiatives will be published in the next quarterly Communicator Newsletter.



Healthcare "Rivkin Art Center" grand opening

By Carol Mitchell, ADC | Recreation Therapist

Photos by Evelyn Chandler-Payne | Recreation Therapy Assistant & Jenna Kriegel | Art Specialist



The Rivkin Art Center is now OPEN! The Center provides for all residents to engage in and display their awesome works of art.

It was an exciting and special night for the residents of AFRH-W on March 10! The Rivkin Art Center held a lovely grand opening for all to attend. Leading into the Scott 2 West House the leisure lobby area welcomed residents, family, friends, and staff to stroll through and view many wonderful works of art created by past resident Mimi Rivkin. The area was transformed into an art gallery, displaying many of Ms. Rivkin's watercolor paintings and various sketches. The Art Center, named in honor of resident Mimi Rivkin, was an artist extraordinaire.

The den area on the Scott 2 LTC/MS was fashioned into an art center. As residents with or without art skills transition to healthcare levels, the center provides an area to continue their art skills or learn new skills from classes held by AFRH-W Art Specialist Jenna Kriegel. Crafts have played an important part in Recreation Therapy programming through various sources like Help Heal Vets Craft Kits, crazy crafts by Carol, and a variety of other arts & crafts resources. The Center provides for residents to create and design their own works of arts and crafts until their hearts are content. In other words, residents are able to "inspire their hearts with art."

The event kicked off with inspiring words about "Mimi" and a ribbon cutting leading into the wonderful new Rivkin Art Center, where healthcare resident Jim Morrison demonstrated his painting skills and fellow resident Roy Krause worked on his ceramics skills. Those attending also enjoyed wine, beer, sodas, water, delicious desserts, and fresh fruit. Making the night even more special the MPTF DC Federation of Musicians Local 161-710 provided a live violinist Laura Knutson and guitarist SSG Jan Knutson played throughout the event.

Residents are looking forward to utilizing the Rivkin Art Center to cultivate their creativity, encourage learning, increase social interaction, reduce stress, help to divert their focus and free time to something productive, and help improve their quality of life.



Scott 2 resident & staff trees of hearts

Story & photos by Carol Mitchell, ADC | Recreation Therapist

Valentine's Day approached fast and the residents and staff of AFRH-W Scott 2 House did a little decorating. They decided to turn some of the Christmas trees into "Trees of Hearts." The residents and staff, residing and working on the Scott 2 Long-Term-Care & Memory Support House, joined together and made the hearts to honor everyone with their names being reflected on the hearts adorning the trees! This was such a heartfelt moment.



Pre-Super Bowl festivities

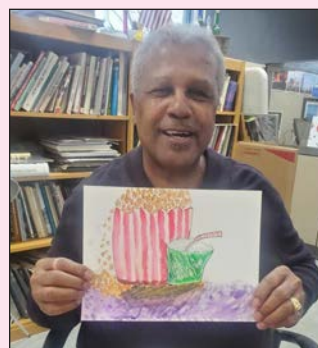
By Carol Mitchell, ADC | Recreation Therapist

Super Bowl festivities continued when AFRH-W held a pre-Super Bowl luncheon. A great meal was provided by our food service team. The lunch included fan football food favorite's like BBQ pork sliders, chicken strips, cheese & crackers, fresh fruit, salad, baked beans, chips and dip, dessert, beer, wine, and soda pop.



Paint & sip

Story & photo by Jenna Kriegel | Art Specialist



Paint and Sip was POPPIN! Washington residents followed along a guided watercolor tutorial

painting popcorn and soda in celebration of National Popcorn Day. Staff members Recreation Team Lead Marla McGinnis, Dietitian Kim Eccles, and Administrator Susan Bryhan joined in the fun!

Guest Speaker visits Glenna's Book Club

By Glenna Orr | Community Volunteer and Book Club Leader

Photo by Leslie Toomey | Librarian

Our Book Club at AFRH-W had a wonderful guest speaker, Liz Kintz, during a January meeting, and we all thoroughly enjoyed her visit. She held a captive audience as she spoke of her assignment as a press aide in the George W. Bush White House, her work with Ari Fleischer devoted to the writing of his books--*Taking Heat* and *Suppression*, *Deception*, *Snobbery*, and *Bias*--and her role working alongside Ambassador Jeane Kirkpatrick doing research for the Ambassador's writings. Ambassador Kirkpatrick was the first woman to serve as United States Ambassador to the United Nations. We are grateful Liz Kintz visited and paid tribute to the veterans residing at AFRH-W. Glenna's Book Club meets in the AFRH-W Game Room, near the Library on Wednesdays at 1330. Upcoming book titles include the following: *Churchill and Orwell: The Fight for Freedom* by Thomas Ricks; *The Maltese Falcon* by Dashiell Hammett; *Destiny of the Republic* by Candice Millard; etc. New members are welcome to join at any time.



AFRH-W Super Bowl shenanigans

By Carol Mitchell, ADC | Recreation Therapist



The countdown was on for Super Bowl 57 at AFRH-W! Bring it on Philadelphia Eagles vs. Kansas City Chiefs! Healthcare residents and staff on Scott 2 kicked off the Tuesday before the Super Bowl with video highlights and football bloopers. On Wednesday, residents enjoyed a morning of Super Bowl history and trivia. Thursday, we had the "Super Bowl Fun Pic Bucket Pics," in which residents and staff could place their bets on who would win the coin toss, first touchdown, first sack, SB57

Champions, and more. The lucky winners were drawn Monday morning following the game. Friday, we held a pre-Super Bowl luncheon. A great meal was provided by our food service team. The lunch included fan football food favorite's like BBQ pork sliders, chicken strips, cheese and crackers, fresh fruit, salad, baked beans, chips and dip, dessert, beer, wine, and soda pop.

AFRH-Gulfport

Two gold medal winners

By Milton Williams | Art Specialist
Photos by Becki Zschiedrich | Public Affairs

AFRH-G is honored to have two of our residents, Wayne Wolski and Wolf Kiessling, receive gold medals for their art work in the 2022 National Veterans Creative Arts Festival. Over 2,000 veterans entered the competition from 118 VA facilities across the country.

Wayne Wolski won first place in sculpture with his entry "Lion Fish." Wolf Kiessling won first place in his carving titled "Jessie Chisholm."

On a side note, Wayne started sculpting three years ago and entered the above art competition. The first year he placed third, the second year he placed second, and now this year Wayne won first place! Wolf has a lifetime of carving experience and has won many awards around the country.

A huge congratulations to you both, and we look forward to seeing what you will be entering next year. Each of the artist's works can be viewed in the Display Room at AFRH-G. Keep the art adventures going!



Pelican paintings

By Milton Williams | Art Specialist

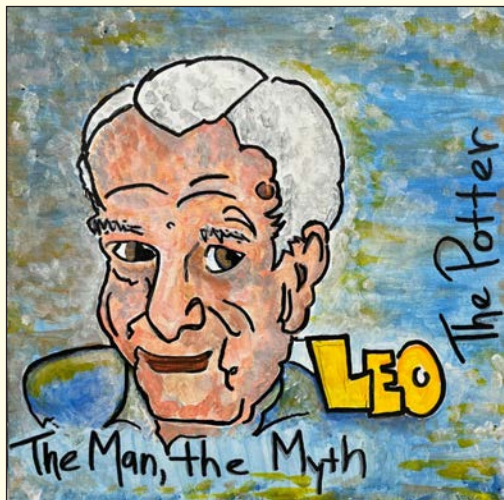
The resident artists at the Armed Forces Retirement Home-Gulfport enjoy painting pelicans, especially after one of our volunteer artist, Hayden Hall, showed them his technique in a painting class many years ago. He was going to hold another class, but alas, COVID kept him from coming. They decided to go ahead and paint this unique view of a pelican and they did a great job. The picture of the painting by Ray Eckert shows just how much detail and expression can be put on canvas. Thanks class, it is always a fun art adventure in the painting rooms.



WWII airplane nose art, caricatures & sculptures!

Story & photos by Milton Williams | Art Specialist

Three months ago, Shaun Hogan made AFRH-G his home. A week later, wanting to put paintings on his walls, he bought some canvases, stepped into the art room and started painting. Eager to learn about acrylic painting and trying his hand at being creative, he soon had covered his wall with art. He says the last time he painted was in a high school classroom. Hmmm, obviously he paid close attention, he does caricatures, WWII plane insignias and clay sculptures. Keep that imagination coming Shaun, your caricatures are fantastic. You will find him in the art rooms most days and early mornings.



A super model...maker

Story & photo by Milton Williams | Art Specialist

AFRH-G resident Ben Ward has an eye for boat models, the wooden detailed kind. The ones that take a long time and a lot of patience to build. It also helps to have knowledge of the "Seafaring Folk," which Ben has since he served in the Navy and sailed the seven seas. I can only imagine how many sailors gleamed much sailing wisdom and modeled their seaman ship after him.

He has finished a "Chinese Junk" and is currently working on an 1800's Clipper Sailing Vessel. The one below is an old steam paddle wheeler completed in 2022. Ben, we are looking forward to seeing the rest of the fleet. Thanks.



Sandy's wild animal paintings

Story & photos by Milton Williams | Art Specialist



Perhaps you have always wanted to go on a wild animal safari. Well thanks to Sandy Joiner and her paintings of animals in the wild, you can go on an art safari. With a bit of imagination, taking the art adventure and viewing six of her most recent paintings of raccoons, leopards, elephants, a koala bear and three night tree monkeys, we all can. Put your hiking shoes on and visit the wall just outside the painting activity room and view her latest works. You can almost hear the sounds of the wild coming out from her paintings.

Most artists paint only with brushes, but she has taken it to a new level and developed a painting technique using very small wooden sticks, aka toothpicks. Hey, it works, they are painted on wood, using elements of the earth, sand, nuts, tree bark and a measure of patience. Those works of art are so realistic, you will think you are in the woods with the critters. If Sandy ever starts painting underwater scenes we might have to view them with our bathing suits on. A true naturalist. Keep painting Sandy!



AFRH-G recreation tournaments

Story & photos by Dennis Crabtree | Recreation Specialist

Throughout the month of February, Recreation Specialist Dennis Crabtree held a variety of tournaments including: Bocce ball, indoor putting, pong, pong pool, shuffleboard, washer toss, and a predictability walk. All residents competing had a great time. The winners were: Bocce Ball - Frank Baker, Indoor Putting - Mac McElroy, Pong - Wolf Kiessling, Pong Pool - Danny Myers, Shuffleboard - Wolf Kiessling, Washer Toss - Wayland Webb, and Predictability Walk (winners by age group) - Above 83, Wayland Webb, Under 82, Wayne Wolski, Above 78, Doris Denton, Under 77, Sandy Joiner.

Congratulations to all residents who placed in the games and thank you to everyone who participated.



Water aerobics coming soon to AFRH-G

By Carol Davis | Recreation Assistant
Photo by Becki Zschiedrich | Public Affairs

Yay! Water Aerobics classes will be back soon. We are hopefully starting in May, so check out the calendars for the start date. Also, we have a familiar face who will be back to lead our group this year. Please welcome back Carolyn Kerns as she guides our classes every Monday, Wednesday and Friday at 1000! Come join in for some great exercise and fun!

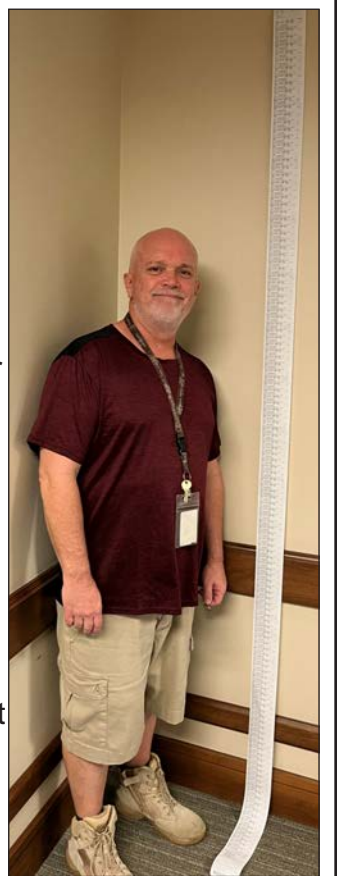


Anyone for a card game?

Story & photo by Milton Williams | Art Specialist

Dennis Crabtree, Recreation Services "Games Activities Inventor" would scale the highest mountain for the residents at the Armed Forces Retirement Home to keep their fun activities and games going. In between game events, one of his numerous duties is acquisitions of gaming items. Well folks, he has reached new heights. This is Dennis next to the world's longest receipt for a deck of JUMBO CARDS, actually a receipt for 120 decks of cards to be precise.

Having found the best price for bulk quantity, they were purchased through our local NEX by one of his colleagues, who will remain anonymous. On this day the store had a full house when we went to pay for said items. Our dedicated and knowledgeable, Exchange Supervisor June Weddle, using all the skills and knowledge of the register system, tried to group them as one purchase and make one small receipt. A normal practice with multiple alike items. Every attempt was made to scan one and multiple it by 120, however, June had to ring up each deck of cards 120 times, resulting in a 10-foot long receipt. If not a world record, at least one for the recreation department. Judging from Dennis' poker face, no one really knows if he had advanced awareness that this would happen or if he was as surprised as the rest of us. Hmmm! If trophies were given out for "check out receipts," Dennis would get first place. Needless to say we all got a chuckle, even the anonymous purchaser who ended up spending a bit more time taping the receipts into the records book. Perhaps these game cards are destined to be played with the JOKERS!



AFRH-Washington

Benefits of arts & crafts

Story & photo by Carol Mitchell, ADC | Recreation Therapy

The Long Term Care and Memory Support residents look forward to AFRH-W Art Specialist Jenna Kriegel's monthly visit to provide arts and crafts related programs along with Recreation Therapist Carol Mitchell. Creative activities, such as arts and crafts, can help enhance mental health by stimulating different parts of the brain, depending on the activity. It can be especially therapeutic for those with Alzheimer's disease or other forms of dementia by reducing adult cognitive decline. Keeping the brain stimulated and actively engaged, the mind can help slow cognitive decline and increase the overall wellbeing of these individuals. Jenna decided this month to do giant sized "Color Your Sweetheart" coloring project that brought smiles, conversation, and laughter to all! Arts & Crafts at the Home cover a wide range of activities from crocheting and woodworking, to painting and coloring. Some further health benefits the crafts provide include: promoting socialization and making friends, giving a person a sense of purpose and accomplishment, increasing physical health, stimulates fine motor skills and so much more. It encourages the elderly to express themselves and provides for a sense of self-esteem. The physical benefits include using their hands to enhance the overall dexterity in their arms, fingers, and hands. Last, but not least, creating art allows seniors to get satisfaction and enjoyment, knowing they made something they enjoy.



National Activity Professionals Week

Story & photos by Carol Mitchell, ADC | Recreation Therapist



Keeping active as we enter into the Golden Age club can help lower the risk of developing or help manage health conditions such as heart disease, diabetes, obesity, stroke, and arthritis.

Activity Professionals play an important part in helping to maintain resident's quality of life through active games & sports, parties and other social gatherings, traditional games and puzzles, dancing and performing arts, active learning, arts and crafts, pet therapy, gardening, and so much more! Activity booths were available for residents to enjoy.



Tasty Korean TTEOKGALBI

By Carol Mitchell, ADC | Recreation Therapist
Photos by Amanda Jensem, CTRS | Recreation Therapist

Residents enjoyed attending the monthly Korean cooking demonstration and tasting in the Scott Community Center on March 9. Residents had the opportunity to test their cooking skills. They joined in and assisted in cooking a tasty traditional beef pattie dish known as TTEOKGALBI.

New resident to AFRH-W, Kyong jumped right in to help while her husband Milton observed and gave input from the sidelines. Special thanks to fellow resident sous chefs Warren, Chris, Bill, and John for mastering the art of cutting and chopping pears, onions, and fresh garlic. Ingredients included ginger puree, ground beef, rice wine, pepper, soy sauce, cornstarch, onions, pears, garlic, sugar, honey, and sesame oil.

Korean cuisine has evolved through centuries of social change. Originating from ancient agricultural and nomadic traditions in Korea and southern Manchuria, Korean cuisine mirrors a complex interaction of the natural environment and diverse cultural styles. All are looking forward to next month's specialty Korean dish to make and taste!



The National Capital Trackers famous train show

Story & photos by Steven Briefs, CTRS | Recreation Supervisor

On the weekend of March 11 and 12, the National Capital Trackers once again brought their love for model trains and set up a complete miniature town in the Community Center for our residents. There were store fronts, people, cars and of course, trains. Trains were running on multiple tracks, always in motion, going one way or the other. Bill Knapp is the organization's track master, and along with his volunteers spent half a day building the "town and train tracks" which included trees, grass and wild life. All of this was designed to stimulate the resident's memories of the times they grew up and maybe rode trains, or had model trains themselves. Many residents stopped by to see the show and shared memories of their childhood hobbies with the volunteers. It was a very nice time for everyone.

The National Capital Trackers was formed in 1991 and their goal is to share their passion for toy trains with the public. They believe collecting and building toy trains is the world's greatest hobby.



Classical music

Story & photos by Marla McGuinness | Recreation Specialist

Two talented violinists came to visit AFRH-W from the National Symphony Orchestra of the Kennedy Center. They played classical music for the residents.

Jennifer Kim & Dayna Hepler (pictured below) are part of the "In your Neighborhood" program that the Symphony Orchestra has put together to travel the DC and outlying areas, sharing music in all forms. Also in the photo below (in the middle) is Genevieve Twomey, General Manager of The John F. Kennedy Center Performing Arts.

Due to Covid most of the musical performances were canceled; this is a way that they can keep the music alive in people's hearts.



Kobe's Japanese Steak & Seafood House Restaurant

By Evelyn Chandler-Payne | Recreation Therapy Assistant

It was a beautiful sunny day for an off-station trip to Kobe's restaurant. Hibachi cuisine at its finest. Menu items included steak, chicken, scallops, salmon, vegetables, fried rice, noodles, and homemade cheesecake. The food was delicious and the staff and cooks were awesome! The chefs cooked table side and entertained us with their culinary skills. There is definitely an art to preparing delicious Japanese dishes. Hibachi is a Japanese style of cooking where the food is arranged over an uncovered, flaming grill. A teppanyaki chef is more than a cook who's mastered the teppanyaki style of cuisine. Being a successful teppanyaki chef requires equal parts performance and culinary mastership.

Residents were asked to choose their entrée off of the menu. They really loved being able to create their own meal, while they watched a fiery flamed grill with an onion volcano. They were amazed! Kobe's Restaurant is located in Lanham, Maryland. The residents had a great time! The atmosphere was pleasant as well as great customer service. The AFRH-W residents are looking forward to trying new and different restaurants as the weather starts getting warmer.



Morning swimming at AFRH-W

By Carol Mitchell, ADC | Recreation Therapist

In January, Scott 2 residents enjoyed a morning swim in the AFRH-W indoor swimming pool. Even though it was winter in Washington, DC, the water was warm and it felt great to be in the pool again after a three-year healthcare resident hiatus due to COVID.

Special thanks to nursing staff Virginia & Tammy, along with resident volunteer Pat for helping Recreation Therapy swimming sessions.



Here piggy... piggy...piggy... sooie!

By Evelyn Chandler-Payne | Recreation Therapy Assistant

Photos by Carol Mitchell, ADC | Recreation Therapy

National Pig Calling Day started with a wild pig chase throughout the AFRH-W Campus. Evelyn, the happy pig, enjoyed posing with residents for photo shots while Carol, the crazy pig, was on a mission to catch her for a tasty bite of pork! Later on in the day, residents and staff gathered for a rousing pig calling contest. Contestants gathered from all over the world to participate in the event. It included our joint winners Santiago Vega, from Puerto Rico, and William Palmer, from Pennsylvania.

Each and every resident and staff had their own art of making pig calls to encourage pigs to come out to eat OR BE EATEN. The residents really enjoyed the celebration and the tasty vittles of food and beverages. The menu included bacon, pigs in the blanket, pretzel pigs in the blanket, soda, water, beer, and of course shots of Pig Whiskey! Special thanks to residents Warren Pospisil and Jim Hunnicutt for the piggy prizes and to resident Fred Layman and Chief of Resident Services Ron Anderson for judging the pig calling. A good time was had by all HOGS!



AFRH-Gulfport

A New Year filled with kindness, comfort & joy!

By Susan Bergman, MT-BC | Recreation Therapy Services
Photos by Rosie Lake | Volunteer Coordinator, Kimberly Clothier, & Susan Bergman, MT-BC



The holidays beamed for healthcare residents! Throughout the season and into the New Year, residents continued to celebrate with health and safety as a top priority! Just to name a few, the holidays were filled with many Recreation events such as the Annual Tree Lighting Ceremony, handmade ornaments, holiday cookies, and a holiday cook-in with visits by Tropical Santa, Ms. Claus & Rudolph who delivered an embroidered vest gift (wrapped by Beth Cox & Jen Biernacki). Santa, Ms. Claus & Rudolph returned for the monthly Birthday lunch and Pastor Gibson along with Father Uko led the

Christmas Service once again. On December, 22, 2022, Beth Cox & Susan Bergman had everyone jingling along during a holiday sing-a-long in the community center. The holidays wouldn't be complete without our incredible IL (Independent Living) resident volunteers including Ed Summers, who painted over 80 red stockings and Sandra Joiner & Clayton K. Hall who provided a variety of stocking stuffers. Murphy USA returned for their second year of donated holiday gift bags and added wrapped bulletin boards, too. The person centered stockings were filled in secret by Recreation staff (Rosie Lake, Beth Cox, & Susan Bergman) and attached to the gift bags in order to be delivered on Christmas Day by Recreation staff member, Kimberly Clothier! Oh, what fun! Also, over 110 lap throws were added to the gifts in addition to IL residents and were made and delivered with love and care by Deborah Mareno and Terre Lee. As Deborah Mareno wrote in her message, "I am so honored to be able to donate to the ARMED FORCES HOME. We have our freedom because of these men and women who have served. God Bless Each One. Kindness is my favorite word. If we could all just be a little kinder, what a beautiful world it would be." It was and truly will continue to be a New Year filled with kindness, comfort & joy!



Bay Oaks Quilt Guild - first quilt recipient

Story & photo by Rosie Lake | Activities & Volunteer Coordinator

Thanks so much to Ida MaCuick and The Bay Oaks Quilt Guild for recently donating eight beautiful quilts to AFRH-G. Ms. MaCuick had the grand idea for one name to be drawn and one quilt to be given per month. Mr. King Houston's name was drawn and was the first recipient of one of these wonderfully crafted quilts. Congratulations Mr. Houston!



Makin pizzas...with the works!

Story & photos by Jen Biernacki | Recreation Therapist

On February 17 the healthcare residents enjoyed the morning making their own individual pizzas. No dough was flying in the air but words were flying around the room like: "I need cheese," "where's the mushrooms," "I need peperoni" and "mine is done." With tender care, each pizza reflected a masterpiece of personal choices of toppings and arrangements. As the pizzas had just the right toppings, into the oven they went. As the heat generated through the ingredients, the fresh smells of Italian aromas filled the air throughout the halls and down the corridors. Buon Appetito!...and then the pizzas were gone.



Shrimp and corn soup - a southern best!

Story & photo by Jen Biernacki | Recreation Therapist

On March 3, a large pot of shrimp and corn soup was made in the Valor kitchen with residents awaiting the taste. The aromas mingled throughout the halls prompting the wonders of what's cooking? With a reply of "just soup" does not truly reveal what a real bowl of soup offers. Sharing a bowl of soup offers warmth, kindness and comfort generating thoughts and memories of the good home cooking that we all love. "That's good! No doubt about it!" stated, Chuck Taylor, as he and other residents enjoyed the flavors of some good "ole" southern cooking straight from their kitchen.



National Oreo Cookie Day celebration!

Story & photo by Jen Biernacki | Recreation Therapist

On March 6, the residents in healthcare enjoyed National Oreo Cookie Day by participating in a variety of events throughout the day that centered on the delicious Oreo cookie. Who doesn't just love an Oreo cookie? Residents shared their personal techniques in the art of consuming an Oreo... (dunking won by far,) and savored over five varieties with the original winning the taste test. Oreo milkshakes ended the day as the group gathered once more to reminisce about the younger years for just a bit over the great taste of an Oreo cookie. A super sweet day to remember.



Music and mimosas

By Elizabeth Cox | Recreation Assistant
Photo by Susan Bergman, MT-BC | Recreation Therapy Services

Residents of the upper level health care units, along with a few independent residents gathered around the piano for a "Music and Mimosa" social. In anticipation of Valentine's Day, a sampling of sappy love songs were performed. Residents tapped their toes and took a walk down memory lane while sipping mimosas. Songs performed addressed the many loves in our lives. Spouses, sweethearts, first loves, food, family, weather, pets were all included in the musical arrangements. The hour proved to be a great time to enjoy each other's company, to reminisce about the loves of their lives and to celebrate a genuine love for all things beautiful, such as a sun shiny day, a cool morning breeze and the sincere love we feel at the Armed Forces Retirement Home for each other.



5, 6, 7, 8! Dancers perform at AFRH-G

Story & photos by Lori Kerns | Librarian

On March 20 local dance company Island School of Performing Arts (ISPA) came to perform a show for our residents. The dancers ranged from ages 3 to 18 and performed ballet, tap, jazz, and contemporary dance numbers that they take to local and regional dance competitions. Residents enjoyed as the different age groups danced to classic hit songs such as, "Here Comes the Sun" by The Beatles, "Comfortably Numb" by Pink Floyd, "Charlie Brown" by The Coasters, and "Love Man" by Otis Redding. We are so thankful for such a lovely performance by ISPA!



AFRH-G February birthday luncheon & Valentine's Day celebration

Story & photos by Becki L. Zschiedrich | Public Affairs

February 14 sure was a great day to celebrate all the residents born in the month of February and to show the love we have for our veterans on Valentine's Day. Residents enjoyed champagne, prime rib, salmon, baked potatoes, spinach salad plus a plethora of delicious sweet desserts. Love was definitely in the air and it was so nice to see everyone enjoying their lunch. We are so happy you chose AFRH as your Home Sweet Home.



AFRH-Gulfport

Folk duo from Nashville performs for Gulfport residents

Photos by Becki L. Zschiedrich | Public Affairs



The Dark Waters Project played to a packed house in the community center at AFRH-G on March 2. They are a Nashville based band that plays what they like to call, Darkgrass. Their music is a blend of multiple genre's but is greatly influenced by Bluegrass and Alternative Rock. The band has a long list of previously played venues and positive reviews from all over North America and from countless people in the music industry. Dark Waters is led by the married vocal duo, Cherish Hamby and Adam Hamby. Cherish and Adam do a vast majority of the bands songwriting, with occasional covers that they love to make their own.

They have won multiple awards for songwriting and performance; including The Smoky Mountain Songwriting Festival, where they finished first in the Pop (Dream Again), Blues (Deep Red) and Rock (Sober) Genera's, 2nd in Bluegrass (Bridges) and won the Grand Prize / Song of the Year with their song, "Deep Red" in 2018. They have also been featured on radio and nationally televised shows, like The Dugger Mountain Music Hall and Jim Parker's Songwriters Showcase.

Adam and Cherish have had a number of different band members over the last nine years, from small three-piece acts to large seven-piece groups. From 2012-14, they had a five-piece alternative rock band often described as The Civil Wars fronting Evanescence. They had their first collaborative album titled, "The Rains", produced in the fall of 2014 by Mike Hartnett. Their new album, titled "The Darkgrass Sessions" was released in July 2019 and was their second album together. The Darkgrass Sessions was produced by Lee Groitzsch, with a number of the songs co-produced by Noel Golden.

Adam Hamby is one of the founding members of the band and is one of two lead vocals. He has been the lead singer of three different bands over the last decade, releasing an EP with two of them (The Fifth Seal 2005; Stonesfall 2007) and a solo album titled "Trails," in 2003. Influenced heavily by his Christian faith, he writes and sings from his soul and it can be heard in both his voice and lyrics. He had a song reach Christian radio in the mid 2000's called, "Mercedes" with his former band, The Fifth Seal.

Cherish Hamby is one of the founding members of Dark Waters and is also one of the lead vocalists. She is often seen as the face of Dark Waters. Her voice is as stirring, beautiful and unique as Stevie Nicks or Jewel, but it's all her own. She has worked with some of the best that Nashville has to offer. Mark Miller and Garth Brooks paid for and offered some of Garth's band members to record her first album in 2001 – the entire EP was produced, engineered and paid for by Mark Miller of Forerunner, Jacks Tracks and Allentown Studios (production and engineering credits include Garth Brooks, Trisha Yearwood, Kathy Mattea, Chris LeDoux, George Jones). A few of the songs saw radio play all over the Southeast US in the early 2000's. She has also been produced by George Cocchini (Third Day, DC Talk, Rich Mullins, Sawyer Brown, Steven Curtis Chapman). She released her second self-titled EP "Cherish" in 2001, but is now the heart of the Dark Waters Project.

Thank you Adam and Cherish for coming out to entertain our veterans at AFRH-G. The concert was awesome and we hope y'all come back next time you're on the Mississippi Gulf Coast.

Visit <http://www.darkwatersmusic.com/> for more info on their music.



AFRH-Washington

Four-legged love from P.A.L.

Story & photos by Amanda Jensema, CTRS | Recreation Therapist



Residents and staff look forward to the second Thursday of each month as they know they will be visited by several four-legged friends and their humans. Of course I am speaking about the dogs from People Animals Love (P.A.L.). Smiles abound as they walk through the doors from residents and staff alike. The pups first make their way over to the residents on assisted living, then continue their journey to LTC/MS, finishing up on the main level and lower level of the Scott building to visit independent living residents and staff who are out and about.

Pet visits provide an enormous therapeutic value to our veterans. Pets can reduce stress, anxiety, and depression, ease loneliness, and encourage exercise and playfulness. Physically they encourage range of motion, tactile stimulation, and gross or fine motor abilities. Residents enjoy reminiscing with the handlers about their pets growing up, or just simply having someone new to talk to for a few minutes.



AFRH-W RT salon day

By Carol Mitchell, ADC | Recreation Therapist

Photos by Steven Briefs | Chief of Recreation & Carol Mitchell, ADC | Recreation Therapy

On March 3 the recreation therapy team hosted a Salon Day for all levels of care to include Memory Support, Long-Term-Care, Assisted Living, and Independent Living. The event was set in the Scott Community Center, which was transformed into looking more like an upscale salon, to include Barbershop chair, manicurist supplies magazines, background music, sports events playing on the television drop down screen, and light refreshments.

Salon Day provided the residents with top-notch manicures and haircuts. When a person looks and feels their best, it truly improves their quality of life. A visit to a salon can do more than just enhance appearances; it can improve mental health.

Some of the ways salon services can improve older adult's quality of life include:

Self-confidence - providing seniors with feeling more confident and self-assured about themselves.

Independence - for many seniors a visit to the barbershop/salon has always been a part of their regular routine. Keeping these routines after transitioning to a different level of care is important to their mental status

Self-Care - taking pride in our appearance and taking time to pamper ourselves can have a positive impact on our mental and physical well-being. Having an enjoyable experience to the salon can reduce stress, and promote feelings of relaxation and happiness.

Socialization - in addition to getting a haircut or manicure, being surrounded by fellow residents promotes interesting conversation and socialization.

All had a fun-filled relaxing day.



Chocolate lovers social & dance

Story & photos by Carol Mitchell, ADC | Recreation Therapy

Photos by | Amanda Jensema, & Carol Mitchell | Recreation Therapy



What a night! Residents were ready for an evening of fun and laughter at the Annual RT Chocolate Lovers Social & Dance. The event was held in the Scott Community Center, and was decorated with red, pink, and hearts galore. The Daughters of The American Revolution (DAR) dessert bar was a delicious hit and featured chocolate cake, chocolate brownies, chocolate candy, and of course more

chocolate delicacies. Nam Knights Capital Chapter was "in the house" sponsoring an open bar with resident Sheldon Shorthouse tending. Billy White, our resident DJ, was spinning sweet tunes, which had everyone dancing, and tapping toes! AFRH-W's food service provided tasty fresh fruit, assorted cheeses, crackers, and fried mini chicken wings. It was so nice to have volunteers and residents together to socialize and gather for this special sweet treat of an event.

