



Armed Forces Retirement Home

Communicator

Washington, DC



Gulfport, MS

VOLUME XVIII NUMBER 10

OCTOBER 31, 2021

AFRH-WASHINGTON

AFRH-W spirit week

Story & Photos by Amanda Jensema, CTRS | Recreation Therapist

Spirit Week at AFRH-W returned the week of October 25, and everyone wore their silly hats! From showing college spirit to a unicorn with flapping ears, these hats brought smiles to everyone's faces. The next day flannel and cowboy boots took over for "Country vs. Rock Day" of Spirit Week! Then, it was Battle of the Decades. Those who dressed up showed their spirit. Father Benedict took it one step further and chose to represent a CENTURY instead of decade! He won that battle :) To end Spirit Week at AFRH-W, staff and residents went all out wearing their costumes! Recreation Therapy did a group theme with their Ringleader and clowns. During the Halloween Bash we had a costume contest. In third place was PK Knor as Super Granny, John Baker as a Sheik placed second, and Joe Grant who dressed as a Gorilla won first place. Thank you to all who participated in the AFRH-W Halloween Spirit Week!



AFRH-GULFPORT

Cruisers visit AFRH-G

Story & Photos by Becki Zschiedrich | Public Affairs

It was no ordinary Tuesday at AFRH-G when over 300 hot rods, antique and classic cars came rolling through the gate. The week of October 3 was the 25th Anniversary of Cruisin' the Coast®, which is considered America's largest block party along the Mississippi Gulf Coast. This event happens every year in October for one full week and is the biggest special event in the state of Mississippi. It has been voted best car show in the United States by USA Today.

It was quite nostalgic for the residents to see all the cars, each and every one of them unique in their own way. There were vehicles all the way back from the early 1900's. Many residents remembered having cars like that in the past. When you see hundreds of classic vehicles drive by, it triggers a memory that brings you back in time. This is an exceptional event that the people of southern Mississippi and the residents of AFRH-G look forward to every year. We had so much fun reminiscing about the "good ole days" and enjoying all the vehicles.

Special thanks to the Gulf Coast Motor Sports Magazine, the City of Gulfport Mayor's Office, and all the local car clubs that help us promote this wonderful event. A great big thank you also goes to the 312 cruisers who drove through the AFRH campus for our veteran's enjoyment! We hope to see you again next year from 2-2:30 on Tuesday, October 4th, 2022!



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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 of 50 percent or greater from the Dept. 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.

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AFRH-W Resident Highlight – John Orr

By PK Knor | AFRH-W Resident



John Orr was an only child born on 17 Aug 1935, in Chicago, IL, to Jay C. and Catherine (Kitty) Gillard Orr. After WWII, they moved to Horton, KS, which was the Orr family's hometown. John was a musician who played the piano and also played the sousaphone in a marching band. John loved gardening and had an enormous vegetable garden from which he sold bushels of produce to the local Safeway market. With the money he earned, he purchased his first car, a 1935 green Chevy, which had only one previous owner, two sisters. (When one sister drove the car, the other would sit behind her and make the hand turning signals!) He graduated two years early from high school and worked as a photo engraver apprentice.

At 18, he joined the Navy and was sent to California for both basic and hospital corpsman school and was stationed there afterwards at the Naval Hospital in Camp Pendleton. During his time there, the Navy enlisted 1,000 Puerto Rican sailors to fight in Korea, and they came down with various childhood viruses because they had not been vaccinated. John was in charge of a ward of 70 of these "tough" sailors, who had either mumps or measles. While taking their temperatures, one "rough" guy bit the thermometer in half and swallowed it. John got a cup of hot coffee, added a ton of salt, forced the man's throat open and made him drink it until he threw up the mercury thermometer. The next day, when John reported for his shift, he found the troops standing at attention and saluting him.

From here, John went to Fleet Marine School and was assigned as HM2 Staff NCO, to regimental sick bay, H&H Company, 3rd BN, 8th Marines, Camp Lejeune, NC. Here he had to follow Marine training in mud crawling, weapon cleaning, physical fitness, etc. During one inspection, John was carrying his Med Unit One case, which he had to have for emergencies. As it turned out, LTG Chesty Puller was conducting the inspection. He stopped in front of John, asked him about the case, and then had him lay out all the supplies and explain the use of each item. John got a "well done" along with his photo and story in the base newspaper. John also traveled with the Marines for maneuvers to Diego Garcia, an island in the Indian Ocean.

His next school was X-ray tech school in Bethesda, MD. He was then assigned to the Naval Hospital in Corpus Christi, Texas, as senior corpsman of the X-ray department. He was a registered technologist, having passed the national radiology course at the American College of Radiology.

John's next assignment was in Arkansas, where they were dismantling a Navy ammunition depot from WWII. He was an HM2 and chief of every health service, from pharmacy to X-ray to insurance claims!

After 12 years in the Navy, John decided to leave and attend Kansas University as a pre-med student. John had gotten married in 1953 to Marjorie Barnard, from his hometown, and the family always lived together at his duty stations. They had four children: Jay E. (a lawyer and college professor); Cynthia Lou (Becker), (a registered nurse); John D. (senior inspector for the nuclear regulatory commission in FL.); and Jeannine (Best), (who graduated with honors as an engineer in the study of clothing and textiles). They have given him numerous grandchildren and great-grandchildren. During their time in Kansas, however, his children were young. The family's time there was very difficult. His wife Marjorie found a position that was low paying, but it was almost impossible for John to find a part-time job to fit with his class schedule to support his family. After one semester, he knew this wouldn't work, so he re-enlisted in the Navy.

With this reenlistment, he attended naval nuclear power school at Fort Belvoir. He was then stationed in the Antarctic at the naval nuclear power plant. (Another AFRH resident, William Palmer, flew John to the Antarctic.) During his time in the Antarctic, his family lived in California with his in-laws. John was the environmental safety officer at the plant. One day, the winds rose to 80 knots, and the temperature was 100 degrees below zero, which caused the power plant to short out. With the temperature rising inside the reactor, the situation got critical. After eight harrowing hours, one of the equipment operators designed a way to reroute the steam condenser cold water to the primary cooling system and prevent a meltdown, unlike Chernobyl. Phew!

From here, John was assigned to CINCUS NAV Europe, London, England, where he was chief petty officer in charge of the lab, X-ray department and main sick call for three years. He and his family crossed the Atlantic aboard the SS United States to this station. Later, they enjoyed traveling throughout England, N. Ireland, and Scotland.

Chief Orr's next position was as the radiological safety officer at the naval weapons station, Yorktown, VA. His duties had him traveling to the Philippines and around the U.S. to check weapons stations, while his family lived in Williamsburg, VA. John retired from the Navy, in Virginia, after 21 years.

John spent the next phase of his life at the School of Engineering at UCLA. He did some teaching, but his primary job was quality control of 74 X-ray machines at the School of Medicine. He would eventually retire from this position, too. John was instrumental in founding and organizing the Radiological Affairs Support Office.

After Marjorie passed away, his daughter helped him find AFRH-W. John has been here for six years and has been involved with poetry, the theater, gardening, the Defender's Inn, and Capitol Hill Baptist Church. He enjoys talking with his Navy friends, and he likes living in Washington, DC.



AFRH CEO visits Camp Shelby

Story & Photos by Becki Zschiedrich | Public Affairs

CEO Major General Stephen T. Rippe (Ret) attended the Command Senior Enlisted Leaders (CSEL) conference hosted at Camp Shelby Joint Forces Training Center on Tuesday, October 29. The CSEL conference is designed to help enhance personal growth, increase interoperability, and build partnership capacity. General Rippe spoke to the leaders to inform them that AFRH has added the Guard and Reserve in FY21 NDAA. Major General Janson D. "Durr" Boyles spoke with General Rippe and will be planning a visit to AFRH-G soon.



Don't forget to fall back

It's that time again. Don't forget to push your clocks back one hour on November 7.



Meet the new AFRH-G Ombudsman - Master Chief Alex Bradshaw



Master Chief Bradshaw reported aboard the Armed Forces Retirement Home in Gulfport, Mississippi, on 30 September 2021, where he currently serves as the Ombudsman.

Master Chief Bradshaw is a native of Naples, Italy, where he graduated from Naples American High School in 1995. He enlisted in the U.S. Navy on August 21, 1995, with follow on recruit training at Naval Recruit Training Command in Great Lakes, IL, and Construction Electrician "A" School training at the Center for Seabees and Facilities Engineering Detachment Sheppard Air Force Base in Wichita Falls, TX, in April 1996.

His first duty assignment was to Public Works Department, Naval Air Station in Sigonella, Sicily, where he was assigned to the Low-Voltage Shop and advanced to Second Class Petty Officer.

In June 2000, he transferred to US Naval Mobile Construction Battalion 4, Port Hueneme, California, where he completed deployments to Yokosuka, Japan, and to the island of Pohnpei, Federated States of Micronesia, as part of the battalion's Civic Action Team.

In February 2003, he transferred to Naval Support Activity, Thurmont, Camp David. During his tour there he advanced to First Class Petty Officer and served as the Electrical Shop Leading Petty Officer and the Camp's Lead Electrician.

Reporting to US Naval Mobile Construction Battalion 4 in August 2006, he advanced to Chief Petty Officer and completed deployments to Guam as the Material Liaison Officer and in CENTCOM serving as NAVCENT Officer in Charge encompassing Camp Morrell, Kuwait, Bahrain, and the Oil Platforms in the Northern Arabian Gulf in support of OPERATION IRAQI FREEDOM.

In April 2009, he transferred to Naval Computer and Telecommunication Station, Naples, Italy, advanced to Senior Chief Petty Officer and served as the N6 Maintenance Leading Chief Petty Officer. He attended the Senior Enlisted Academy in June 2010.

In May of 2012 he reported to Naval Mobile Construction Battalion 133, deployed to Afghanistan serving as Task Force Anchor's Partnership Senior Enlisted Leader for the Afghan National Army Engineering Kandaks at Camp Blackhorse's Consolidated Fielding Center in Kabul in support of OPERATION ENDURING FREEDOM.

Additionally, he was selected to serve as the battalion's Training Chief (S7C) and during the unit's follow-on deployment, he served as the command's Family Readiness Officer.

Next, he reported to the 22nd Naval Construction Regiment (NCR), advanced to Master Chief Petty Officer and served as the 22NCR Detachment Europe Officer in Charge and the Camp Mitchell Czar in Rota, Spain, from June 2015 to May 2018.

In June of 2018, he reported aboard Naval Mobile Construction Battalion 11 and ultimately to Naval Mobile Construction Battalion 1 on 7 December 2018, where he has served as the Bravo Company Chief, the Alfa Company Chief, and the Senior Enlisted Leader for Det Guam.

Master Chief Bradshaw is a designated Seabee Combat Warfare Specialist, Expeditionary Warfare Specialist, and Information Warfare Specialist. His military decorations include the Navy Commendation Medal (5 awards), Army Commendation Medal, Navy and Marine Corps Achievement Medal (5 awards), Good Conduct Medal (8 awards), and various other medals, unit citations, and ribbons.

Master Chief Bradshaw is married to the former Teresa Ann Moyer. They reside with their son, Andrew, in Gulfport, Mississippi.

The military life of Thomas Speares

By Dan Ellis | AFRH-G Resident



Thomas Speares was born to Robert and Sarah Speares on April 12, 1934, in County Cavan, Ireland. His early education, consisting of grades four through fourteen, was engaged while at Stradone National School. Upon graduation, he attended Technical School in Cavan for a year and a half until completion.

He then became employed at a grocery store for two years, during which time he was given room and board and his wages were accumulated and paid at the end of his services. Having been borne to his Irish farming family, the tradition was that his older brother was entitled to the land while Tom's entitlement was the highway.

At age 19, Tom had culminated his plans, and with his parents' guidance and his aunt and uncle's support from Poughkeepsie, New York, he made his way to the United States of America. Having been assured of room and board and employment with a machine shop, after a year and a half, Tom joined the U.S. Air Force in 1954.

At that time he received his basic training at Sampson Air Force Base at Seneca Lake, NY, and then transferred to Carswell Air Force Base, Ft. Worth, TX, where he was trained in POL Aircraft Fuel Systems for his permanent assignment preparation. His primary duties consisted of providing logistics and readiness in utilizing petroleum, oil and lubricants (POL) in fueling diverse missions of the USAF for around-the-clock flights. Tom's POL flight's mission was to ensure that aircraft, vehicles and equipment received fuel with zero-water content.

In 1955, he was transferred to Itazuke Air Base, Fukuoka, Japan. While stationed there, Tom met and married his first wife, Fumiko, in 1959. During that same year he was due for a transfer to the United States, but because he was still not a U.S. citizen, he could not bring his wife back with him. Thus, aided by his commanding officer, he negotiated a flight to Hawaii for specialization training, while at the same time, he filed for naturalization, completed the tests, and was sworn in as a naturalized U.S. citizen. He was then re-stationed in Japan, where he negotiated travel clearance for his wife to attend with him on his new assignment in the United States.

Tom remained within the field of POL throughout his career. He was promoted in grades while being transferred to various stations that included: Carswell Air Force Base, Ft. Worth, TX in 1959, then, Lakenheath Air Base, Suffolk, England in 1963 then, K.I. Sawyer AFB, Marquette, MI in 1969, and Okinawa Kadena Air Base in 1973.

Tom retired from the U.S. Air Force in November of 1977, after 24 years of service and was discharged at the Naval Air Station in Dallas, TX.

His next nineteen years were spent in his second employment field with the U.S. Post Office at Dallas Bulk Mail Center where he retired in 1997. And then he began his years of leisure and traveling.

In July 2019, Tom chose AFRH-Gulfport as his primary home, and while being able, he takes every opportunity to visit his wife and family in Illinois. As an Ireland born resident, Tom is always ready with an Irish drinking toast when he parades with the Home's Yankee Doodle Walkin' and Rollin' Club.



From the AFRH-W administrator



October is always a busy month as we transition from summer to fall. We have had some beautiful days this month and are enjoying the cooler air. Our COVID status has changed this month, with only a few lingering positive cases, but no new ones. We were able to provide COVID booster doses for all that wanted them and also began annual flu vaccinations. Needless to say, our healthcare team continued to go above and beyond taking care of all of us! Visitation has resumed for the residents on our upper levels of care, which is a welcome change for those residents and their families. All those who work here are also being advised to be vaccinated to comply with the federal mandate.

This month, we took advantage of some of our last warm days beginning with our final cookout of the year held for Columbus Day. We had a robust softball game that was entertaining for all of us cheering on both teams. We celebrated Fire Prevention Week, educating those on campus and also honoring those who protect us in case of a fire. The residents showed their appreciation with a poster of thanks signed by many for Pharmacy Technician Week. And to show our support of those battling breast cancer, we took a day for all to wear pink.

Just like last month, we had to celebrate the Navy's birthday virtually. Happy 246th Birthday to all of my fellow Navy veterans! Let's plan to get together next year. We were honored to host a special ceremony recognizing our Vietnam era veterans, which took place

under a tent outside the Scott Building. Our guest speaker was Command Sergeant Major (R) Jimmie Spencer, who completed two tours of duty in Vietnam and is in the U.S. Army Ranger Hall of Fame. Following his remarks, we recognized our Vietnam veterans with commemorative pins. And, we were able to reacquire our lady Marines with their rose bushes that were planted a few years ago as a part of the "Because She Served" program. They were happy to see how much they have grown.

This month would not be complete without some Halloween fun. We began with a door decoration contest and had a spirit week with various days of fun to include silly hat day, spooky sports day and a costume day to get everyone ready for the big party. Our recreation team always seems to come up with great ideas for fun!

Our employee appreciation breakfast was held near the end of the month and we honored many staff with longevity awards and also announced the Employee of the Quarter nominees who included Sandra Patrick (CNA), Marc Minken (Social Worker), Virginia Graham (CNA), Shawn Howard (Security) and Christine Baldwin (Librarian). As always, it was hard to pick only one winner with such wonderful staff members, but this time, Corporal Shawn Howard was chosen as our employee of the quarter. Congratulations to All and thanks for your care and dedication to our veterans!

Enjoy the beautiful weather as we get ready to bundle up going forward and try to find some time to share with those you care about.

Susan Bryhan



Above is October's softball game. Notice our priest played fully dressed. Fred Layman, RAC Chair facing front on left.



Administrator Susan Bryhan during Spirit Week.



Above are our lady Marines in front of their rose bushes.

Scott Labyrinth

By Christine Baldwin | AFRH-W Librarian
Photos by George Wellman | AFRH-W Resident

A recent discovery was made at the open air "labyrinth" outside the Scott Meditation Room. This design follows the medieval Chartres pattern and it is believed that while walking the "maze" it helps with the treatment of traumatic brain injury and associated health conditions. Each piece, designed by the Hansel Phelps Construction Company in 2013, fits together like a puzzle. If you stand in the bowed center and say something, you can hear a distinct echo (no one around you hears this echo). Possible explanations include (1) the positioning of the benches, along with the bowed shape of the center of the labyrinth or (2) the extra sound insulation that was installed for the meditation room. Check this phenomenon out the next time you go there.



Notes from the AFRH-W resident advisory committee chairman



On November 1st the AFRH-W golf course season will end and we will say goodbye to our associate members until the spring. We are grateful to them for their efforts and patronage, and especially for making this golf season a wonderful success. We will miss them all and look forward to rekindling friendships in the spring.

This year presented many unique challenges and I could not be more proud of our residents, who stepped up and who were instrumental in making this a successful season. Deserving of special recognition are; our expert greens maintainer Bill Jentera, who finally coaxed some new grass to sprout, and our Assistant Manager Jim McCollum, who spent endless hours keeping the golf course carts and club house in great shape. We would not have been able to accomplish all we did without their hard work and dedication. Together our efforts resulted in attracting over 100 associate members (the most associate members since moving to a resident-run operating model). The net results of a \$50,000 deposit to the resident's fund far exceeded our expectations, and would not have been possible without a total team effort.

I would be remiss if I did not also thank our Administrator Susan Bryhan, Steven Briefs and the entire Recreation Department, our Campus Operations team, and our Chief Operating Officer James Branham. Without their leadership and support we would not have been able to achieve this level of success.

In closing, I would like to remind everyone here how important the golf course is to our community. It is much more than just a golf course and a way to raise money. It is a special place where we can gather, have a cook out and a cold one, and enjoy the fellowship that ensues. I cannot wait to see what next year brings, as we build on our successes.

Fred Layman



Wow! 100 years young!

By Susan Bergman, MT-BC | Recreation Therapy Services
Photos by Kimberly Clothier | Recreation Therapy Services

On Sunday, October 3, 2021, Mildred Sobierajski celebrated her 100th Birthday in the Valor Dining Hall. She was joined by her peers and especially the "ladies" (Doris Balfour & Sally Blythe) with their gifts, cheers, and special supportive friendships they have shared over the years. Leading up to her birthday, Mildred said, "Shhh...I don't want to make a fuss" and giggled stating, "I heard you" as staff whispered "Mildred's 100th Birthday will be Sunday" as a reminder to residents in the Valor Dining Hall during lunch the Friday before. After cutting the cake at her birthday party on Sunday, Mildred was thrilled with a surprise visit by several of her family members to take her for a "100" celebratory crab claw lunch out-on-the-town. Mildred said, "We always had crab for any celebrations in Baltimore and I look forward to cracking the claws to bring back those good memories." When asked for words of wisdom, Ms. Mildred stated, "Try to be a good person...I've always tried to be a good person...I ask the good Lord every night to watch over me." A special thank you to Doris Balfour and Doris Hopper for getting Ms. Mildred's perm, curls & hairdo ready for the big day and to dining for the special "Happy 100th Birthday" cake that brought many smiles. Also, her door is now adorned with a new Navy Strong wreath given as a gift by her family. Wow! With Mildred still volunteering in the Lord's Cabin, engaged in her books on tape, walking with a rollator, going to weekly beauty shop appointments, visiting with the ladies, she is still definitely amazing at "100" years young!



William "Bill" Cartwright turns 100!

Story & Photos by Jen Biernacki | Recreation Therapy Assistant

On Wednesday September 29, 2021, William "Bill" Cartwright spent the day celebrating his 100th birthday with family in the morning and residents in the afternoon. His party with the residents was held in the Valor dining hall spaced around the room. Mr. Cartwright shared his success at reaching 100 by his life of no smoking and no alcohol. Singing, toasting, cheering, eating and sharing times... complete success for a happy 100!!

Congratulations Mr. Cartwright!!



A secret birthday present

Story & Photos by Jen Biernacki | Recreation Therapy Assistant

Doris Balfour was on a mission to give Mildred Sobierajski a present she knows she would love for her 100th birthday. A permanent in Mildred's hair was a necessity. Due to COVID and restrictions on campus, Mildred was unable to receive a permanent.

Curls just don't hold like they need to, stated Doris Balfour, she has to get a perm, she just has to, she added. With Doris' determination she was going to make sure that it would happen. Doris had a friend supply the solution and curlers and resident Doris Hopper, a former hair dresser, performed the perm.

The event went on in Doris' room with unique ways to create a hair washing station. Water could be seen in the sink, table and floor, just to name a few. However all was well as Mildred now has curls and curls for days, maybe even months. Thank you Doris and Doris for making a special and very unique 100th birthday present for Mildred.



Doris Balfour pictured above.

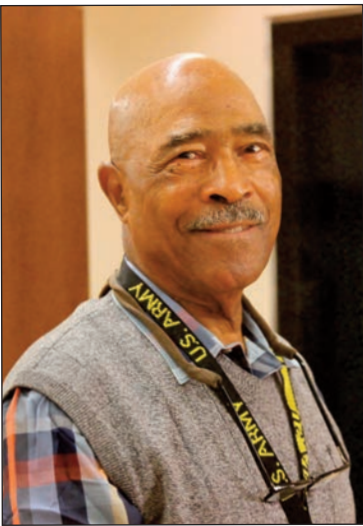


Ms. Mildred's new curls.



Happy 100th Ms. Mildred.

Notes from the AFRH-G resident advisory committee chairman



Fall is really busting out all over. We began October having just received the Pfizer booster shot. The added level of protection against the Delta variant and hospitalization has expanded our ability and desire to travel. We also received the Flu shot AND AWAY WE GO!!

Early in the month, we said farewell to our Ombudsman Master Chief John Cunningham upon his retirement from active duty. We will miss you. We also welcomed our new Ombudsman, Master Chief Alexander C. Bradshaw and look forward to working with him, as we continue to seek ways to improve the quality of life for all our residents here at AFRH-G.

On the 5th of the month we were visited by the sensational vehicles of Cruisin' the Coast. We had a great turnout, including a large number of our assisted living residents. On the 8th we enjoyed The Fall Social, it was the first social in two years. It was a come and go affair that also included a visit by both the outgoing and incoming Ombudsmen for AFRH-G. Columbus Day, a national holiday was celebrated on the 11th. The 13th we recognized the US Navy's Birthday with treats in the dining room and a video tribute on channel 4. HAPPY BIRTHDAY NAVY!!

Tuesday, the 19th was the day of the birthday lunch for all residents born in the month of October. The menu included coconut shrimp and prime rib plus so much more including birthday cake, wine, and beer.

Finally it was Halloween, a time for ghost and goblins. Many of you will don your costumes and head out for trick or treats. These are exciting times to be shared with the many of us unable to go. So, be prepared to relate the scary adventures of the night and watch for the guy hidden behind the chain saws.

Arthur "Art" W. Jones



AFRH-Washington

AFRH-W arts & crafts

Story & Photos by Carol Mitchell | Recreation Therapy

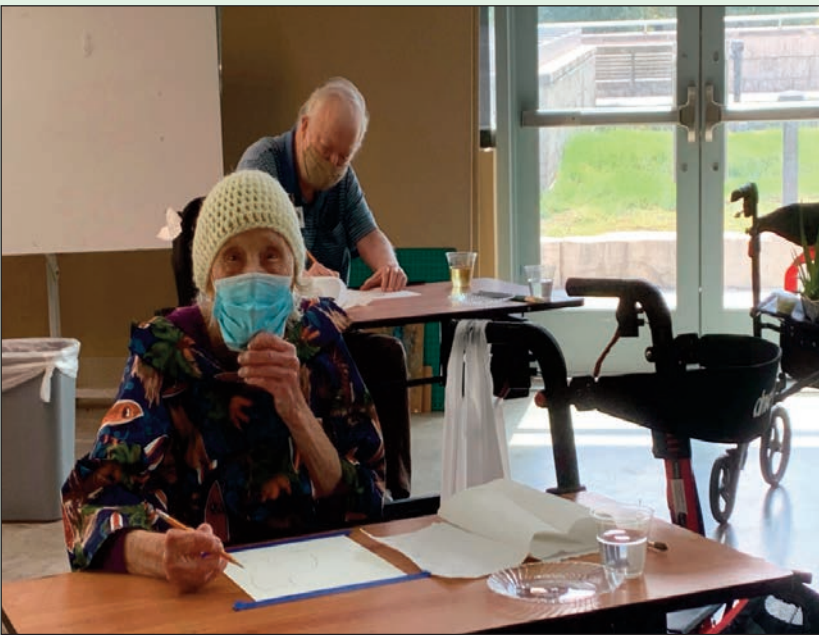
AFRH-W Long Term Care and Memory Support residents enjoyed a morning of arts & crafts with Recreation Therapy's Carol Mitchell. Residents were provided with ceramic pieces from the Home's ceramics room to include birds, cats, and of course pumpkins for Halloween! Residents selected their color scheme and got to work. Resident Muriel Kupersmith worked diligently and meticulously on a three headed pumpkin which turned out beautifully. Resident Rudy Holloway utilized his artistic abilities on a lovely gold enhanced black cat. Helping residents with the project included dedicated CNA's Pat Lowery and Tania Dolet. Residents look forward to working on a variety of craft projects and with the holidays coming up there are lots of fun crafty things to do!



AFRH-W Paint and Sip

Story & Photos by Marla McGuinness | Recreation Specialist

AFRH-W resident artists enjoyed a fun-filled afternoon with resident, Fred Layman who taught a painting class. Residents in the class used cut out stencils and painted either a dog or cat. Some used techniques, such as brushing the fur on the cat by using different types of brushes to see what they do and how they work. White wine was served along with other non-alcoholic beverages. The next class will be in November and Fred is going to show the residents how to "scrape" the paint and make mountaintops.



AFRH-W tasty tarts

Story & Photos by Marla McGuinness | Recreation Specialist

AFRH-W cooking class this month was tasty tomato tarts. We ended up make two different types of tarts; a tomato tart and a fruit tart. Everyone was cutting, prepping and making a very tasty tart. The tomato tart had tomato, onions, and cheese. The fruit tart consisted of cream cheese, sugar, and a jelly fruit base. They used frozen pasty squares and dining helped cook them.



AFRH-Gulfport

It's Fall Fest, y'all!

Story & Photos by Jen Biernacki | Recreation Therapy Assistant & Lori Kerns | Librarian

On October 21, 2021, residents of Valor Hall and Allegiance Hall enjoyed a morning of fun, games, laughter and entertainment with the annual Fall Festival. Pick a pumpkin, shoot a pumpkin, pin a pumpkin, pumpkin prize, pumpkin toss and spoon for apples were the games played while a photo booth and pumpkin decorating were other activities that residents participated. The Fall Festival brought back some normalization to our residents as how activities once were. Even though masks were in place, social distancing was practiced and sanitizing was continuous, sounds of laughter and fun happened for a memorable day of the Fall Festival, maybe just creating our new normal for fun and festivities. Happy Fall y'all!



Loyalty Hall residents had a un-be-leaf-able good time at Fall Festival!

**By Susan Bergman, MT-BC | Recreation Therapy Services
Photos by Susan Bergman & Milton Williams | Art Specialist**

On October 20, 2021, Loyalty Hall residents had a blast at their Fall Festival filled with fun, games, smiles & laughter galore! Residents began in the Loyalty Hall activity room with Candy Corn Bowling, Fun Art Halloween Masks, and Pin the Leaf on the Tree. After everyone finished, the group moved onto the family room for the Pumpkin Pull, Tabletop Shuffleboard, Pumpkin Toss, and Go Fish. Joined by IL resident volunteers, Carol Harmes, Jack Horsley, Chip Wall and recreation staff members, Lori Kerns and Milton Williams, the residents jumped back in for more good times as the games continued. Resident, Curt grinned from ear-to-ear as he and Chip got into a tossing game back and forth through the Pumpkin's eyes then quickly caught on with Jack & Chip's tricks to toss to each other over the top of the Pumpkin Toss. Determined to be the fastest resident, Bob beat out Ramon and Curt by a slither as the quickest in the Pumpkin Pull. Lois was the tabletop shuffleboard queen, Ernie was thumbs up knocking down all of the Candy Corn Bowling pins, Doyle hid behind his Halloween Pumpkin mask, Pete picked a place to Pin his Leaf on the board, and Mary lit up with a tug on her fishing pole to find a stuffed animal on the line along with a Hershey chocolate bar in Go Fish! A wonderful fall festival was had by all as Loyalty Hall residents truly are Un-Be-Leaf-Able!



Lion fish painting

Story & Photo by Milton Williams | Art Specialist

Gerry Gorsky, has just finished a realistic painting of a lion fish. This painting is the third in a series of these fish and it turned out amazingly beautiful. The species is not native of the Gulf of Mexico and fishermen would prefer it not be in our waters, however, anyone who has seen one of Gerry's paintings of a lion fish, would be very glad to have it hanging on their walls. You can see this original in the art room at AFRH Gulfport, at least for now, it will be caught by an eager patron soon!

Thanks Gerry, we look forward to more wonderful paintings by you.



Prost! Happy Oktoberfest!

**By Susan Bergman, MT-BC | Recreation Therapy Services
Photo by Selena Brewer | LPN**



"Guten Tag!" (Hello) and "Prost!" (German translation for "Cheers!") Oktoberfest is an annual festival in Munich, Germany. It originated on October 12, 1810! On Wednesday, October 6, 2021,

AFRH-Gulfport residents throughout the building celebrated the annual Oktoberfest lunch with a variety of German food including Wiener schnitzel and Sauerkraut along with several choices of beer and wine. "Danke Schoen" (Thank You) to Dining and Recreation Services! Das war sehr gut! (That was really good!) Auf Wiedersehen! (Goodbye) until next time!

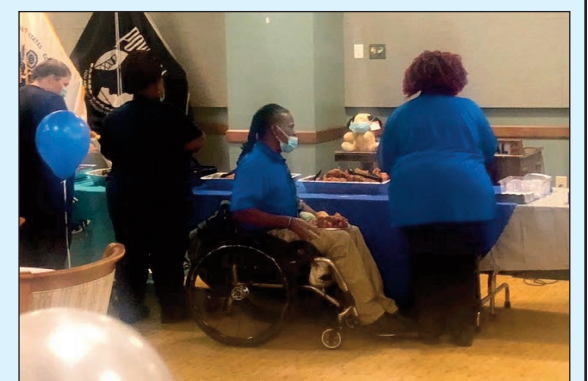


GCE celebrates NDEAM in Gulfport

**By Stephanie Livermore | Dining Supervisor
Photos by Mike Brown | Dining COR**

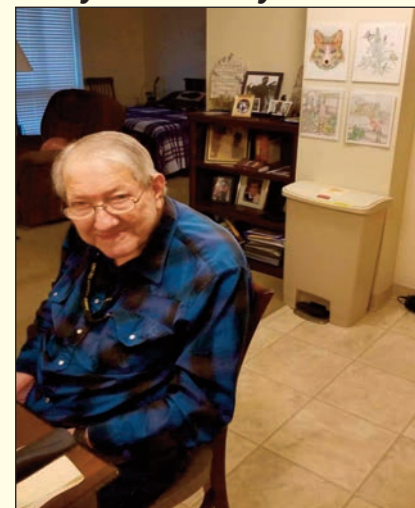
National Disability Employment Awareness Month (NDEAM) is held each October to commemorate the many and varied contributions of people with disabilities to America's workplaces and economy. Global Connections to Employment (GCE) is a company designed for American's with Disabilities and proudly employs 70+ team members in Gulfport. GCE provides dining services, grounds, and now housekeeping services at AFRH-G.

The teams came together to celebrate the expansion of the GCE family and NDEAM on October 13, enjoying food, gifts, and comradery. The theme for NDEAM 2021 is "America's Recovery: Powered by Inclusion."



Surrounded by art!

Story & Photo by Susan Bergman, MT-BC | Recreation Therapy Services



On September 23, 2021, Allegiance Hall resident, John "Max" Harrison, was captured surrounded by his artwork! With his family visiting from out-of-town on September 24, and unable to visit his room, photographs were taken to give a glimpse into his newly found art talent. Since COVID-19 safety precautions began in March 2020, Max picked up his new leisure interest after being given art packets and colored pencils in various donations throughout the year such as ROTC shoe box gifts, the holiday stocking project, recreation therapy individual visits, and by the art specialist, Milton Williams. Max initially gave out his pictures for inspiration to others in the Home and found a solution by adding sheet protectors with command strips to his walls in order to change out his artwork when he wanted to share with others. After e-mailing pictures to his daughters, Rhonda replied, "His room looks amazing with all the art. I love it. It's the seashell picture I want. We are so thankful for you and for bringing joy and purpose to him." His other daughter Donna said, "Hi Susan, just wanted to thank you so much for taking pictures of Dad's room for us to see. My sister Rhonda forwarded them and I was so happy to see them, since we weren't allowed in his room the last two times we were there. Give dad a big hug from me and tell him I'll come back to

visit soon." And daughter, Gail emailed, "Thanks so much for these. That is awesome." It turned out that Rhonda's favorite seashell picture displayed on Max's wall, "When you go through deep waters, I will be with you" (Isaiah 43:2) color copied perfectly on heavy cardstock and was given as a gift on their visit. Max also has many other talents as a musician playing guitar, ukulele, strum stick, mandolin and singing with his family throughout the years. Cheers to Max for finding another talent to add to his many blessings and strengths! During these challenging times, the process of adding colors to paper brought peace, calm, and relaxation creating a room surrounded in hope and joy.

A game show..AFRH-G style

Story & Photo by Jen Biernacki | Recreation Therapy Assistant

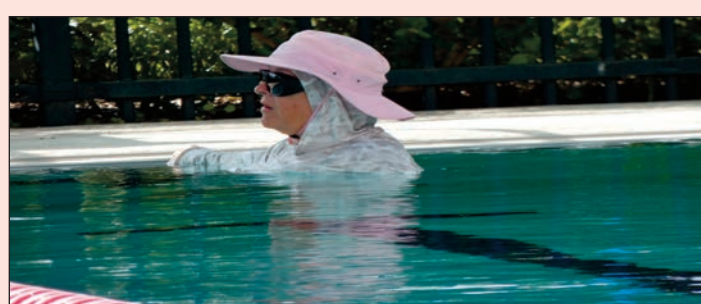
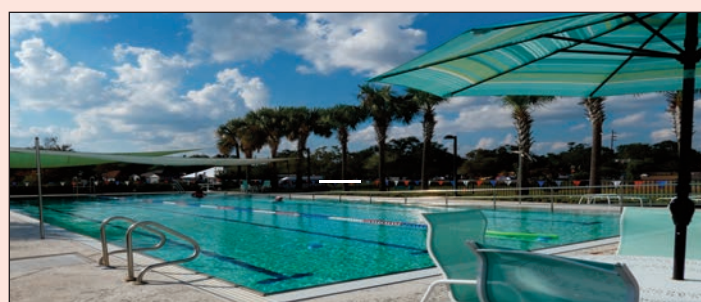
On Thursday September 30, the healthcare residents experienced a new activity called "Resident Feud." The game is played much like the popular game from TV, the Family Feud. To ensure the COVID-19 safety precautions, we couldn't all be on one team. Questions were asked and answers were yelled out until all 20 questions had all the answers. Resident D. Saxton said, "I can't believe you talked me into that, but I am sure glad you did! That was fun!" All smiles were noted as the group left the room making their way back to their homes. A fun and challenging way to keep the minds "crankin'."



AFRH-G end of summer pool party

Photos by Ray Ross & Jack Horsley | Gulfport residents

It may be October but it's still summer in South Mississippi. On Friday, October 22, AFRH-G held an end of the summer pool party. The weather could not have been more perfect. Residents enjoyed hamburgers, hot dogs, watermelon, drinks, and ice cream plus great music by Eddie McDaniel. The live music, dancing, eating, drinking and swimming was enjoyed by all. Thank you recreation for putting on such a fun pool party.



AFRH-Gulfport

Happy 11th Anniversary AFRH-G

Story & Photos by Becki Zschiedrich | Public Affairs

October 4, 2010 is known as a very special and emotional day at AFRH-G. It's hard to believe that it's been eleven years since the AFRH-G reopened their doors with a brand new state-of-the-art facility after Hurricane Katrina devastated the Gulf Coast on August 29, 2005. The old AFRH-G building was imploded to make way for construction of the new facility. After five long years of construction, residents moved back in on October 4, 2010. On that very touching day we welcomed back over 100 residents, who had evacuated and re-located to Washington, D.C. the day after Hurricane Katrina.

Happy 11th Anniversary to the Armed Forces Retirement Home – Gulfport.



AFRH-G visits Inifinity Science Center

By Jack Horsley | AFRH-G Resident

The Infinity Science Center is a place you will want to explore beyond the vastness of outer space exploration; it also has a plethora of other scientific works and discoveries that affects us all in many profound ways. The center is a non-profit museum that has 50 plus years of NASA'S history on display in a 72,000 square foot building that is dedicated to provide a fun and fascinating learning experience that may make you feel like an explorer. It is much more than the official center for Stennis Space Center. It represents and displays the missions of labs and offices of over 30 federal and state agencies, universities and industries that fall into an earth or space science category.

As you explore the science center you will realize that the entire northern Gulf Coast is on the leading edge of world class space, military, oceans and weather research.

Additionally there is shipbuilding, chemical manufacturing, engineering support, petroleum and many other high tech operations. The center conducts educational programs and events, almost daily, which inspires, amazes and engages the next generation of explorers. They also have a state-of-the-art 3-D theater with laser projection and surround sound. An array of movies are shown covering diverse subjects that include space to tiny giants to incredible predators.

There are memorabilia galleries and exhibits to check out. An important one is a display for Astronaut Fred Haise. He was the lunar pilot for Apollo 13 mission. Who could forget those four harrowing days of the onboard explosion? He later worked on the shuttle program making the first landing of the shuttle in the test period. He is now on the center's Board of Directors and champions the center's vision of encouraging and inspiring the innate curiosity of the next generation. Astronaut Fred Haise is from Biloxi, Mississippi, and was the keynote speaker at AFRH-G's Veterans Day Celebration a few years ago.

This center brings people of different backgrounds, experiences and beliefs together to enter a common space to explore a common interest and helps us to recognize how much we share, despite our differences.

The next time you communicate with your grandchildren, show off a little with what you know, example; low earth orbit is within 1,200 miles of earth, beyond the solar system use light years. Light travels 186,000 miles per second, so in one year it travels about six trillion miles. As of 2017 there were 1,862 oil platforms in the Gulf. The Gulfstream takes warm water up the East Coast and Canada to Western Europe. There have been 40 missions to Mars (not counting flybys) of orbiters, landers and rovers. Maybe you have a young scientist in the family just waiting to be inspired by you!

