



AFRH
The Premier
Retirement Community
for America's Veterans

Armed Forces Retirement Home

Communicator

Gulfport, MS & Washington, DC

VOLUME XII NUMBER 4

APRIL 30, 2015

AFRH-GULFPORT

USAF Thunderbirds take over the skies in Biloxi

By Becki Zschiedrich, Public Affairs

AFRH Residents got to enjoy a big thrill at the end of March as Keesler Air Force Base hosted an Air Show called "Thunder on the Bay" featuring the Fabulous USAF Thunderbirds. Over 150,000 people showed up for the weekend event. Dozens of airplanes also took to the sky, including the Russian MiG-17 which performed midair maneuvers that were so fast that it was like a rocket flying through the sky. There were also static displays and a performance by the U.S. Army Parachute Team, The Golden Knights. Flybys were also made by a P-51, A-26 and a B25. Both old and new planes, that the military uses to keep us safe, flew overhead or were on display. The USAF Thunderbirds closed the show with an air demonstration featuring a mixture of formation flying and solo routines that were absolutely incredible. The sound of the F-16's got under your skin as they flew overhead. The residents totally enjoyed a fantastic day at Keesler Air Force Base. Keesler was also proud to have an open house to thank the Gulf Coast for their support and to show the public what they provide and what they're doing for your national security.



The USAF Thunderbirds performed all kinds of complex demonstrations.



Residents were happy to have front row seats for the "Thunder on the Bay" Air Show.



The MiG-17 was so fast. Note the flames coming out the rear of the plane.



Carl & Claire Smith pose for a quick photo in front of the Hurricane Hunter, WC-130J.



The Thunderbirds were loud and fast. They thrilled the audience with all their daring maneuvers.

AFRH-WASHINGTON

Lincoln's last ride

President Lincoln's Cottage (PLC) commemorated Lincoln's Last ride on Monday, April 13, 2015 with a Horseless Ride and Honor Guard provided by the Old Guard. The journey started at the White House and ended at PLC a little after 2:00 p.m.

Abraham Lincoln last rode out to the Soldiers' Home on April 13, 1865, one day before his assassination. PLC retraced Lincoln's final commute on horseback from the White House to the Soldiers' Home.



Old Guard presents the Horseless Ride to begin the ceremony.



Members of the "Old Guard" enter the grounds of the Armed Forces Retirement Home in Washington after a short journey from the White House.



Sailors from the USS Abraham Lincoln lay a wreath in front of the Lincoln statue on the AFRH-W grounds.

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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 Washington, D.C. and Gulfport, Mississippi



ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

AFRH-Gulfport waiting time for residency is
27-29 months from the date of application approval

AFRH-Washington has no waiting time for residency

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 be incapable of earning a livelihood because of 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 incapable of earning a livelihood because of 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, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400. Visit us on the web at: <http://www.AFRH.gov>



The Joint Commission
www.jointcommission.org

A CARF-CCAC Five-Year Term of Accreditation was awarded to the Armed Forces Retirement Home. <http://www.carf.org>
<http://www.carf.org/aging>



AFRH-W Veteran Highlight

By Christine Baldwin, AFRH-W Librarian

Kenneth Green, an Ohioian, originally joined the U.S. Navy at the age of 17, but halfway through Boot Camp at Sampson NTC, Geneva, NY, World War II ended. He was then sent to Great Lakes NTC, IL for one year. Kenneth was then discharged into the Naval Reserves. His employer encouraged all who could to join up for the Korean War, and he signed up for one year. After being discharged in 1952, Kenneth went back to work and in 1953 when the Korean War over, he was laid off and drew his 26/26 plus State's benefits. Next, Kenneth joined the U.S. Air Force in 1954. He was sent to Sampson (now an Air Force Base) for a 30 day re-enlistment training, then on to F.E. Warren AFB, WY; Tinker AFB, OK; Wheelus AFB, Libya; Yokota AFB, Japan; Walker AFB, NM; Kadena AFB, Japan; Lowry AFB, CO; Howard AFB, Panama; Tachikawa AFB, Japan; Wright Patterson AFB, OH; Bien Hoa AFB, Vietnam; and Williams AFB, AZ. It was here that Kenneth was put on terminal leave and then was informed that he made Tech, so he stayed another 3 years for permanent Tech.

During his career, when Kenneth had volunteered for Vietnam, he was assigned to the Document Control Section of Base Supply. Kenneth and his crew cleared up over 1,200 delinquent documents. He also saw the world from the ruins of Pompeii to the kangaroos of Australia. The best tours he had were in Japan. He tells the story of

attending a party by crossing a small stream only ankle high. Later, the flood gates were opened and coming back it was hip high! While at Williams AFB, AZ, it was rumored that George W. Bush was there for parachute training. Returning from overseas in 1968, Kenneth was assigned to Wright Patterson AFB, Ohio's SAC DET in the NORS Control Office. At lunch at the SAC DH, he got a cup of coffee and it was lukewarm. His sponsor said that the thermostat had been on order for 3 months. Kenneth went to the DN NCOIC and checked the work order. He then called the Electric Supply Company in Fairborn. They had the part. He went back to his NCOIC and was told to go get the part. Later that afternoon, a Base Electrician put it in and they all had hot coffee again!

Later, when Kenneth retired from service, he was hired in the same SAC DH as a food service worker under the Vietnam Veteran Readjustment Act. The DH went Civilian and they all went to CE and did various odd jobs. Kenneth finally figured out that the 22 miles to and from work, gas and taxes, he was only making half his hourly wage, so he quit. He started to fix up and clean yard tools, hammers, picks, axes, shovels, baseball gloves, pots & pans, lamps, etc. and selling them at base Thrift Stores and donating some to the Airman's Attic. Kenneth also bought spaghetti, macaroni and canned spaghetti sauce and donated it to the Airman's Readiness Center. After a while, he was known as the Spaghetti Man.

AFRH wants to hear your military stories. Please contact the Public Affairs Office.

**AFRH-G
228-897-4429**

**AFRH-W
202-541-7550**

AFRH-G Veteran Highlight

By Lori Kerns, AFRH-G Librarian



Larry, pictured here with his first wife, Beverly, while serving in the Air Force.

Angelo Lorenzo "Larry" Papale, born May 1, 1923, is the eldest of two sons born to Italian immigrants who came to America through Ellis Island. Larry's parents settled in San Francisco, CA to raise their family. His father, who had been a professional boxer, opened a meat market in the area and his mother stayed home to raise the two boys. Larry describes himself as the type of child that was not too bad but he said that he did make "some noise." When he was old enough to drive, he got

a car and went looking for girls. He says that he was definitely girl crazy. To put it in his hilarious words, "I had my fling and I flung it!"

When Larry was about eighteen, WWII was getting hot and heavy. As his memory serves him, it was around Christmastime when he got the call that he had been drafted. Larry was first sent to serve as an infantryman. He soon he got out but went back into the military joining the Air Force. Originally, he wanted be a ball turret gunner because the idea "sounded romantic" to him but he couldn't fit inside the compartment. So his pilot told him that there were tail gunner positions open. And that was a fit for him. He was sent off to gunnery school at Laredo Army Airfield. This is also where he began flying. He had about five more months of soldiering and gunnery training and then he was off on his first mission, which was just a straight gunnery patrol mission in Kansas. Larry was very lucky in his flying career. He flew with the same crew, a very young crew, for THIRTY missions during WWII in their B-24 bomber. Some of their missions had them patrolling, some were long, overnight missions, and many were combat missions located overseas where they were lucky to make it out alive.

Always the ladies' man, Larry still found time to get married even though he was flying around the world fighting for our country. After several years in the Air Force, Larry decided to retire with the civil engineering training he received and raise his family of two boys, Arthur and Christopher. His career as a draftsman eventually drew him down to the Mississippi Gulf Coast. He even designed the house where he lived in Biloxi.

Upon retiring from his civilian job, he started hear-

ing about AFRH-G, knowing he had to go live somewhere. He says he enjoys living at AFRH-G because there's "bunch of good fellows" that live here. He also enjoys the food. Those that know Larry, and there are many because he's such a social butterfly, know that he's an active resident who thoroughly enjoys many social activities such as bingo, current events, exercise, and many of the outings. He is definitely the life of the party wherever he is and can always be counted on for a laugh. One of a kind, Larry Papale is!



Today Larry at the AFRH-G Cultural Social with Librarian, Lori Kerns.

Message from the Chief Operating Officer



Another month is in the books! April was a productive month for AFRH; AFRH-Washington has a new Ombudsman on board, AFRH-Washington was part of the "Defense of DC" tour which brought a group of Congressional Staffers in for a tour, AFRH-Washington also had "Lincoln's Last Ride," marking the 150th anniversary of President Lincoln's assassination, and I had a VERY productive week at AFRH-Gulfport.

This month I'd like to discuss respect, trust and transparency. The Merriam-Webster dictionary defines respect as "a feeling of admiring someone or something that is good, valuable, important, etc.; a feeling or understanding that someone or something is important, serious, etc., and should be treated in an

appropriate way; a particular way of thinking about or looking at something." I would add to that by saying that respect is a multi-lateral proposition, it has to flow in both directions. Employees must respect Residents and Residents must respect employees. Without getting into specifics, I must say that unfortunately this is not always the case.

The issue of respect should not be viewed solely between Residents and Employees; Resident-Resident and Employee-Employee interaction should be equally respectful. Residents should live here feeling they are important and respected, employees should come to work with identical feelings.

Trust, defined as "a belief that someone or something is reliable, good, honest, effective, etc." Trust is more easily defined than it is attained, absolute trust is acquired via actions and deeds. I understand the difficulty in giving someone your absolute trust, but there should still be a certain level of trust assumed here. The AFRH mission statement, "to fulfill our nation's commitment to its Veterans by providing a premier retirement community with exceptional residential care and extensive support services," uses the word commitment. That commitment in itself should garner a certain level of trust, trust that we have the best interests of all in mind.

An invaluable tool in obtaining trust is transparency; defined as "able to be seen through, easy to notice or understand, honest and open, not secretive." This is what I strive for in the management of AFRH; be it hiring, budgeting, scheduling, etc. I discuss pertinent issues with Residents and Employees in

Town Halls, All Hands, focus groups, the Communicator, etc. My office email, COO.office@afrh.gov, though infrequently used is still available. If you have questions or concerns, please ask, chances are there are others with the same questions/concerns. Also, if you have ideas that would improve our transparency at the home, please sent them to my office email above.

I truly believe that the Armed Forces Retirement Home is a great place to live and work, be it in Gulfport or D.C., and we can make it even better...together.

Steve McManus



The AFRH Chief Operating Officer, Steve McManus, holds a Town Hall Meeting for the Residents in Gulfport on April 15th.

AFRH-G's next American Idol

By Becki Zschiedrich, Public Affairs

I had the honor of witnessing our Recreational Therapist, Susan Bergman, perform music therapy for the AL, LTC, and MS residents, a treat that the Residents in upper levels of care get to enjoy every Wednesday. Her talent brought tears to my eyes and to my surprise she introduced our very own resident, Clarence "Mac" McGee as a guest performer this month.

In 1935 Clarence "Mac" McGee was born in New Brunswick, Canada and became a US citizen in 1954 while stationed at Eglin AFB in Ft. Walton Beach, FL. In 1959 he deployed to Japan and worked in communications. In 1963 he was stationed in Massachusetts at Westover Base where he cross-trained into loadmaster for C130's. During Vietnam, Clark Air Base in the Philippines was home base while he was flying on C130's. He said the worse part of that job was bringing back the military men that were burned. For 2 1/2 years he flew back and forth from Vietnam to the Philippines and actually received an award because his airplane took ground fire. He said he was never concerned about getting shot down because he looked at this as a job. "It was an exciting career" he said. After Vietnam in 1968, he was transferred to Langley AFB in VA and cross trained in manpower allocating personnel to bases as needed. Mac did this for four years and retired as a Master Sergeant in 1974.

Music came into Mac's life in 1961, while in Japan, where he learned how to play the guitar. One of his troops was in a rock-n-roll band and taught Mac how to play the acoustic guitar. On off duty time he would practice strumming and writing music. "I mimicked Hank Williams all my life" said Mac. Mac joined a band in 1962 and played at the Airmen's Club, NCO Club and an Officer's Club in Japan where they played country music. He eventually ended up being the lead singer. He said he loved the hype from it all. "When you're up on stage looking down at the audience, you would see all kinds of things." Mac started writing his own music in 1965. After the military he got into another band in Florida in 1975 where he would play at the VFW, American Legion and other private clubs.

Unfortunately Clarence had an accident where he hurt his arm and can now only strum with his thumb. He stopped playing for a few years and then when he checked into AFRH-G he started playing again. Mac expressed, "Music gives me enjoyment, especially country music. Some people like to make model airplanes, I like to make music. It's a hobby!"

After witnessing Mac perform, I only hope that he will continue to be a guest performer at AFRH-G so he can spread his charisma and gift to the Residents and employees at the Home.



Clarence McGee strums his guitar and sings country songs for the Residents in Assisted Living, Long Term Care and Memory Support.

The Miss District of Columbia class of 2015 visits the Washington Home

By David Eichaker

Residents from the AFRH-W were able to listen to music and watch dancing as the Miss D.C. class of 2015 took center stage and showed off their abilities during a recent talent show held here at the Home. Performing at the retirement home proved beneficial for a couple of reasons and one of them involved the Miss America Initiative. "It gives us an opportunity to perform our talents for the residents here," said Teresa Davis, Miss District of Columbia 2014, adding that it also helps the Miss America Initiative called 'Miss America Serves.'

While wearing the Miss D.C. crown, Davis explains her role that comes with the responsibility of wearing the crown and why she chose the AFRH-W. "My personal platform as Miss D.C. throughout this year has been helping military families ... children and of course, our veterans," said Davis. "I feel like it's very important to always support and thank our veterans for their service." Being around service members and spending time with veterans also hit close to home for last year's winner. "My dad served in the Army for 22 years," said Davis, adding that this has been her way to give back. "The retirement home here would be a perfect way to go along with what I've been doing so far."

Prior to the talent show, residents had an ice cream social, which allowed the Miss D.C. class to meet and spend time talking with the veterans of the home. "Being able to come here and mingle with them and really get to know them is an incredible opportunity," said Davis. "To see where they've been and talking about their lives' stories and thank them for their service is such an incredible opportunity."

As the talent show began, residents filled the auditorium to watch the ladies show off their artistic skills as pianists, singers and dancers took to the stage. "In Miss America, there is a talent portion of the competition," explained Davis, who is a pianist and performed the song when she won Miss D.C. 2014. She said that others danced and sang songs, adding that some of the girls were opera singers.

"This is such an amazing opportunity," said Davis. "I think all the girls took something away today as far as seeing this opportunity to come back and perform or interact with the residents again and I hope we were able to bring them a little entertainment today and give them a change of pace. We can't thank them enough for their service and for having us today."



Miss District of Columbia class of 2015 perform a talent show at the Armed Forces Retirement Home, Washington, D.C., April 18, 2015. Miss D.C., part of Miss America, has a platform called 'Miss America Serves' which includes helping military families and veterans throughout the United States. (Photograph by David Eichaker/released)

From the AFRH-W Administrator



What a wonderful spring we are having in Washington! The month of April has flown by quickly as the months tend to do. This April, we kicked off the spring season

by planting more than 50 trees, recognized the employee of the quarter, completed our annual evacuation drill, brought our ombudsman on board, and selected a Chief, Healthcare Services-whew!

A combination of 100 volunteers and employees from Casey Trees were here on the 7th and 11th of April to plant 25 Yoshino Cherry and 31 native shade trees. This was the second annual effort in partnership with AFRH to restore the

tree canopy of our campus. We welcomed a Japanese group to help plant a tree near Quarters 6, listen to a poem, and watched traditional calligraphy with our friends from the National Cherry Blossom Festival.

We had 5 nominees for the employee of the quarter and it was heartwarming to read the nominations presented by the service chiefs. Francis Anokwu, LPN took the top honors as employee of the quarter. He represents the campus because of his dedication to person-centered care when working with the Residents. It was a nice event to recognize our nominees for the hard work and dedication to AFRH-W. Congratulations Francis!

On 22 April at 0815 hours, a "fire" was reported on the 6th floor of the Sheridan Building. This began our annual evacuation drill for all independent living residents. The chief of security noticed improvement from previous drills and I thank the residents for their participation and cooperation in evacuating to an area

of refuge. The best place to go in case of a Sheridan building emergency is the Scott building.

This month, the Home is pleased to welcome Mr. Robert Webb as the new AFRH-W Ombudsman! Robb has jumped right in to his orientation and brings with him an extensive education in negotiation and conflict resolution. I am personally excited to have him on board to help advocate for our Residents' needs. Special thanks to Ron Kartz for going the extra mile, master chief to master chief, to make Robb feel welcome in his new home. I've often heard and used the expression, "the only thing constant is change". As we build the AFRH-W team I want to acknowledge those who commit themselves to our future duty serving our veteran residents. There is no question our Home is a special place, significant in history and its worthy mission. Thank you to all staff who make a positive difference in the lives of our Residents!

Shaun Servais



Congratulations to the Employee of the 2nd Quarter, Francis Anokwu, who is an LPN in Assisted Living.

National Capitol Trackers train display

By Nicole Chappell

All Aboard! On April 9th, the National Capitol Trackers "O-Gauge Train Club" transformed our Scott Community Center into an interactive train display. The trains included electric, and diesel engines from the early 20th century to modern day chugging down the track. Setup began at 8:00 am and was completed by 10:00 am with the exception of two modules. Modules that contain two train tracks and are all built to the same specification so that they readily inter-connect. The residents were all excited about how lovely and well organized the train display appeared. Some even expressed to the club members their childhood memories of collecting trains. It was also exciting to learn about the history of each train and the members who built the. Special thanks to National Capitol Trackers "O- Gauge Train Club" for making this a day to remember.



Donald Polovitch checks out the trains as they pass by the miniature farming area.



Herbert Outlaw enjoys watching the O-Gauge train make it around the track.

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



mind.

I'll take the risk of using Jim Croce's Time In A Bottle lyrics © Sony/ATV Music Publishing LLC for the basis of this article. Hopefully they have won't mind.

If I could save time in a bottle, the first thing that I'd like to do, is to save every day, 'til eternity passes away just to spend them with you.

[Chorus]

But there never seems to be enough time, to do the things you want to do once you find them. I've looked around enough to know, that you're the one I want to go through time with.

If I could make days last forever, if words could make wishes come true, I'd save every day like a treasure and then, again, I would spend them with you.

[Chorus]

If I had a box just for wishes, and dreams that had never come true, the box would be empty, except for the memory, of how they were answered by you.

[Chorus]

I have no doubt that this song so adequately, so clearly, and so concisely sums up my feelings, captures my thoughts about my time here at AFRH with my Shipmates, my Battle Buddies, my family comprised of each resident and employees. When a link in our chain of life breaks off an earthly tie we mourn the loss of friendship, camaraderie and the companionship we had. Although not here any longer, I know their shoulder is there to lean on. God speed as they travel a new road in eternity.

WOW, where is all of this coming from

One thing retired life does is give most people time, a lot of time; to reflect, to reminisce, to daydream (or night dream) of days of yore. I am no different and for the past month or so a song has been popping through my

you say? I am often asked, "Why do you do what you do day after day?" I can only answer "Why not?" I don't want to be left dealing with "I wish I had..." when the time comes and a call to come home is answered. I try to celebrate every day as a special day so I don't have to remember birthdays, holidays, and anniversaries. Our relationships are so special, so unique, and so custom made for each and every person in our lives. And in all honesty, I can say it's fun to share them with you, yes you, whenever our paths intertwine and meet. (And yes, I'll admit to times we bicker and disagree but it is out of a mutual respect to ensure we are both the best we can be doing the best we can do.) So therefore "Have a happy Thursday I know I will."

This article is dedicated to you; whether here, near or far, far away. To close (and paraphrase) I want my box of wishes and dreams to be true and not be empty, because it contains memories of times that I shared with you.

As always, if you have something you would like me to include or discuss in this article, let's sit and chat.

Highlights from last meeting:

Call to order at 10:00, April 15, 2015 in the Scott Theater (The posted location change was due to conflict in space scheduling)
Roll Call -- Members present: Phil Ford, George Freburger, Jack Bruneel, Lillian Miller, Howard Shirley, George Brewer, AL Brotski
Members absent: Ken Faller, Michelle Busch, Joe Maier,
Staff and Guests present: None
Minutes of March 18, 2015 meeting approved by unanimous vote

Chairman's Welcome to all / Announcements

>Please be reminded that emergency pendants are available at no cost from Security.

>The RAC Fund always welcome donations, and requests that residents consider remembering the AFRH-W RAC Recreation Fund in their final bequests(wills).

>Please place comments and concerns in RAC box in Tunnel for the most expeditious handling rather than waiting for a RAC meeting. All RAC representatives have yellow ID tags.

>The AFRH Advisory Council semi-annual meeting will be held in early May. I attend as the representative of the residents of AFRH-W.

If there is an issue you feel I need to present at that level please let me know. The voice(s) of the residents are heard, do matter, and make a difference in the quality of life for all of us. I look forward to hearing from you.

>RAC Chairman will be on vacation from April 23 through May 5. Please contact the Vice Chairman or any RAC member (yellow IDs) for assistance you may need in his absence.

RAC FLOOR REPRESENTATIVE REPORTS and COMMITTEES

FLOOR REPS: No report
CAMPUS OPERATIONS: No report
FOOD SERVICE: No report

GOLF: No report
HEALTH AND WELLNESS:

>Significant changes underway with numerous new hires; Chief of Health Care Services, ILP Supervisor, Wellness Center Supervisor, physicians, amongst others.

>Residents are encouraged to pick a (singular) Primary Care Provider to be the 'gatekeeper' for all their healthcare needs coordination.

>A focus group is being planned in the near future that will focus on Wellness Center and Healthcare issues.

MORALE WELFARE and RECREATION: A meeting is being scheduled to address questions and concerns from resident gardeners. A flyer announcing date time and location will be posted. Thank you Lori for your assistance!

MASTER PLAN: no report
RESIDENT FUND ADVISORY COMMITTEE: Resident fund is expending more than it is receiving. This issue will be discussed at next Resident Fund Advisory Committee to be held prior to June's Resident Fund Advisory Board. Funds will last (approximately) less than 3 years at current expenditure levels.

SECURITY: "Do not enter" signs by Lady Sheridan mounted on permanent post. This has eliminated the one that constantly fell down in middle of roadway.

OLD BUSINESS: Secretary for RAC still sought.

NEW BUSINESS:

> On April 20 and 21 in SH 1037 a model room will be available to view two safes (1

floor and 1 wall mounted) being considered for installation in an independent resident's room. Please go and submit your vote for which type you'd prefer. Once the selection has been determined, by resident vote, only that particular type (floor or wall) will be installed in your room if desired.

> James Judy, SH 2111 PH 330-719-0037 has requested to be 2nd floor representative. No other residents have expressed interest. Appointment and ratification pending meeting on May 20, 2015.

RESIDENT CONCERNS FOR ADMINISTRATIVE REPLY

NOTE: The Administrative replies to last month's concerns have been posted. The comprehensive response of the Administration to resident concerns is much appreciated.

>Can use of compactor stop occurring during quiet hours of 9 PM to 6AM?

>When will more pool lockers be accessible to residents; possibly replacing combination with padlocks?

>Is there a status when upgrades/modification to newest smoke shed on side of Sheridan building will be completed? (awaiting information from Agency)

Motion to adjourn at 10:10 passed, Next meeting at 10AM on May 20, 2015.

Thank you for supporting your Resident Advisory Committee. RAC meetings are held the third Wednesday of every month at 10 AM in the Scott Community Room. The Resident Advisory Committee (RAC) is here to serve you!

Please contact us; a) in person, b) through submission of form placed in RAC box in tunnel, or c) by e-mail at afrhrac@gmail.com. Minutes approved for posting on April 15, 2015.

All the best,

Phil Ford

From the AFRH-G Administrator



The Armed Forces Retirement Home is a Person and Staff centered organization and as such we are constantly looking for new and better ways to improve our culture and services. Last year I tasked a group of employees to look at the Employee Recognition Program to see how we can make it better. With representatives from every discipline, they proposed changes to make our process better. Each of you was sent a copy of the updated SOP as well as minutes from the Quarterly Town Halls but I wanted to remind you to look over and understand the SOP (G-OA-ADM-1-04). It really is about each of you.

Some of the main changes implemented were the processes for accepting, reviewing and selecting nominations. First a new form was developed and has been placed throughout the facility. This blue nomination form can be filled out by anyone: worker, supervisor, peer, resident or guest. When someone is impressed with what you do as an employee we want to know. They can be dropped in the mailbox on the north wall opposite the resident mailboxes. The forms are collected and held for submission. A group of peers, from which each Service is selected, makes a recommendation for Employee of the Quarter from the submitted nominations to the Administrator, who approves the selection. Additionally, three honorable mentions are also chosen. The quarterly winner receives an eight (8) hour time off award and a parking space; the honorable mentions each receive a four (4) hour time off award. All are recognized at the Quarterly Employee Awards Town Hall and have their picture posted in the award display case for the quarter following their

recognition. Each quarterly winner for the year will then compete for the Employee of the Year. Again, please read the SOP for more details about the program and how the Employee of the Year is selected.

Lastly we received input regarding the sharing of all nominations received and we will be implementing a process to do this soon.

There has been great input with this new employee recognition process. The success of this program relies on your participation and support. Will there be future changes? Yes. As stated at the beginning, we are continually working to make this program better. Just as each of you works to improve the services you provide to each other and our residents.

Chuck Dickerson



Congratulations to the Employee of the Quarter, Roy Deems. Roy has proven his dedication to AFRH by saving over \$14,000 this quarter and has a forecast projection to save the Home \$56,000 annually for the utility contract. Roy is keeping up with the motto, "It Never Stops in Campus Ops."

Valor, Loyalty, & Allegiance Music Therapy Makers & Shakers

By Susan Bergman, MT-BC, Board Certified Music Therapist, Recreation Therapy Services

On Wednesday, March 25, 2015, residents from Valor, Loyalty, & Allegiance Hall gathered for our weekly Music Time in the Valor Resident Lounge (a.k.a. piano lounge). Residents circled for a morning of musical surprises. A resident asked, "Did you bring that strum stick?" recalling the instrument from the previous week while another asked, "You can't forget my song." Residents also began to guess various songs played on the recorder & tin whistle (Irish Instrument) as a name-that-tune and then sang along together with Susan on the guitar. Loyalty Hall resident, Lois Hogan, jumped at the chance to play the strum stick which was reminiscent of an Appalachian or Lap Dulcimer she had played in the past. As the instrument was laid across her lap, she strummed while Susan picked out the melody for "When the Saints Go Marching In." With music in the air, Allegiance Hall resident, Clarence McGee, who had recently changed his steel guitar strings, wheeled in for yet another surprise. He shared his memories of playing in the military, sang some "good ole' country favorites," and performed a published song he had written. Kudos as he even returned to perform on April 8.

You may wonder, "What is Music Therapy?" Music Therapy is the use of music to attain therapeutic goals such as improving one's mood, increasing relaxation, promoting problem-solving, alleviating pain, enhancing self-esteem and many more. If there is something to achieve, a music therapist will use music as the means. As a music therapist, music is used to improve the quality of life and care for the many veterans at AFRH-G. Music Therapy provides solutions through singing, reminiscing about past memories related to songs and life experiences, playing instruments, sharing musical talents, engaging in music games, songwriting, and active listening. "Who is a Music Therapist?" A music therapist is someone who completes an approved music therapy curriculum from an accredited University, finishes a six month (1040 hour) internship with supervision, and becomes board certified to maintain 100 hours of continuing education per five year certification cycle through the Certification Board of Music Therapy (CBMT). The idea of music as a healing influence began with the writings of Aristotle and Plato. The field of music therapy as a health care profession began after World War I and World War II when community musicians performed at Veterans hospitals for individuals suffering both physical and emotional trauma from the wars. The positive outcomes led to the first music therapy degree program which was founded at Michigan State University in 1944 (You can find more at American Music Therapy Association - amta.org). On March 6, 2015, ABC News named Music Therapists "Persons of the Week" and included a video of former United States Representative, Gabby Gifford. Arizona politician, Gabrielle Gifford, who survived an assassination attempt, credits music therapy for helping in her dramatic recovery.

Feel free to join us as we take our Music Time group on the road to the community center on Wednesday May 27 @ 1000. Look for "Music Makers & Shakers" on the May calendar.



Lois Hogan plays the Strum Stick with Susan Bergman during Music Time.



David Sampson taps foot for a faster...faster song! Frank Roberts listens & watches on.

A personal tribute to the WWII Vets at AFRH-G

By Milton Williams, Art Specialist

Steven Crews, author of several books, has taken a sabbatical from writing and is building model airplanes, ships and tanks used in World War II. The 1/48, 1/35 and 1/72 scale models "are a huge challenge" and "takes 2 to 9 days to finish depending on their size and complexity" says Steve, some having over a hundred pieces. He's building 53 different airplanes used in the European and Pacific theaters of operations. So far there are 21 American, 8 British, 4 Russian, 8 German and 12 Japanese planes with 25 being completed and displayed as of 2 April. As an author and historian he has learned much about each plane and acquiring the models has been an adventure, even locating some very hard to find models from 9 different countries. Everyone is invited to see them in the Display and Reception rooms. He says, "the veterans from WWII, in his opinion, are this country's GREATEST GENERATION". Thanks, Steve, for reminding us the honor they deserve and for all the work you have put into this project.



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



Ah, spring is here. Our azaleas are blooming, birds are nesting and the grass is turning green. For many this is a great time of the year on the Coast. Today is the 16th of April and the temperature if expected to reach almost 80. Well

the pollen makes me sneeze, the nesting birds in the garage are crapping on my car, the insects are coming back in force and Hurricane Season is just around the corner. It just goes to show you one Man's Mansion is another Man's Cave (excuse me ladies-person). All is not bad though, I can get up

early (5:45) and get my exercising in before the sun gets too hot and causes heat stroke. I like the mornings here on the Coast. I like exercising on the Boardwalk next to the beach and watching the sunrise and with the warmer weather I plan to be out there as much as I can. I say this because I have a lot of projects I would like to see complete or be well on the way to completion before the end of the calendar year. I'll talk more on those later.

Last month I talked about Resident Volunteers and I need to touch on that subject again. Folks it's like this, a lot of the nice function and social activities we enjoy here would not be possible without "Resident Volunteers". No Bingo, No Movies, No Trips (trip callers), No Wine for Birthday and Holiday Meals, No Full Time Library, No Package Pick Up, No Bicycle Repair, No Bicycles, No Wood Shop, No Sewing Room, No Resident Drivers, No Floor Reps and No RAC... We have many great residents who volunteer not

because of the money, but because they want to be active and give back to this great Home. But it's sad to say many are now getting too old or too sick or just too tired to carry on in the jobs they have been doing for so long. It's time that new batches of Residents step up to the pump and start "Paying It Forward". Another way of "Paying it Forward" is to take out an allotment in the name of the Home either here in (AFRH) Gulfport or to the Home in general. You can make out an allotment for as little as \$5.00/month yes \$5.00. The forms can be filled out on line at the MY PAY web site.

Next month on the 7th of May the semiannual Resident Advisory Board meeting will be held and I will be reporting on what happens at the meeting in the next issue. At this meeting the items I plan to bring up are the Residents' concerns about Health Care and Health Care staffing at the Home. How will the additional income from resident fees and enlisted contributions help

cut the projected budget short fall and how soon? And just about anything else that I can think of that affects this Home and its residents. Time to go, so till next time "Have a Great Day."

Henri D. Gibson



Phil Keeler (left) and Henri Gibson (right) serve wine at April's Birthday Celebration.

AFRH-W April Activities

Cherry blossom trees donated and planted at AFRH-W

The first Cherry Blossom tree of the season was planted at AFRH-Washington on Tuesday, April 7th. Diana Mayhew, President of the National Cherry Blossom Festival kicked off the event by thanking Japanese representatives for their kind donations of this year's plant crop of Cherry Blossom trees. With the help of Carol Herwig and Casey Trees' staff, the first tree was planted on MacArthur Blvd. After the tree planting, several of the Japanese representatives sang and performed the art of calligraphy. AFRH would like to thank the partnership with the National Cherry Blossom Festival for the continued support through the tree donations.



Representatives from Japan, The Cherry Blossom Festival and the AFRH-W pose together after the tree planting.

Shrimp Fest 2015

By Carol Mitchell, Recreation Therapy Services

On Friday, April 3rd the Recreation Therapy department hosted an afternoon "Shrimpfest" complete with music by DJ Billy White. Residents enjoyed sampling shrimp cocktail, fried shrimp, and garlic roasted shrimp pasta. Along with enjoying eating the tasty shrimp, residents listened in on a lecture about everything you ever wanted to know about SHRIMP! Shrimps are one of the most common seafood all around the world. In several countries, they are a main foundation of export incomes. If the mounting call of this sea creature makes you marvel about its uniqueness and features, then here are a couple of things you might like to know about

shrimp:

1. They can exist in groups and can swim quickly backwards.
2. Shrimp are decapod (creatures with generally ten legs) crustaceans.
3. They are usually located in both fresh and salt water.
4. The problem of human ingestion of shrimp is that it is high in cholesterol.

All in all it was a fun-filled afternoon!



Peter Martinex thought the Shrimp Fest was a great idea!

Going once, going twice, going 3 times...SOLD!

By Carol Mitchell, Recreation Therapy Services

Monday, April 13th over 97 residents attended the AFRH Recreation Therapy White Elephant Auction! It was a wonderful turnout for this exciting event. The program had a great mix of Residents from Memory Support, Long Term Care, Assisted Living, and Independent Living residents. A variety of donated new and used items from the Daughters of The American Revolution, residents, and employees were gathered and collected throughout the year. Residents were given \$100 in fun money to participate in the event. The doors opened at 1:30 p.m. for the Residents to purchase food at the "Refreshment" tables that included pies, popcorn, Sarah's Special desserts, soda, beer, and water. They could also buy a variety of items at the "Buy It Now" tables. The actual Auction started at 2:00 p.m. with a great mix of items up for bidding. Some of the Auction items included: lamps, sports memorabilia, clocks, radios, designer purses, GPS, bathroom packages, and so much more! Special thanks to Resident Bill Jentarra for his continued support of this program, Northrop Grumman, for all the volunteers who donated their valuable time, the Recreation staff, and of course our very own "Vanna White" a.k.a Chief of Resident Services, Ron Kartz.



Harold Moore did not waste any time spending money on word search puzzles.



The White Elephant Auction draws a large crowd.

Easter luncheon at AFRH-W

By David Eichaker

Residents gathered for an Easter luncheon which included rotisserie cooked turkey legs, sliced turkey, and Easter candy, at The Armed Forces Retirement Home, Washington, D.C., April 5, 2015. More than 8 volunteers were needed to support the special lunch to include setting up the tables and supporting a wine table.



James Brown receives Easter candy from a volunteer on Easter Sunday.

Spring into poetry event

By Christine Baldwin, Librarian

On a spring-like evening in late March, a group of AFRH-W residents enjoyed poetry and prose from their fellow residents. The session was dedicated to Ida Emily Simpson and we started with a reading of one of her poems "The Garden" read by Christine Baldwin. Martin Cody then read an excerpt about "The Voice of the Poet" to put everyone in the mood for the event. Next, a poem was read titled "4 Leaf Clover" that resident William Sorince had written. The very popular "Gunga Din" was then read (with a very appropriate British accent) by Bill Opferman. Newcomer Susan Meckly had everyone smiling as she read some cowboy poetry. Rick Walk then read 2 poems that came from Robert Frost (March 26 is the anniversary of his birth) that had been read at Jack Kennedy's inauguration "Dedication" and "A Gift Outright". Patrick Goldsworthy read all 3 verses of "The Marine Corps Hymn". Martin Cody returned with a piece on "The Beauty of Spring". A wonderful reading of two of Robert Service's poems "Cheer" and "The World's All Right" by Paul Grimes finished the official program. A great time had by all!

AFRH-G April Activities

Train fever is chugging at full speed

By Sean Campbell, Lead Recreation Specialist



Model railroads are on display at the museum.

On April 18th the Mississippi Coast Model Railroad Museum opened its doors to visitors. The museum features Antique Toy Trains, as well as numerous operating model railroads from N-scale all the way to G-scale running overhead. Visitors were also invited to bring their own trains from home and run them on a layout. Trains are a popular attraction for some AFRH residents as some residents have been constructing their own layout on campus.



Grand Opening of the Gulf Coast Model Railroad Museum.

William Carey University pays tribute to AFRH Veterans

By Sean Campbell, Lead Recreation Specialist

William Carey University paid tribute to Armed Forces Veterans during a fun day of baseball at Milton Wheeler Field in Hattiesburg, MS. The Military Appreciation event included a double header baseball game in which residents were treated to free admission and free lunch during game. In between the doubleheader games, veterans were recognized in a brief on field ceremony. Baseball, often considered the American pastime, was a fun way of paying tribute to those who have sacrificed so much for our American heritage.



Residents are recognized on the field during a ceremony honoring our veterans in between games of their doubleheader.

Spring Games have sprung at the Gulfport AFRH

By Sean Campbell, Lead Recreation Specialist

AFRH-G Recreation Services hosted its annual Spring Games on campus with residents engaging in friendly competition in a wide variety of activities and games. Events included: Bocce, Corn Toss, Shuffleboard, Basketball Free Throw, Washer Toss, Golf Putting, Football Toss, Softball Toss, the Predictability Walk, and a Poker Walk.

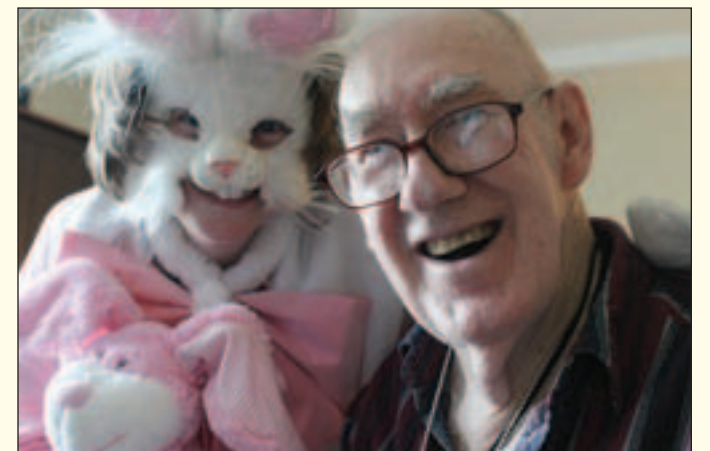
Recreation Services continues to offer activities for both skilled and non-skilled events giving everyone a chance to compete and earn a prize. Residents who compete in at least 4 events are eligible for a free polo style shirt regardless of how they finish in the competition. Overall winners receive cash prizes for 1st, 2nd, and 3rd place. While prizes are awarded for achievement, the main purpose of the games will always be to foster a friendly and fun environment and promote physical involvement during the games.



Fun's hopping in... bringing smiles

By Jen Biernacki, Recreation Assistant

The Easter Bunny hopped in to say "Hello" to the Residents of Allegiance, Loyalty and Valor Hall. As the Easter Bunny hopped along throughout the halls, many smiles, fun and laughter was seen and captured on the many photos that were taken and shared to leave happy memories for 2015.



The Easter bunny brought a big smile to Marvin Haynes face.

Down the homestretch hallway

By Jen Biernacki, Recreation Assistant

On Saturday April 18, 2014 the 81st CPTS Financial Services Office located at Keesler AFB, volunteered their morning with our Loyalty Hall residents. The 81st CPTS Financial office was rated the top financial services office in all of the Air Education Training Command for 2014. Together, they bring satisfaction in pay security for thousands of families in the Biloxi/Gulfport area.



Raymond Burger cheering after the horserace.

And they're off...as the morning started, the Volunteers were paired up with a Loyalty Hall Resident to enjoy conversations, exercise and an exciting "down the homestretch hallway" Horse race. The group moved from introductions and conversations amongst the pairs, on to the "SeniorStyle" exercise tape and then on to the Horserace fun. The Horserace consisted of the Residents choosing a number on a dice, then, moving down the hallway to the finish line as their number was rolled then called. The numbers advanced the Residents down the homestretch hallway to the finish line. The Volunteers assisted the Residents maneuver down the home stretch hallway by pushing them in their wheelchairs or walking along side them for support and/or encouragement. The crowd watching provided cheers, horserace jargon and praise. Each Resident made their way to the finish line completing the "Loyalty Downs" spring games Horse race. What a morning full of Recreation and fun.



Thank you to the 81st CPTS Financial Services Office for volunteering.

Volunteer corner

By Jennifer L. Briley, Volunteer Coordinator

Community Volunteer of the Month Shout-Out to:
The Ombudsman's Seabees

Here is a Shout Out to Constructionmen Mechanic Walton, Constructionmen Electrician Hayes, and Culinary Specialist, Seamen Davis who selflessly took the time to fill in for our Ice Cream Ladies who were unable to make it to the Ice Cream Social on April 13th, 2015 due to the rain. These three Naval Troops have been instrumental in fulfilling the needs of our Residents on a daily basis. Thank You for all you do!!!

Another invention by Dennis Crabtree at the Darts Tournament

By Dennis Crabtree, Recreation Specialist

On Monday, April 6, 2015 residents were competing in the Darts Tournament in the Club Room. The magnet stick has many uses for Residents to use for tournaments. For those darts that do not stick to the dart board the magnet stick comes in as a useful tool. Cecil Sherman (right) shows that the magnet stick can be used for picking up the darts off the ground during the tournament. The Magnet Stick was such a success that we made more of them for the different tournaments. There were 8 players that played in the tournament but there could only be three winners for that day. Steve Crews took 1st place, Ernie Fowler took 2nd place, Doris Denton took 3rd place.



Cecil Sherman shows how Dennis' invention, The Magnet Stick, works.



Residents participate in the Dart Tournament.

WASHINGTON Resident volunteers making a difference

By Carolyn Haug, Volunteer Coordinator

April 12th – 18th marked this year's Volunteer Appreciation Week: "Volunteers A Work of Heart". The Armed Forces Retirement Home celebrated our volunteers with a "Take A Break" event each day during Volunteer Week. Some of the activities included: "Goodies from the Garden" with homemade zucchini bread and fruit cups, "Pretzels from DC's Pretzel Bakery", "Grab & Go Patriotic Popcorn", "Salvation Army Tribute with coffee & donuts" and culminated with the Resident Volunteer Appreciation Program on Friday. Over the past year, our resident volunteers contributed 14,894 hours. We currently have 100 resident volunteers who support various functions throughout the facility including: Chaplain's Services, Bowling Center, Auto Hobby Shop, Medical Escort, Admissions Sponsor, Public Affairs Office, Recreation Services Activities, Library Services, Movie Theater, Arts & Crafts and more. Our volunteers truly are the heartbeat of our community and Home. Thank you for all of your hard work and dedication throughout the year!



Resident volunteers attend the annual Volunteer Appreciation Ceremony in the Scott Community Center.



Patricia Kirchner is a key volunteer in the Washington facility bowling center.



When Pete Hudson isn't bowling he spends time volunteering in the Chaplains Office.



Roger Healy volunteers in the wood shop, as a medical escort and as an admissions sponsor.

Thank you to all the Resident volunteers!!!

GULFPORT Trip a winner with awesome KAFB & community volunteers!

By Susan Bergman, MT-BC, Recreation Therapy Services

On Friday, April 24, 2015, Valor & Allegiance residents traveled alongside excellent volunteers for shopping at Edgewater Mall & the Dollar Tree. Shauna Young, 2d LT, USAF, explained about the volunteers who are here for a Basic Financial Management Officer Course (BFMOC) at Keesler AFB that lasts 6 weeks. The class contains a variety of students that range from 2nd Lieutenants just starting their careers, a Captain and a Major who have years of experience, and even civilians, who have helped support the Air Force's mission. Together, they are learning how to manage one of the Air Force's greatest assets, its money! Once the course is complete, they will return to their home stations spread across the country from Los Angeles AFB, CA to Eglin AFB, FL and many places in between. While in Mississippi, they enjoyed being a part of the community! AFRH would also like to thank the community volunteers and the additional military volunteers from the 85th Engineering Installation Squadron that assisted on this outing, too. We couldn't make the winning trip a success without our awesome volunteers!



Residents enjoy shopping at the Edgewater Mall with Keesler Air Force Base volunteers. Many thanks go out to all the volunteers who make our trips such a success.



Jesse Self enjoyed checking out the beautiful sand sculptures on display at the Edgewater Mall.



Mary Mayo had fun sightseeing and shopping with the KAFB volunteers.