



**AFRH-WASHINGTON**

## Colorful Korean culture brightens AFRH-W

By Robert W. Mitchell | AFRH-W Volunteer Coordinator  
Photos by Jack Beck | Resident

Talented volunteers from the Greaten Korea Foundation (GKF) delighted residents and staff at the Armed Forces Retirement Home last month with a variety show that included singing, dancing and modeling.

About 20 members of GKF took turns singing live show tunes before a modest audience in the Scott Theater. The singers belted out melodic tunes and soul stirring lyrics while the musicians (mostly young and lively percussionists) treated the audience to traditional rhythms native to Korean culture.

The group, comprised of volunteers of all ages, also put on a magnificent fashion show wearing a variety of traditional Korean robes, hats, sashes, shoes and other colorful pieces. Both the young children and older adults happily shared their culture with outsiders.

Group founder and organizer Michelle Misook Won showed off a rare and highly expensive piece of Korean head dress, typically reserved for royalty and high-class weddings. The female headdress (crown) was crafted with fine textured hair and was lavishly adorned with gold and precious metal accoutrements with a value equal to a high luxury vehicle. The piece is tediously handmade and is only one of a handful crafted in the past two decades, according to Won.

Residents applauded the volunteers for sharing their time and talent with military veterans at AFRH-W. They are looking forward to another visit from the group.



**AFRH-GULFPORT**

## AFRH-G residents tour U.S. Coast Guard Air Station in New Orleans

Photos by Jack Horsley | Resident

As we celebrate the founding of the U.S. Coast Guard in August as well as the anniversary of Hurricane Katrina, AFRH-G residents went on a bus trip on August 19 to tour the Coast Guard Air Station in New Orleans. They received an up-close and personal tour of aircraft used to save thousands of lives during storms and other marine emergencies.



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# AFRH COMMUNICATOR

Phone: 1-800-422-9988 Web site: [www.AFRH.gov](http://www.AFRH.gov) Email: [Public.Affairs@AFRH.gov](mailto:Public.Affairs@AFRH.gov)



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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 active commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

- who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.
- who are determined under rules prescribed by the Chief Operating Officer to have a service-connected disability incurred in the line of duty in the Armed Forces.
- who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be suffering from injuries, disease, or disability.
- who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

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

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## AFRH-W Resident Highlight – Lawrence Cleaver

By Christine Baldwin | Librarian



Lawrence Cleaver was born in California, "on the shores of the Salton Sea." He had one older sister. The town was so small, it only had one gas station and one doctor's office. His dad worked for the state, so the family moved around. They first went to Baker (near Las Vegas, Nevada). This was during the 1940s and they didn't have any electricity. So, his father built a wooden frame and hung wet gunny sacks to keep milk and other things cool. The family later moved to San Bernardino, where his mother drove the base bus. Since Norton Air Force Base is located there, Lawrence had no problem in picking a career and service.

Lawrence did his basic training at Amarillo AFB, Texas and stayed for Air Force Mechanics Technical School. He loves telling everyone that "for 21 years in the Air Force, all I ever did was pass gas! That is, I helped with the air refueling of four-engine jets." Lawrence's job was as the crew chief, ensuring the maintenance of the aircraft during missions away from the home base.

During the Vietnam War, Lawrence was on three flights with General William Westmoreland to take him from Vietnam to Andrews AFB, Maryland. The general made a deal with Lawrence that if he gave up his bunk on the journey, Lawrence could drive the staff car. In each case Lawrence did indeed get to do this!

Lawrence retired in 1980 and moved to Oregon. His father had built a cabin in the woods and Lawrence enjoyed living there for several years. He then moved back to California and worked as a contract employee at an aircraft factory. His sister lived in Fredericksburg, Virginia and told Lawrence about the Home. He originally came here in 1990 and enjoys playing bingo, going on trips to concerts and telling everyone his stories.

## ATTENTION RESIDENTS:

**If you would like to share your military story with us, we would love to hear it. Please contact your librarian.**

## AFRH-G Resident Highlight - Calvin "Chip" Wall

By Lori Kerns | Librarian



Calvin "Chip" Wall was born in August of 1951 in Lexington, North Carolina. At the age of six, he gained a step-brother and step-sister when his mother remarried. Chip was always very athletic. Throughout school, he played football, baseball, basketball, and golf. He was never fond of going to school, so about one month into his studies at Appalachian State he decided to tell his step-dad that he did not want to finish college. He was told that he had to have a job in order to come home. In January of 1970, Chip made the decision to join the Navy.

His Navy career was spent in the field of cryptology where he stayed behind closed doors working with top secret information. His duty stations took him both on land and at sea. Among those stations were Hawaii, the Panama Canal and Virginia. He also served aboard the

aircraft carriers USS Ranger and USS Enterprise. He continued to remain active with sports throughout his Navy career. Finally, with a little over 20 years of service Chip retired while stationed in Charleston, South Carolina.

He considered taking a civilian job with NSA and continuing his career in cryptology but decided he was tired of working behind closed doors and instead took a position at Myrtle Beach National Golf Course. He worked at the course for about four years until he landed a position caddying for the golfers on the LPGA Tour. He had such a great time working on the tour that he stayed for about ten years before leaving to caddy for a friend of his who played on a tour right below the PGA level.

Chip ended up back in Myrtle Beach to take care of his mother. He ended up back at Myrtle Beach National where he stayed until he decided to put his name on the waiting list for AFRH-G. To prepare for his residency at AFRH, he moved down to Gulfport and began

volunteering for activities with the Home's upper-level of care residents. It took two years before he became eligible, but his commitment to the Home helped him have a seamless transition to life at AFRH-G.

Chip remains physically active by volunteering at Keesler Air Force Base's golf course, where he is also able to enjoy one of his favorite pastimes. Among his hobbies is watching his favorite football team, the Clemson Tigers, for which he is a "super fan." He also serves as a greeter on Sunday mornings at his church. However, his most recent endeavor in the volunteer arena is taking the position as AFRH-G's Ombudsman for the residents who reside in the upper-levels of care. Chip's selflessness is commendable and beyond appreciated by both staff and residents.



# Special visitors at AFRH-G

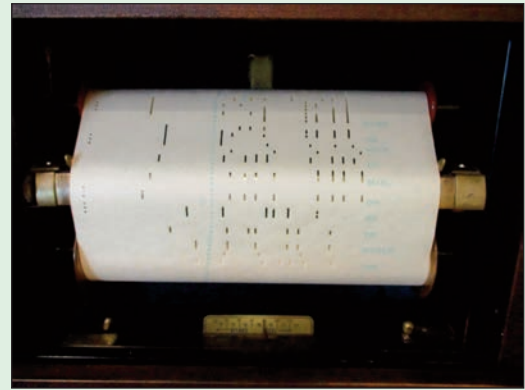
Story & Photos by Becki L. Zschiedrich | Public Affairs

It was such an exciting day at AFRH-G on August 14. Senator Cindy Hyde-Smith came out to visit with WWII veteran Charlie Jenkins. Also visiting the AFRH-G was Thomas Muir, Director of Washington Headquarters Services (WHS) and Gary Coleman, Chief of Staff along with our Chief Operating Officer Jim Branham. Mr. Muir and Mr. Coleman enjoyed meeting many residents and took a tour of our beautiful facility. We love showing off our resort that we have here on the Mississippi Gulf Coast for veterans!



# Player piano...bringing back memories

Story & Photos by Jen Biernacki | Recreation Therapy Assistant



As I was being nose in a storage closet one day, I noticed a piano that wasn't being used. Right away my mind starting popping up ideas on the use of this old stored piano. I know from my childhood, a piano in the living room was a gathering place for family and friends for the holidays, or at times... just because. As I kept looking further into the storage room, we not only have a player piano but also a cabinet full of player piano rolls. My first thought was, "Oh my goodness, how cool is that?" But, my mind was off and running further... I received the approval to move the piano to Valor Hall's living room. After dusting off spider webs and dust bunnies, the old player piano was rolled out from behind "important junk" and moved to its new location in Valor Hall. Finally, on August 13, 2019, sounds erupted from the old player piano from a music roll labeled "For My

Sweetheart" - Pianist Robert Billings. The piano played keys from one end to another without hesitation. After song number two, PMD's and wheelchairs started making their way to the living room to hear the sounds of the old player piano...a bit out of tune, but bringing smiles and memories to all those that listened.



# Artist Hayden Hall donates iris painting to art class

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

Guest artist Hayden Hall had an art class with the residents in June and the subject matter was purple iris flowers. Each resident finished their beautiful painting while Hayden had to take his home to Clarksdale, Miss. to complete. In July Hayden made a surprise visit to AFRH-G and "gifted" his iris painting to the class. It is now on display in our volunteer gallery. Remembering the words the Lord spoke, "it is better to give than receive," Hayden said he has been blessed by our veterans who also have given so much.

Thanks Hayden and we look forward to your next art adventure with us.



# Navy chiefs and selects volunteer at AFRH-W

Story & Photos by Robert W. Mitchell | Volunteer Coordinator

A massive volunteer group of U.S. Navy chiefs and selectees took part in a large volunteer service and community outreach activity aimed at beautifying the campus while reaching out to military veterans at the Armed Forces Retirement Home in Washington, D.C.

Close to 90 volunteers operating in five separate groups (a.k.a. boat teams) cleared debris and foliage at the ponds, mowed about half an acre of grass on the golf course, and visited with healthcare residents in the common areas.

After the outdoor projects, the volunteers lined up for lunch in the Scott dining hall where they enjoyed meals and shared military stories with residents. Next, the volunteers posed for a group photo at the AFRH-W flagpole in the main courtyard and sang the Navy song with Resident Services Chief Ron Kartz.

The extended community outreach event is part of the CPO 365 community service/volunteer activity developed to engage and make impact on their local community. The selectees visit AFRH-W annually to hold large-scale volunteer events.



# First female resident at The Soldiers' Home

Story By George Wellman | Resident

On September 2, 1955 -(104 years after the Soldiers' Home was established in 1851), the 1,800 all-male institution ended as it opened its doors to its first woman resident. The woman with this honor was Regina C. Jones, a 47-year-old, six-foot tall, former Woman's Army Corps (WAC) private first class. Ms. Jones was in the Army from 1943 to 1947. She was stationed in Egypt and developed cataracts in both eyes in 1945. Doctors believed the condition was caused by the glare of the sun and sand. Her reduced vision led to a series of falls, stumbles, and hitting her shins. After one event, a blood clot developed, stopping circulation in one of her legs and resulting in its amputation. Jones started thinking about entering the Soldiers' Home when a friend read a news article about the opening of the Anderson Cottage on the grounds for World War II WACs with a service-connected disability (The Soldiers' Home had decided to open to WACs in November 1954). Upon entrance to the Soldiers' Home, Jones settled in comfortably in private quarters in the Anderson Cottage, now known as President Lincoln's Cottage. Jones was the sole female resident at the Soldiers' Home until another WAC joined the home three months later. Ms. Jones passed away at the Soldiers' Home on February 26, 1963 and is buried at Arlington National Cemetery.



## From the AFRH-W Administrator



Our days are getting shorter, which means summer will soon transition into fall. On August 22 General Rippe, Mr. Branham, Mr. RisCassi and I attended the opening day for the Creative Minds School staff and teachers. School is open and we once again have children onboard, another sign of seasonal change.

Our senior visitor this month was Assistant Secretary of the Navy for Manpower and Reserve Affairs, the honorable Gregory Slavonic. He enjoyed his tour of the Home and campus and will be an advocate for us in the Pentagon.

We did some outreach to get the word out about the Home with a visit by the Deputy Commissioner of the Virginia Department of Veterans Services, who offered his staff support to ensure our veterans get all of their deserved benefits. Also visiting was the DC Director of Veteran's Affairs. Both of these offices will help us market the Home to eligible veterans.

This month, as always, our Recreational Therapy staff made the Home a wonderful place to live for our residents. They used the fruit and vegetables from the gardens to make flavored water that they put throughout the Home to keep everyone hydrated. It reminded me of a five-star hotel! The big events they hosted this month included a Shark Party with blue shark juice, cupcakes and many fun activities. A big highlight for residents and staff was the annual Fashion Show. We were wowed by many beautiful and creative outfits modeled by residents and staff. We also had a softball game where the staff had a hard time keeping up with the resident players. Other fun events this month included our annual Labor Day Cookout and the Coast Guard Birthday. We had a great guest speaker, Deputy Master Chief Petty Officer of the Coast Guard, Rob Bushey. Our sole Coast Guard veteran, Mr. Donald Stout, cut the cake.

And finally, Synchrony Financial returned this year with staff from all over the world for their corporate day of giving, spending time with our Residents and giving out many gifts. This time of year we are happy to see our Navy Chief Selects for their Service Day. This year we had more groups than ever. It is always great to have the active duty here to spend time with our veterans.

Finally, this month we were visited by Defense Health Agency staff for our annual Senior Medical Advisor Oversight review. They spent lots of time reviewing medical records, procedures and speaking to staff and residents. They gave us suggestions for improvement to ensure we are providing high quality care every day. I would like to welcome two new members to the healthcare team. First is Col (Ret) Dana Venenga, who served 23 years in the U.S. Air Force as a healthcare executive. He stepped right in to take the helm as Chief of Healthcare Services. Kimberly Prager also joined us as the Long Term Care/Memory Support Social Worker. Welcome aboard!

Take a moment to soak in the warm weather before it starts to cool down and enjoy the last days of summer!

Susan Bryhan

## Chairman of the Korean Veterans Association visit

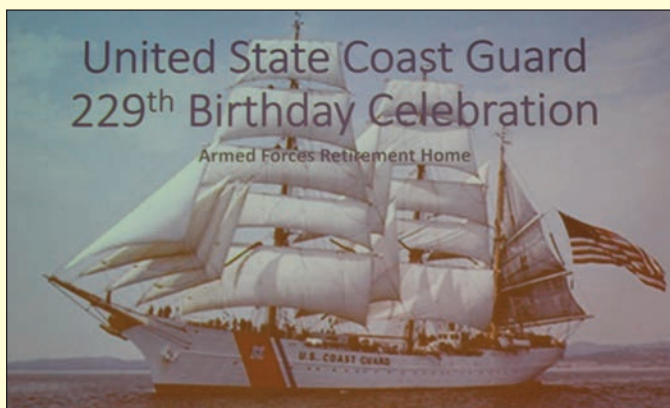
By Susan Bryhan, AFRH-W Administrator  
Photos by Carolyn Haug, Public Affairs

We were honored to welcome General (Ret) Jin Ho Kim, Chairman of the Korean Veterans Association who paid tribute to the Korean veterans at AFRH-W. He spoke of his childhood during the war and how his country has prospered with the US-ROK Alliance. AFRH-W thanks Gen Kim for his visits and generous gift to the residents' fund.



## AFRH-W celebrates 229th birthday of the United States Coast Guard

By Bob Pullen | AFRH-W Ombudsman  
Photos by Carolyn Haug | Public Affairs



On August 2, 2019, staff and residents gathered in the Hall of Honors, at AFRH-W to celebrate the 229th Birthday of the United States Coast Guard (USCG). The USCG traces its roots back to August 4, 1790 when it was originally founded as the United States Revenue Cutter Service. On January 28, 1915, the Revenue Cutter Service and the United States Life-Saving Service were merged together to form what we now know as the United States Coast Guard. The mission of the Coast Guard is to ensure our Nation's maritime safety, security, and stewardship. Through the principles of Ready, Relevant,

and Responsive, the USCG enforces the Nation's laws at sea, protects the marine environment, guards the nation's vast coastline and ports, performs vital life-saving missions, and defends the Nation against terrorism and foreign threats.

During the ceremony, the Deputy Master Chief Petty Officer of the Coast Guard, Charles "Rob" Bushey, addressed the crowd and spoke of little-known facts about the history of our smallest Armed Service. Also, the USCG Honor Guard graced the ceremony as they presented the colors. The ceremony concluded after the oldest and youngest "Coastie" cut the birthday cake and staff and residents sang the service song Semper Paratus. Happy Birthday USCG! You might be old, but you look great!



## Notes from the AFRH-W Resident Advisory Committee Chairman



The fastest three months of the year is almost over with lots of great memories with family and friends, traveling to the beach to watch the sun set after a very long day. It is the time of year we hate to see go away, because summer gives us so much to look forward to every year.

Last month at AFRH-W, we had a cook-out courtesy of Synchrony Financial Group. We had a wonderful time meeting people from all over the country. I will never forget them because they probably saved my life up on the roof while playing under a Dallas Cowboy tent on one of the hottest days this summer. As I started to pass out from dehydration they kept me from falling and gave me water. After a few minutes everything was ok, so I just kept the music going.

Recreation Services keep us going with zucchini high in water, fiber and vitamins B6, riboflavin, folate, C, and K, and minerals. They also pulled off a great fashion show with residents and employees. After the show was over, the employees were told not to quit their day jobs.

Resident Advisory Committee members are invited to return to Washington, D.C.'s Ward 4 on September 12, to attend the council's first fall meeting.

A note to all new residents: If you need help with your benefits and how to file your claim, understanding SMC, CRSC or Agent Orange herbicide, please let me know and I will be very happy to help you.

Billy Ray White



Synchrony Financial Group employees from all around the world participate in the second annual "Synchrony Veteran's Network Volunteer Day" at the Armed Forces Retirement Home in Washington.

# From the AFRH-G Administrator



It is still a thrill to be the administrator of this Home serving veterans who have served our country. Thank you for your service. Your past created our future.

This month we celebrated the U.S. Coast Guard's 229th birthday in the Hall of Honors on August 2. Our very own U.S. Coast Guard veteran Earl Portrey, along with special guest speaker Barry Cottrell from the USCG Auxiliary, cut the cake. On August 14 we had a quick visit from the Washington Headquarters Services Director Mr. Thomas Muir and his Chief of Staff Mr. Gary Coleman. Our CEO, General Rippe, reports to Mr. Muir. Speaking of General Rippe, he will be here September 10 and our COO Jim Branham will be here September 10 and 11. Mr. Branham will be holding a Town Hall Meeting in the Community Center on September 11 at 1000. On August 20 we held our monthly birthday dinner. I don't think I've ever seen that many smiles. It was a packed dining hall and it was so nice seeing everyone enjoying the prime rib and salmon dinners.

Chris Alexander and I have a number of military bases to visit the next couple of months. We will be going to Fort Sill, Fort Leavenworth, and Fort Knox. Becki Zschiedrich and resident Clifford "Smitty" Smith will attend the Keesler Retiree Appreciation Day in October. We have been sending out hundreds of applications and we have been scheduling tours daily. There is a lot of interest in the Home due to advertising and it's just a matter of time before the Home has a waiting list again. So, tell your friends if they are interested to get their applications in this year!

Some of you may remember Dr. Matthew Carlson, who was one of our contract doctors a few years ago. Dr. Carlson returned to the Home on August 20 to conduct orientation. He will work with us a few days a month.

Even though the month of August has come and gone already, we are still in hurricane season. We've been fortunate to not have any major hurricanes since 2005. If a hurricane does approach in the Gulf of Mexico, I just want to let you all know that we will be ready. We have held many hurricane preparation meetings and have partnered with the Seabee base, the Gulfport Police Department and the Gulfport Fire Department in the event of any emergencies. We have employees that are on Team 1, who will ride out the storm at AFRH-G, and we have employees on Team 2, who will relieve Team 1 when the storm has passed. Rest assured that safety and security is our number one priority for you, our residents.

Last, but not least, thank you to all the residents who participated in the Annual Resident Survey. Your ratings and comments will help us better serve you all in the future. We had a great turnout and we appreciate your input.

Just remember, we are here to serve you as you have served us. We strive to provide the best services possible for our residents at the Armed Forces Retirement Home.

Jeff Eads



From left to right: Jeff Eads, Senator Cindy Hyde-Smith, Gary Coleman, Tom Muir, Myrtis Franke and Jim Branham.

## Fleet Reserve Association donates ceremonial bugle to "Old Naval Home"

By Bob Rutherford | Branch Secretary  
Photo by Ray Ross | Resident



On August 16 a group of shipmates from Fleet Reserve Association (FRA) Baton Rouge Branch 371 met in the Hall of Honors for a presentation of a ceremonial (computerized) bugle to "Old Naval Home" Branch 307. Member Jimmy Broussard, accompanied by Past National Chaplain Jerry Pugh and member C.W. Streat presented FRA Branch 307 President (and AFRH-G resident) Patricia Kirchner with a ceremonial bugle. This bugle will be used for all branches of the military for memorial services, funerals or any other occasion as needed.

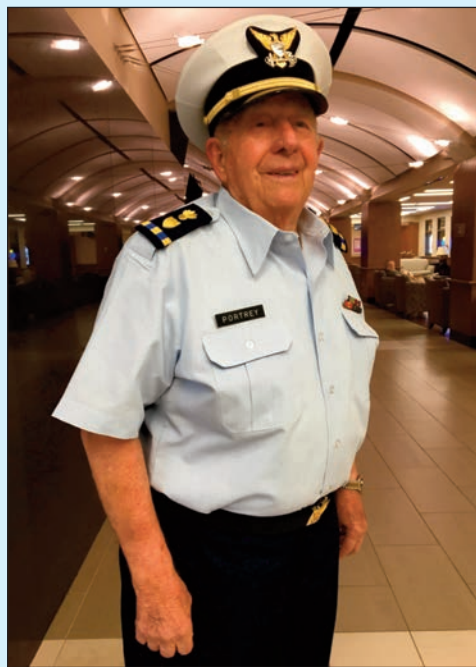


## Celebrating 229 Years of the U.S. Coast Guard

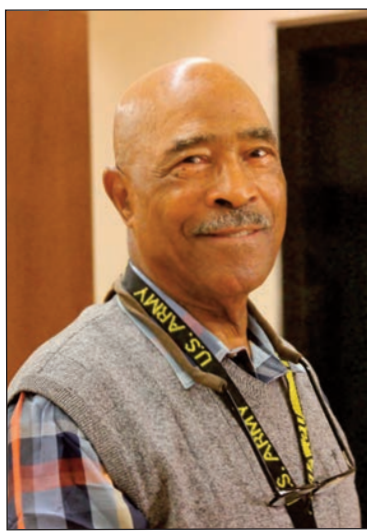
By Becki L. Zschiedrich | Public Affairs  
Photos by Jack Horsley | Resident

Residents gathered in the Hall of Honors to celebrate the 229th birthday of the founding of the United States Coast Guard. Chief of Resident Services Christopher Alexander was the master of ceremonies. After a U.S. Coast Guard tribute video was shown, our special guest speaker Barry Cottrell, USCG Auxiliary was introduced. Our very own U.S. Coast Guard resident Earl Portrey, along with Mr. Cottrell cut the cake.

Even though the number of Coast Guard residents at the AFRH-G is lower than other services, a great turn out of residents and staff celebrated this important branch of military service. The Coast Guard is one of the oldest organizations of the federal government. Established in 1790, the Coast Guard served as the nation's only armed forces on the sea until Congress launched the Navy Department eight years later. Semper Paratus!



## Notes from the AFRH-G Resident Advisory Committee Chairman



We began the month of August celebrating the U.S. Coast Guard's 229th birthday. We also had an exciting visit with the U.S. Navy's chief petty officer selectees from this area. The sixth of the month was voting day and transportation was provided to the local voting locations. On the 13th of the month the food sub-committee met with about 30 residents. Chris Alexander, chief of resident services and Frank Bermudez, facility safety officer, were invited guests. The topics of discussion were PMD's and rollators in the dining area and health concerns and access to the salad bar. A robust exchange of ideas and solutions surfaced, some of which will be tested.

Mr. Thomas M. Muir, director, Washington Headquarters Services (WHS) and Chief Operating Officer Mr. James Branham visited the Home on August 14. This was Mr. Muir's first visit. After a tour of AFRH-G, Mr. Muir met with members of the RAC and also a group of residents in a meet and greet. These meetings provided an opportunity to update us on the potential for increased revenue and to hear the concerns of residents about future costs and other issues. Thanks to everyone that participated in making Mr. Muir's visit a success.

On August 5 Mr. Branham hosted a Town Hall Meeting. He reviewed the many projects on the table that would move the Home's financial position from red to black in the next 14 months. He updated the possibility of Wounded Warriors, Gold Star Widows, and National Guard and Reserve members all being viewed as possible residents. He spoke of the selection of a lease for the 80 acres of land on the DC campus, an increase in contributions from "fines and forfeitures" and raising the amount enlisted military personnel contribute from .50 to \$1.00. He also spoke of the need for increase in occupancy to 90%.

Later in the afternoon, Mr. Branham met with the RAC. This was a follow-up meeting concerning the RAC's position on stipend pay. We, the RAC, agreed to review AFRH directives and the number of RAC positions in the stipend program. As always, we were delighted with his willingness to listen and resolve disagreements concerning current policy and procedures. We look forward to hosting another visit in the future.

Finally, a heads up, we have been working on a new model train layout. It is an HO scale and has approximately 250 feet of track. This will be a wonderful addition to recreational activity here in the Home. We will keep you posted on our progress and invite you to stop by the train on the second floor activity room in Tower C for a look-see. The train room is located in C242. See you there, "Whoo, Whoo!"

Arthur "Art" W. Jones



RAC Chair Art Jones (left) and the upper levels of care Ombudsman, Chip Wall (right) at the Banana Split Ice Cream Social on August 12.

# AFRH-Washington

## Lights, camera, fashion

By Amanda Jensema, CTRS | Recreation Therapist  
Photos by Jack Beck & Billy White | Residents

Encore! Encore! What a show! The residents and staff here know how to put on a spectacle! We had such a variety of fashion to share with our residents in categories such as formal, patriotic, weekend lounge, cultural and more! Models had a blast as they strutted down the catwalk showing off their style, as well as personality! We had residents represented from all levels of care who participated, as well as staff from resident services, administration, and healthcare.

Resident Muriel Kupersmith wore a beautiful mink coat she has owned for 40 years that still looks brand new. Dressed as George Washington was resident John Baker, and impersonating Tom Selleck as Thomas Magnum from Magnum P.I. were residents Jim Long and Lewis Haight, just to name a few.

The staff from recreation services used their creativity and a play on words to create their own special categories. Recreation Therapy Supervisor Annemarie Wilson wore a beautiful formal gown with a plunging neckline, highlighted by a plunger as a necklace. Recreation Therapy Assistant Marine Robbins wore a chic pink leather double breasted jacket fit with brassieres front and back, and Recreation Therapist Carol Mitchell wore a t-shirt with bags of tea.

Librarian Christine Baldwin came out as "Lady Librarian" in a pretty pink dress with old check out book slips attached.

We would like to thank everyone who participated in this year's Fashion Show. We would also like to give a special thanks to resident Bill Jentarra who was our music man for the show and Recreation Supervisor Steven Briefs for being our wonderful emcee for the afternoon.



## Water you waiting for? Drink up!

By Marine Robbins | Recreation Therapy Assistant  
Photo by Annemarie Wilson | Recreation Therapy Supervisor

With one of the warmest summers on record in the Washington DC region, it is vital to stay hydrated and cool through the recent heat waves. Thank you to Annemarie Wilson in Recreation Services for serving up ice-cold hydration stations at the main entrances of the Washington campus. Infused with fruits and vegetables provided by the terrace gardens and staff members, a cup from any of these stations has subtle and crisp flavor while being packed full of natural minerals and vitamins. Infusions have included oranges, pears, peaches, cucumbers, and even a small pineapple grown outside our very own administrative offices.

Healthy and hydrating, a glass or two of infused water is the perfect end for a walk outside, a moment of sunbathing or a warm reading session.

Note: Alerts for days with high temperatures and UV indexes are posted on Senior TV and water will be provided on all days with announced heat advisories. Throughout the summer, but on these days in particular, please limit time outdoors, regularly apply sunscreen to all extremities including nose, ears, and feet, or wear full coverage clothing made of light, breathable fabrics.

Stay safe and hydrated for the remainder of summer!



## Wendy's luncheon

By Amanda Jensema, CTRS | Recreation Therapist  
Photos by Carol Mitchell | Recreation Therapy

Did you know that Dave Thomas, the founder of Wendy's Restaurant named it after his daughter Melinda? The name Wendy's came about because when Melinda was little she had trouble pronouncing her name and it came out "Wenda." That was just one of the many facts we learned about the restaurant and the man behind it. The residents on the assisted living unit were treated to a luncheon from Wendy's which consisted of hamburgers, chicken nuggets, French fries, and salad. Of course, you can't have a Wendy's lunch without a Frosty, so we made our own! Residents had a great time enjoying the music and the camaraderie with their fellow mates and staff. As we did Wendy's trivia many residents reminisced about their memories. One resident remembered when they introduced the salad bar in the restaurant, the first fast food place to implement one. Everyone who attended had a great time and left with full bellies. We look forward to our next luncheon!



## Shark Week at AFRH-W

Story and Photo by Carolyn Haug | Public Affairs

The Armed Forces Retirement Home - Washington took a bite out of Shark Week with a Shark Week Social. Residents entered the shark infested community room to enjoy drinks, snacks, displays of real shark teeth and fun facts, music, games and a remote control shark balloon. A special guest appearance from Kayla Shark made this Shark Week Social an event to remember! Thank you to Kayla Bennett and the Recreation Services team for a fin-tastic event!



## Synchrony volunteer visit

Story and Photo by Carolyn Haug | Public Affairs

Volunteers from Synchrony traveled from all over the country into Washington, DC serving up food, fun and freebies for our veterans at the Armed Forces Retirement Home - Washington.

Residents were treated to a cookout on the Scott Terrace, an ice cream social, casino games, Bingo and tables of donated items. Thank you to the volunteers from Synchrony for the donations and spending time with us!



## Totally tomatoes!

Story & Photo by Carol Mitchell | Recreation Therapy

The Scott 2 and 3 Terrace Gardens are in full swing with tons of fresh veggies and herbs to cook with! Some of the cooking groups have included cucumber and tomato salad, tomato sandwiches, cucumber and cream cheese sandwiches, fried green tomatoes, and salsa. Residents joined in during the cooking groups by chopping, slicing, dicing, mixing, and finally partaking in eating a delicious dish.

### Monthly Terrace Garden Recipe

#### Fried Green Tomato Recipe

½ cup all-purpose flour  
3 eggs, beaten  
½ cup yellow cornmeal  
1 pound green tomatoes sliced inch thick  
½ cup canola oil  
kosher salt  
pepper

**Step 1** - Place the flour, eggs, and cornmeal in three separate shallow bowls. Dip the tomatoes first in the flour, then in the eggs (letting the excess drip off), and finally in the cornmeal, pressing gently to help it adhere.

**Step 2** - Heat the oil in a large skillet over medium-high heat. Working in batches, cook the tomatoes until golden, 1 to 2 minutes per side. Transfer to a plate. Season with salt and pepper before serving. Keep your eyes peeled for next month's Terrace Garden Recipe.



# AFRH-Gulfport

## Putting Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On August 23 residents competed in the Outdoor Putting Tournament. It was a rainy day outside so the Outdoor Putting Tournament turned into an Indoor Putting Tournament. Fred Schultz took his time aiming for that beautiful shot to make that hole in one. The rest of the players took mental notes on how to master the form from Fred Schultz.

Doris Denton took 1st place, Frank Baker took 2nd place, DC Breland took 3rd place and Fred Schultz took 4th place.



## Bowling Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On August 6 residents competed in the Bowling Tournament at the Armed Forces Retirement Home in Gulfport. Wayland Webb, Doris Denton, James Eldreth and Jimmy Smith all bowled in a friendly tournament.

Wayland Webb took 1st place, Doris Denton took 2nd place, James Eldreth took 3rd place and Jimmy Smith took 4th place.



## Card Battle Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On August 8 residents competed in the Card Battle Tournament in the Community Center. The object of the tournament was to get the highest card to win both cards. Whoever had the most cards at the end advanced in the double-elimination bracket. All the residents were seen concentrating for all the cards that they could get in their battle.

There could only be four winners that day. Wayland Webb took 1st place, Frank Baker took 2nd place, Mike Longwell took 3rd place and Ernie Fowler took 4th place.



## Dice War Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

In July residents competed in the Dice War Tournament in the Community Center. The object of the tournament was to roll the dice five times and count the points for each roll. Whoever had the most points at the end advanced in the double-elimination bracket. All of the residents concentrated for all the points that they could get in their roll.

There could only be four winners that day. Wolf Kiessler took 1st place, Mike Longwell took 2nd place, Wayland Webb took 3rd place and Ernie Fowler took 4th place.



## Hook and Ring Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On August 19 residents competed in the Hook and Ring Tournament in the Bocce Center. The object of the tournament was to throw the six rings and hook them on the hooks for points. Whoever had the most points at the end advanced in the double-elimination bracket. All the residents concentrated for all the points that they could get in their throw.

There could only be four winners that day. Frank Baker took 1st place, Carol Harmes took 2nd place, Wayland Webb took 3rd place and Jerry Anderson took 4th place.



## Mystery Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist



On August 20 recreation held it's Mystery Tournament. The Mystery Tournament was not given out until 0930. There were 14 residents who participated in the Mystery Tournament.

The mystery was Trash Can Curling. Residents were given instructions on how to play. The way to win was to get the dolly wheel coaster closest to the garbage can to advance through the double-elimination bracket.

There could only be four winners for this Mystery Tournament. Jim Hayden took 1st place, Frank Baker took 2nd place, Bill Truitt took 3rd place and Wayland Webb took 4th place.

## Banana Split Ice Cream Social

By Dennis Crabtree | Recreation Specialist  
Photos by Becki L. Zschiedrich | Public Affairs

Banana Split Ice Cream- America's favorite ice cream combination, is observed annually on August 25. This is how the banana split got started. David Evans Strickler, a 23-year-old apprentice pharmacist at Tassel Pharmacy, located at 805 Ligonier Street in Latrobe, Pennsylvania, who enjoyed inventing sundaes at the store's soda fountain, invented the banana-based triple ice cream sundae in 1904.



## Outdoor Shuffleboard Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On August 16 residents competed in the Outdoor Shuffleboard Tournament at the basketball court. The morning was cool, crisp and the bugs were not biting. Harry Rhizor and Ernie Fowler competed against each other. Jim Hayden, Wayland Webb and Mary German waited for their turn to play.

There could only be four winners that day. Frank Baker took 1st place, Harry Rhizor took 2nd place, Ernie Fowler took 3rd place and Jean Rhizor took 4th place.



## Corn Toss Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On July 26 residents competed in the Corn Toss Tournament in the Bocce Room. Fredi Van Pelt and Frank Baker competed against each other. The rest of the residents watched them play and took notes to include family members.

Frank Baker took 1st place, Ernie Fowler took 2nd place, Gerry Gorsky took 3rd place and Fredi Van Pelt took 4th place.



## ATTENTION GULFPORT RESIDENTS

The kick-off for the 2019 Annual Games will be September 3 at 1400 in the Community Center. We hope to see you there.

Recreation Specialist Dennis Crabtree (right) advertised the games in the Dining Hall as he walked around making everyone laugh. He was a walking billboard!



## GULFPORT

### Uke got the beat!

By Susan Bergman, MT-BC | Recreation Therapy Services  
Photos by Becki L. Zschiedrich | Public Affairs

On August 14 residents enjoyed coconut shrimp, hamburgers, and hot dogs at the "Totally Tiki Hula Party" at the monthly cookout for Valor, Allegiance and Loyalty Halls. With luau decorations lining the walls and ceiling, residents were all smiles with a variety of Hawaiian ukulele and tropical steel pan music, too. On August 15 at "Let's Go Tropical Music Time," residents vacationed inside the air conditioning with music from the Caribbean to learn about the steel pan instrument that originated in Trinidad. The group then traveled onto the Pacific to guess Hawaiian trivia and a variety of related songs on the ukulele. Originated in the 19th century, the ukulele was adapted from a small Portuguese guitar and became popular in the 20th century when heard internationally. On August 16 residents joined in for "Uke Got the Beat! Drum it Up!" drumming group where they warmed up on the Jumbie Jam, a smaller version of the steel pan. Before the steel pan was invented from a dented 55-gallon oil drum in the late 1930's, people known as "Iron" bands gathered together to play rhythms on old garbage lids, car parts, pots and pans. The smaller eight-note Jumbie Jam Steel Pan pictured was made in the USA in the 1990's and when two are used together, make a great tropical duet. Residents sang and played along on a variety of drums to "Tiny Bubbles, Pearly Shells, Marianne, and Day-O." Also, "Uke Got the Beat!" was enjoyed again on August 27, where residents enjoyed a luau-themed lunch provided by dining services. "Aloha 'Oe...until we meet again!"



## WASHINGTON

### Casino night in July

By Marla J. McGuinness | Recreation Specialist  
Photos by Paul Armbruster and Marla McGuinness

Friday, July 26 the AFRH-W Recreation Department hosted a Casino Night. There were black jack tables, one-arm bandits, slot machines, Wheel of Fortune, and the roulette wheel. Plus a high-low card game where the residents could win prizes such as lap blankets, toiletries and flip flops. Over fifty residents participated at the annual Casino Night event. Each resident was given 50,000 in bills of "phony money" to use at the different gaming tables. Bills could be turned in for either tokens to play the slot machines, or chips to use at the casino table games.

There were appetizers including resident favorite chicken-wings and seven-layer chip dip. The Defenders Inn was open for our thirsty players.

The top three winners who made the most money of the night were:

- 1st - Daniel Gallucci won \$300 AAFES gift card
- 2nd - Daniel Weber won \$150 AAFES gift card
- 3rd - Marvin Archer won \$75 AAFES gift card

There were also twelve lucky winners who won door prizes of \$10 various gift cards from Chick-fil-A, Wal-Mart and Subway. Daniel Gallucci won one-million one hundred twenty-five thousand on the slot machines; he told me, "If this was really money, I would give half of it to the Home."

We could not do this event without our eighteen volunteers who came from Washington Gas Company and the USAWOA, United States Warrant Officers Association Lord Fairfax Chapter. Each of these volunteers came from all of the globe from Virginia, Maryland and DC area. They spent their time helping residents have a fun evening.

#### Special thanks to:

- Gene Downs, who donated the alcohol for the event (left over from his birthday party the week before)
- USAWOA, who donated \$250 toward prizes for this event

