

AFRH-GULFPORT

AFRH-G Mardi Gras Parade and Ball

By Becki Zschiedrich, Public Affairs

"Laissez les bons temps rouler" is a Cajun expression meaning "Let the good times roll!" It strongly conveys the "joie de vivre" ("joy of living") attitude. AFRH-G celebrated "Fat Tuesday" on Friday night where the 2015 King and Queen were crowned. The King was Vernon Bourdette and the Queen was Mildred Knoble. Past King and Queens were also in the parade, along with employees who made beautiful floats and threw beads and doubloons to the crowd of residents and guests. The Mardi Gras Ball followed the parade in the Community Center where residents celebrated and danced the night away with music provided by Eddie McDaniels.



Beautiful Mardi Gras Maids handed out beads in the parade and Mardi Gras Ball.



Queen Mildred Knoble was crowned Queen by the AFRH-G Administrator, Chuck Dickerson.



Vernon Bourdette was crowned King by the AFRH-G Administrator, Chuck Dickerson.



King Bourdette had a blast riding on the beautiful King's float decorated by volunteers from Keesler AFB and driven by Lee Corban.



Queen Knoble was all smiles while leading the parade in the Queen's float driven by Sean Campbell.

AFRH-WASHINGTON

Banana Split Social with Deputy MCPOCG

By Nicole Chappell & Constance Maziel

On Friday, February 13th, AFRH-W celebrated Valentine's Day with a Resident/Employee Banana Split Social hosted by the Recreation Department in the Scott Dining Hall. Oldies but Goodies love songs were played throughout the event by the DJ Billy White, as staff and residents enjoyed a cool treat! All participants appeared thrilled by the many choices of strawberry ice cream, vanilla, chocolate, butter pecan, and a variety of sugar free options as well. Volunteers and special guests, including Deputy MCPOCG Leilani Cale-Jones, all assisted and enjoyed the social.

As you know, the Recreation Department never keeps it simple. We challenged our guests to a "Name that Tune" game during the event. All the residents gladly joined in the activity to win a Valentine's prize. The volunteers even intermingled during the game to assist some of the residents. The prizes included boxes of chocolates, chocolate roses, Valentine's Teddy Bears, Hershey Kisses, musical stuffed animals, heart-shaped Gumballs and Pink & Red Jelly Beans.

The event concluded with upbeat music followed by dancing from the Residents and Recreation staff. The guests stated that socializing and having ice cream with the residents was the highlight of the afternoon. Thank you to all the Residents who came out to the social and to all of the volunteers for their support, making the Valentine's Banana Split social a delightful occasion.



Steven McManus, Chief Operating Officer met with Deputy MCPOCG Leilani Cale-Jones during her visit to AFRH-W.



Lionel Verette reaches for his banana split served up by volunteers from the office of the Master Chief Petty Officer of the Coast Guard.



Lothar Keppler has three scoops of ice creams topped off with cherries to make a delightful treat.

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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



Waymon Lucas, Jr. grew up in Maryland. In the 6th grade, he and his class went to the Naval Academy at Annapolis and were all given sailor's hats.

Waymon's experience gave him a profound feeling of pride about the military and his nation and he joined the US Navy at the age of 18.

Waymon went to Basic Training at Great Lakes, IL and then went to Tennessee to receive extra training in Aviation Structural Mechanics. Since aircraft had always fascinated him, he was able to combine two pas-

sions in one. As Waymon later said "There's nothing like seeing an aircraft you've worked on and maintained being launched off the end of a

catapult. I'm proud to have been part of and served the best aviation team in the world, the U.S. Naval Aviation team!" Waymon went to his first duty station in 1972 at San Diego, CA, aboard the USS TICONDEROGA (CVS-14) working on the maintenance of their airplanes. He was able to see many parts of the world including the Mediterranean aboard the USS AMERICAN (CVA-66) and the Virgin Islands on the USS KENNEDY (CVA-67).

Out of seven squadrons that he was in, only two aircraft were ever lost. The most heart wrenching was aboard the USS KENNEDY, when a young sailor was given a seat aboard the EZC HAWKEYE to fly home to attend his wife's funeral and the plane went down with all five aboard perishing. The other had a happier ending, when an F8 CRUSADER flamed out after takeoff. Fortunately, the pilot ejected safely. Waymon also enjoyed stateside stations, such as Norfolk, VA, Andrews AFB and Pax River, MD, where along with his military duties he became a Volunteer Firefighter, joined a gospel group and he and his wife had their first child, Damien. They later had two more children, Adriane and Jennetta. Waymon's last duty station was San Diego, CA during Operation Desert Storm. After, in his civilian career, he ended up working the same job he left, but this time he was in charge!

Waymon heard about the "Old Soldier's Home" when he was young and had noticed it on his leave and earnings statement while in the military. So in

December 2014, he came to AFRH-W. Waymon enjoys music and plays his harmonica on campus.



AFRH-G Veteran Highlight

By Lori Kerns, AFRH-G Librarian



Claude with Eartha Kitt in 1953 at the Harlem Club in East St. Louis, Missouri.

Claude St. Julien was born on April 21, 1933 during the Great Depression. His family lived in the community of Broussard located outside of Lafayette, LA. His father, a WWI veteran, and mother raised Claude and his seven siblings, five brothers and two sisters, on their farm. For him, country life was very different from city life. He and his siblings were raised knowing the difference

between having and not having. When he got a little older, he didn't want to have some of his city friends over because he was embarrassed of where he lived. It came as a surprise to him that once his friends finally came over they had a great time because he had so many animals and other things to play with on his farm that his friends had never owned. They kept asking to come back.

Around 1943, Claude's family left Broussard to move to the city of Lafayette. City life was a big adjustment for their family. His family would also have to adjust to three of the brothers going off to fight in WWII. When he got a little older, he decided to help support his family. He dropped out of the 10th grade and worked for a food company unloading box cars. His work eventually took him to Houston, TX. This is where he was when he

was drafted in 1953 in the 24th Infantry Division, Taro Leaf Unit.

Claude was sent to boot camp at Camp Breckinridge in Kentucky at the age of 20. He became a shoulder weapons expert with the M16, M1 rifle, and M1 carbine. He was then sent to South Korea to fight in the Korean War. He was moved all around South Korea for eighteen months. During this time, he trained with Sylvester St. Cyr, who was a two-time boxing champion and coach of the championship team while on duty in Korea. Claude was trying to make the Golden Glove in Korea. St. Cyr felt that he had natural ability. In 1955, when the armistice was signed he was able to leave Korea.

He decided to go to night school to get his GED while working at a hospital in Lafayette from 1955-1958. In 1958, duty called again and he went into the Air Force. The Air Force decided that since he had prior experience and weapons expertise, the best field for him was civil engineering. His first duty station was Orlando Air Force Base. There, he got deployed for hurricanes and other weather occurrences under the name "Prime BEEF" (Base Engineer Emergency Force). When he had to go for combat related responsibilities, the team was called "RED HORSE" (Rapid Engineer Deployable Heavy Operational Repair Squadron Engineer).

It was inevitable that he would get sent to fight in Vietnam. In 1968, he was deployed to Nha Trang, Vietnam as part of the Tet Offensive. He was disturbed to see so many people sent to the area without weapons, including him. He recalls one tragic instance when he was on his way to work and a North Vietnamese man and woman on a motorcycle rode by and threw a grenade hitting his coworker. Claude was unable to do anything to defend himself or anyone else because he had no weapons. He was able to leave Vietnam in 1969.

When he arrived back home in the States, he went to Maine where he stayed for four years as NCOIC (non-commissioned officer in charge) of plumbing. After leaving Maine he went back to Louisiana to England Air Force Base. While at

England, he got deployed to Diyarbakir, Turkey as a TRCO (technical representative of the commanding officer) as part of the 1975 US Arms Embargo against Turkey. Once he returned in 1976, he decided he would like to retire. He retired from England Air Force after 23 years of military service.

He enjoyed his retired life for a few years until 1980 when he found out that he had been exposed to Agent Orange while he had been in Vietnam. Due to his exposure, he had developed cancer in his larynx, or voice box. At the time he was working as a security guard so in the morning he would go have radiation treatments and then go to work for the rest of the day. His cancer has been and remains in remission. He's had other complications and surgeries due to the exposure to Agent Orange but thankfully has pulled through those, as well.

Claude was married at one time. From that marriage he has three daughters and one son. Sadly, one of his daughters has passed. He has four grandchildren and three great-grandchildren. If you ask him, he'll proudly show you pictures of his beautiful grandchildren.

As a Louisiana native, Claude enjoys fishing even though he doesn't get to do it very much anymore. And since he's from the Lafayette area, he definitely knows about great food! He's also a current member of the Tuskegee Airmen Club – Lawrence E. Roberts Chapter (Keesler Air Force Base). When asked about life at AFRH-G, he said, "I love living here."



Claude today at AFRH-G.

Message from the Chief Operating Officer



Scratch another month from your calendar! Frankly, with all of the snow and cold that February brought, I'm not sad to see it go. However, even with the adverse weather, February was yet another productive time for AFRH. The Washington, DC Campus hosted the Creative Minds International Charter School Lease Signing Ceremony and the Gulfport Campus signed a Memorandum of Understanding with the Keesler Air Force Base Medical Center.

Chuck Dickerson, AFRH-G Administrator and Col. Thomas Harrell, 81st Medical Group Commander, signed a Training Affiliation Agreement, 9 Feb 15. This agreement now allows the Residents living at AFRH the ability to receive medical treatment at the Retirement Home instead of traveling to Keesler Medical Center.

A Keesler AFB press release provides that the new process will make receiving medical treatment easier for retirees by shortening their travel time to and from the home, which will improve the training for the internal medicine residency program and makes it easier for veterans living in the Retirement Home to have access to specialty care available at Keesler Medical Center, according to Col. Robert Edwards. It also outlines other necessary medical services that better support the veterans living in the community.

This endeavor is actually mutually beneficial as it offers opportunities to improve patient health, as well as, providing educational opportunities for Keesler providers. Col Edwards indicated that "for the Air Force, our medical education program needs access to the

complex medical cases that, unfortunately, come with the natural human aging process," said Edwards. "The experience for our internal medicine physicians is invaluable in continuing to develop their medical expertise."

Not to be out done, AFRH-Washington had a ceremony, 9 Feb, as well. Creative Minds International Charter School is now a tenant of AFRH. Signing a lease agreement to operate out of



Gulfport Administrator, Chuck Dickerson, and Col. Thomas Harrell, Keesler AFB 81st Medical Group Commander, sign the Memorandum of Understanding (MOU).

the Sherman Building on the Washington, DC Campus.

Legislation requires the Department of Defense to approve/sign leasing agreements for AFRH, therefore, Susan Lewis, Chief, Real Estate Division, U.S. Army Corps of Engineers, Baltimore District, represented the Department of Defense at a unique real estate transaction at AFRH-Washington. Ms. Lewis joined Golnar Abedin, Creative Minds International (CMI) Founder and Head of School, in completing the 10-year lease for this public charter school to use property on the Armed Forces Retirement Home in Washington, D.C



Susan Lewis, Chief, Real Estate Division, U.S. Army Corps of Engineers along with Golnar Abedin, Creative Minds International, complete the official signing of the 10-year lease.

This event was well attended, led by Congresswoman Eleanor Holmes-Norton, and a myriad of guests from the D.C. government, Department of Defense and Residents. The lease to Creative Minds, a District of Columbia not-for-profit corporation, will include portions of the North Sherman Building and Sherman Building Annex and adjacent parking area for a total of 32,000 sq. ft. The lease is designed to allow the Charter School to start with the renovation and use of a base area, allowing for potential renovation and use of additional areas of the premises depending on Charter School growth over the 10 year term of the lease. Proposed use of the identified leased premises is compatible with the mission of AFRH and will generate revenue to AFRH by leasing under-utilized spaces.

Looking forward... hopefully warmer temperatures! We have St. Patrick's Day, and hopefully the coming of spring, but did you know that March 4th is "Hug a GI Day?" Now, I won't be out and about issuing hugs, but I will take the opportunity to say thank you for your service. See you next month!

Steve McManus

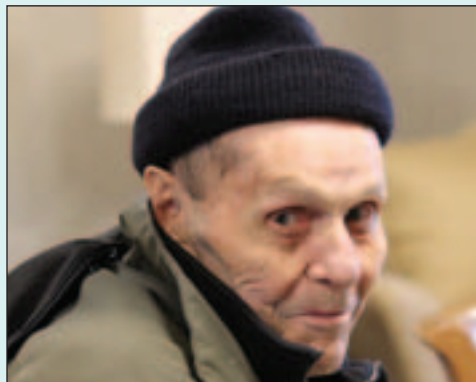


Students from Creative Minds International Public Charter School and founder, Gondar Abient, swings a sledge hammer to close out the lease signing ceremony.

The Prince of Wales and The Duchess of Cornwall will visit Washington, DC on March 19, 2015

Prince Charles and Camilla are scheduled to visit the Armed Forces Retirement Home-Washington and President Lincoln's Cottage on March 19, 2015. Details of the visit have not be finalized at this time. AFRH will provide an update to residents and staff members once available.

Resident's son writes poem that will be displayed in the Hall of Honors



Resident Neal Stone (above) is very proud of his son (below).



RAC Chair, Henri Gibson (left) receives the poem from author, Neal Allen Stone (right) at the monthly Town Hall Meeting.

The Angels of AFRH By Neal Allen Stone

I served you with my best. When the time came to take a stand and draw the line I was there. I took that stand and did so with pride.

Now in my later years you serve me and help me stand. In my final days and in my final hour you will be there to give me one last salute as I heed my final tour.

There is no gun fire, no mortars to explode around, no orders to be yelled and no bugle to play as my alarm clock. Just the idle chatter of other residents about their days, a slow flowing of music drifting from another dorm down the hall as we sit and remember who we once were and the many adventures we had.

My room is filled with many items collected from overseas on my many tours away from home, but my heart is filled with gratitude and appreciation for you, who serve me in my final hour. Time marches on for many, but for us that time is short and we are proud that you are there for us, to serve us and take care of us.

We thank you so brave to endure the long hours and difficult care as we endured long days and long nights protecting you and those before you. Now you protect us. After many campaigns, wars and conflicts we can sit and rest peacefully about our day. Our friends, family, and brothers and sisters in arms can sleep peacefully at night, not just because we fought for this peace, but because they know we are in such great care.

But know in our hearts you are loved and appreciated by us. Your name won't be known by many, but you will be known, by our smiles, by our joy, by our appreciation and love. You will be known by the families and friends who come to see us and see how well we are cared for.

You may not be soldiers, but you are warriors who stand by us and help us fight for what most take for granted daily. You stand by us. Know that in our hearts we stand by you. To the nurses, cooks, housekeeping and all others of the AFRH staff we thank you.

From the AFRH-W Administrator



February is coming to a close and many Residents and Staff are looking forward to spring. We have endured several snow events this month which significantly impacts travel for employees commuting to work. I want to thank the dedicated staff who understand the importance of their positions in providing care and support for our Residents and brave the weather to report for duty.

There are several ways AFRH-W works to minimize the impact to operations during winter weather events. "Snow Rooms" are set aside to allow employees a place to spend the night when travel conditions make commuting dangerous. It

is better to have employees on site through the event, provide shelter and a hot meal, than risk an impossible commute. Employees reporting to duty early, because of impending weather, are also provided a hot meal in the dining hall.

February is Black History Month when the country observes and remembers important people and events in our national history. AFRH-W was proud to have Congressman G. K. Butterfield speak to Residents, Staff, and guests during our event 27 February which was co-sponsored by President Lincoln's Cottage. As a member of the Congressional Black Caucus and proponent of civil rights, it was our privilege to hear the congressman speak.

Our campus has a lot to be proud of: our military heritage, history, its Residents and Staff, and our facilities. Several distinguished visitors were here this month to share their support and we were proud to host each one. Ms.

Stephanie Barna, Principal Deputy Assistant Secretary of Defense (Readiness and Force Management) toured the security and healthcare operations 5 February. Ms. Leilani Cale Jones, Master Chief Petty Officer of the Coast Guard served ice-cream at our social 13 February following a tour of facilities.

In closing this short month we remain focused on continuously improving quality care and operations. It is very special to observe the team pull together to care for Residents in all service areas and make a positive

impact in serving our mission.

Shaun Servais



Principal Deputy Assistant Secretary of Defense (Readiness and Force Management) Performing the Duties of the Assistant Secretary of Defense (Readiness and Force Management), Stephanie Barna is briefed on the TekTone (resident monitoring system) by Patrick Cavanagh, Security Supervisor.

Valentine Delivery and Coin Recognition

By Carolyn Haug, Volunteer Coordinator

On Thursday, February 5th, Dr. Alice Booher and the Board of Veterans Appeals delivered over 1200 Valentine's cards as well as Valentine themed pencils and erasers to the Veterans of the Armed Forces Retirement Home. Dr. Booher was also recognized by Administrator, Shaun Servais, for her 30 year dedication to the Veterans of AFRH. Over the years, she has coordinated donations of Valentine's cards, calendars, walker bags, flags and sundries just to name a few items. The cards were distributed by volunteers from Washington Gas Company,



Dr. Alice Booher (center), Dept of VA Affairs Board of Appeals donates Valentine Cards for the residents.

American Heritage Girls VA 0312, JBAB Homeschoolers and St. Michael the Archangel Children's Choir on Valentine's Day.

"SUPERBOWL XLIX PARTY"

By Jerry Carter, Recreation Services

On Sunday February 1st the SuperBowl XLIX Party took place in the Scott Community Center. The New England Patriots defeated the Seattle Seahawks in a very close and competitive football game. The Community Center was packed and the residents had a good time during the game. Many residents were treated to pizza, chicken wings, and cold beverages throughout the game. Several residents commented on how nice it was to watch the game on the two giant TV screens in the Community Center. Ralph Randers won first place prize for picking the Superbowl winner and Patrick Goldsworthy picked the team leading the game at halftime. Recreation Services thanks the Armed Forces Volunteers for help making this a successful and fun party.



Patriot and Seahawk fans crowded into the Scott Community Center to watch one of the most exciting Superbowls in years.

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



February has flown by. Two significant events occurred that impacted residents. The staff and administration is to be commended for the quick response in ensuring services to us, the residents, was not impeded in any way.

The number of personnel who 'bunkered down' and stayed in place to ensure that meal service, and janitorial service, was not impacted due to the sometimes horrendous traveling conditions caused by snow and ice is very much appreciated. The willingness to take time away from their families and alter their daily routine to ensure our meals were on time, and the facility maintained, speaks directly to the level of commitment they have to PCC (Person Centered Care).

An unexpected pipe eruption causing a not so insignificant impact to the Wellness Center, theatre, and cantina was (and is currently being) handled expeditiously, ensuring a continuity of operation for the health and welfare of residents. Despite the temporary relocation of the Wellness Center to the Community Center, there was no interruption to the level of services provided by the Wellness Center staff.

I salute the administration and staff for the seamless transition in ensuring PCC and also salute the residents for adjusting to the changes as they occurred. Together, we (residents, staff and administration) showed we have what it takes to make an adverse event into a positive experience. Change is not necessarily good or bad. Sometimes it just is. We experienced these events and rose to the occasion to make our Home continue to be a premier retirement facility.

We are fortunate to have a staff and

administration that listens and although it may not always seem to be, truly consider how any change will impact residents. Please take the time to thank them when the opportunity arises. Personally, I enjoy being able to awaken each day and know with each morning's dawning the cooperative spirit amongst residents, staff and administration is strengthening. I hope you concur.

If you need the boost of caffeine, the burst of flavor from juice, or a quick snack (cereal, crackers, etc.) until the cantina repairs are completed, it is available on the assisted living units of Sheridan Building. Please keep in mind that some residents are not as fortunate to be totally independent and mobile as others who rely on these areas. Consideration of their needs before your own is appreciated.

The RAC is mandated to meet quarterly, but does meet monthly, as it has traditionally for many years. Some have expressed interest for the meetings to go to quarterly. Please let me know your thoughts about this potential change.

As always, if you have a particular item you would like to see addressed in my future columns in the Communicator, let's sit down and discuss.

Highlights of last meeting:

Call to order at 10:00, February 18, 2015 in the Scott Community Center,

Roll Call -- Members present: Phil Ford, George Brewer, Lillian Miller, Joe Maier, Howard Shirley, Ken Faller
Members absent: Al Brotski, Michelle Busch, George Freburger
Staff and Guests present: None
Minute of January 21, 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 remember-

ing the AFRH-W RAC Recreation Fund in their final bequests(wills).

>Thank you to Staff who stayed the night on Monday to ensure a continuity of resident services and meals on Tuesday, February 17, 2015.

>Tek Tone – If you 'push the button' and still have a health and welfare check conducted call in a work order, submit a work order by e-mail, or call Campus Ops Admin Assistant (Marlena) at 202-541-0613 if issue not resolved timely.

>Senior TV channel listing survey to be forthcoming.

RAC FLOOR REPRESENTATIVE REPORTS and COMMITTEES

FLOOR REPS: None
CAMPUS OPERATIONS: No report (see above regarding Tek-Tone).

FOOD SERVICE: Please use comment box in front of Dining Hall if you have food items you would like to be considered for chef's specials, as well as for any additional comments, suggestions, concerns regarding the food service provided. Meetings held 2nd Tuesday of month at 10AM in Dining Facility. New 6 week cycle menu began February 1, 2015. There will a field trip to U.S. Foods Warehouse on March 12, 2015. They will have a number of items for us to sample. Sign up sheet to be provided one week prior at Recreation Trip table.

GOLF: No report

HEALTH AND WELLNESS: Please use COO suggestion box located on Front Desk of Wellness Center for comments, questions, concerns and suggestions you have.

MORALE WELFARE and RECREATION: No report.

MASTER PLAN: Long term lease for Charter School signed. School to be opened in Sherman Building in the Fall. Renovations to start shortly.

RESIDENT FUND ADVISORY COMMITTEE: no report

SECURITY: No report

OLD BUSINESS: 2nd floor rep and secretary

for RAC still sought.

NEW BUSINESS: Motion to approve Ken Faller appointment as 5th floor Rep made by Howard Shirley, 2nd by Joe Maier. Passed unanimously.

RESIDENT CONCERNS FOR ADMINISTRATIVE REPLY

>Can heat be provided in pool locker rooms?
>Can more pool lockers be accessible to residents; possibly replacing combination with pad locks?

>Concern regarding Thrift Shop security when dry cleaner is open but thrift shop and clothing area closed due to holidays. Can Thrift shop be moved to Room 18 and emergency provisions stored in current thrift shop area?

>Can heat be provided in tunnel, ground floor of Sheridan, Ceramics Studio and new elevators of Sheridan (closest to Scott building /400 Sheridan wing)?

>Resident's request made, and endorsed by voice from Floor Reps, that COO consider changing suggestion box on Wellness Center front desk to Campus Administrator.

Motion to adjourn at 10:14 passed, Next meeting at 10AM on March 18, 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;

- In person**
- Through submission of form placed in RAC box in tunnel**
- by e-mail at afrhrac@gmail.com**

Phil Ford

From the AFRH-G Administrator



Chuck Dickerson

I am pleased to announce that this month AFRH-G and Keesler AFB signed a Memorandum of Understanding (MOU). This agreement will improve the quality of life for our residents. Below is the article that appeared in Keesler News.

Memorandum of understanding (MOU) makes medical services easier for veterans

*By Senior Airman Holly Mansfield
Keesler AFRB 81st Training Wing, Public Affairs*

2/13/2015 - KEESLER AIR FORCE BASE, Miss. -- Col. Thomas Harrell, 81st Medical Group commander, and Charles Dickerson, Gulfport Armed Forces Retirement Home administrator, signed a Training Affiliation Agreement between the Keesler Medical Center and the Gulfport AFRH Feb. 9.

Since 1976, the Gulfport AFRH has been home to former military members who need independent and assisted living, long term care and memory support.

The agreement will allow the 551 residents living at AFRH the ability to receive medical treatment at the retirement home instead of traveling to Keesler Medical Center.

"The Armed Forces Retirement Home and Keesler have been working together as partners for many years," said Dickerson. "This agreement puts into place a better understanding of what will be provided to the residents. It will also ensure continuity care and outline the services the Armed Forces Retirement Home and Keesler Air Force Base will provide."

The new process will make receiving medical treatment easier for retirees by shortening their travel time to and from home, which will improve the training for the internal medicine residency program and

makes it easier for veterans living in the retirement home to have access to specialty care available at Keesler Medical Center, according to Col. Robert Edwards, 81st MDG administrator. It also outlines other necessary medical services that better support the veterans living in the community.

With clinic hours beginning this week, physicians will start to increase AFRH residents' quality of life, explained Dickerson. The Wellness Clinic is open Monday through Friday 7:30 a.m. to 4 p.m. with a nurse available 24-hours a day. This new process will also give physicians the ability to grow in their education of different kinds of medical cases.

"For the Air Force, our medical education program needs access to the complex medical cases that, unfortunately, come with the natural human aging process," said Edwards. "The experience for our internal medicine physicians is invaluable in continuing to develop their medical expertise."

Looking for ways to improve not only the health of patients needing medical attention, but also the education of those providing treatment, is made easy by this new system of health care.

"The AFRH and Keesler Medical Center have had a long partnership in providing world class medical care to our veterans that reside there," said Edwards. "We will continue to look for ways to improve the support we provide these heroes."



Col. Thomas Harrell, 81st Medical Group Commander, and Chuck Dickerson, AFRH-G Administrator, sign a Training Affiliation Agreement between the Keesler Medical Center and the Armed Forces Retirement Home Gulfport on Feb. 9, 2014, at the Keesler Medical Center, Keesler Air Force Base, Miss.

Coast Guard Visits Valor, Allegiance, & Loyalty for Bowling Fun!

By Susan Bergman, MT-BC, Recreation Therapy Services

On Wednesday, January 28, 2015, the Coast Guard visited the Bocce Center for Bowling Fun! Resident bowlers from Valor, Loyalty, & Allegiance Halls joined the group of 21 from the area Coast Guard to aim for spares and strikes. Mildred Knoble concentrated on the right angle, aim, & spin while being cheered on. Finally rolling the perfect strike, the bocce center lit up in sound and applause. An Allegiance resident bowler said, "shucks" after noticing how only 1 pin remained standing each time they bowled of course, having to settle for spares over strikes. All smiles as a Loyalty resident said, "I bowled before you were even born." We thank the volunteers for their military service, for bringing bowling fun to resident veterans, and look forward to setting sail on the next adventure with the Coast Guard.



Military roommates reunite after 68 years

By Becki Zschiedrich, Public Affairs

AFRH-G resident Stanley Sagara recently received a visit from a longtime friend, John Kofoed, who was his roommate back in 1947 when they were in the military together. They were both in the Army in Bad Nauheim, Germany where they were roommates for two years.

After rooming together for 2 years while in the Army, John was transferred to Blixen, Germany and Stanley was discharged and went back to the United States. They did not keep in touch. However, when John turned 70 he got a computer and looked up Stanley and sent him a letter. For the past 17 years they have communicated through e-mail.

John is now 87 and lives in Woodstock, Georgia. He recently came to visit Stanley at AFRH and after 68 years the roommates were reunited once again.

When asked if they recognized each other, Stanley said, "We have not changed that much in the last 68 years!"

It just goes to show you that life is full of surprises and you never know who you are going to run into living at the Armed Forces Retirement Home.



John Kofoed (left) and Gulfport Resident Stanley Sagara (right) meet again 68 years later after serving in the military together in Germany in 1947.

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



It's called the "Art of doing nothing". Down here in Gulfport we have about 551 residents and of those maybe a tenth are involved in the business of the Home, and by this I mean Volunteering. Volunteers are really the backbone of the Home and without them more than half of the activities we enjoy would not happen. From the movies we watch, to the trips we take, Volunteers make it happen. I know many of you came here to do nothing but enjoy the life we have left. I had no intention of running for the position of RAC Chairman, but after some reflection and pondering I wanted to give something back to the Home. Some residents have medical problems that prevent them from doing too much of anything; however, a lot of you don't have severe medical conditions. Yes, you could spend your day sitting in your room or downstairs in Spiro's, but if you're able get up, get out, and enjoy what the Home and

the coast (besides casinos) has to offer. If you enjoy living here think about giving something back. Whatever your medical condition is, there is a job or position you can fill (and there are many). All you have to do is just go by and see Jennifer Briley, the Volunteer Coordinator. Another way to give back is to take out an allotment of \$5.00 or \$10.00 a month payable to the AFRH Gulfport Resident Fund. This is the fund that provides many of the monies that pay for a lot of the extra activities we all enjoy here. Think of it as a way of "Paying it Forward".

I've now been the RAC Chairman for six months and I can say the job is getting a little easier, but not easy. Many things need to be done and I have some great Floor Reps who are doing a great job in helping me. They keep me informed of issues that concern the residents. They bring good feedback to our monthly meetings, feedback I need in order to do a good job as Chairman. If you would like to have a say in what goes on around here think about becoming a member of the RAC. The RAC is not just for Floor Reps., we have Sub-Committees that are composed of elected representatives and residents at large. Come to a RAC meeting and see how you can get involved.

Henri D. Gibson



Barbara Folk (left), Henri Gibson (center), and Doris Balfour (right) let the good times roll at the annual Mardi Gras Ball.

AFRH-W February Activities

American Gold Star Mothers tour the Armed Forces Retirement Home in Washington

By David Eichaker

American Gold Star Mothers, Inc., recently toured the Armed Forces Retirement Home in Washington, D.C., which allowed the organization to see potential opportunities for volunteering.

American Gold Star Mothers of America is a volunteer service organization which has its headquarters in D.C., said Jennifer Jackman, National President of American Gold Star Mothers of America, adding that it makes the AGSM available to volunteer at the Armed Forces Retirement Home. "It was a delight to be able to come here and actually tour the Home today and see the opportunities for volunteering," said Jackman, noting that she took a special interest in the library. "The library is available to every resident of the Home. They can come to the library to read, study and relax, regardless of their physical ability."

Although reading books and having a place to relax in quiet is important, there are other activities that can help keep the residents active while being creative. The arts and crafts center offers fine motor development and relaxation, said Jackman. Arts and crafts can keep residents engaged; there is one area where active residents can go to get physical exercise. "The third thing we saw was the exercise fitness room," said Jackman, adding that this allows the ability to keep fit regardless of weather conditions outside. The Gold Star Mothers have been helping veterans for decades through volunteering. "We've been volunteering to help veterans and their families and through that we help each other and we move forward," said Jackman. "This is just one of the things we love to do and it brings us joy and it meets our mission and that's just wonderful for us to come here and do that with the Armed Forces retirement Home."



Shaun Servais (center), Administrator for the Armed Forces Retirement Home-DC, receives a donation on behalf of the AFRH from the American Gold Star Mothers, Inc.



American Gold Star Mothers, Inc. visit the Armed Forces Retirement Home in Washington, D.C., on Feb. 8, 2015. Gold Star Mothers toured the facility in order to identify areas in which the organization can help support the AFRH.

Happy hour hits the mark

By David Eichaker

Residents recently gathered at the Community Center within the Armed Forces Retirement Home for a social event to promote fellowship amongst the occupants. The recreation therapy department hosted Happy Hour, which integrated all levels of care and support, said Carol Mitchell, Recreation Therapist with the Armed Forces Retirement Home. "We try to put everybody together to enjoy socializing and mingling with each other," said Mitchell.

During Happy Hour, drinks, food and music were available, but the socializing proved to be the bigger benefit. Happy Hour is a great event for residents to mingle with each other and tell jokes and tell trivia," said Mitchell. Although Happy Hour is a way to keep the residents busy and active, there are other programs used as well.

"Part of the aspect of programming here at the Home is to provide activities and events that the residents enjoy attending and participating in actively. It helps improve their quality of life and it gives them an opportunity to be with other residents in a social environment. We try to do a little bit of everything and the residents feel at home when they are here," said Mitchell.



Carol Mitchell, Recreational Therapist with the Armed Forces Retirement Home, hosts Happy Hour at the home in Washington, D.C., Jan. 27, 2015. Happy Hour is one way the Recreational Therapy Department promotes a better quality of life as residents have the opportunity to interact with one another and meet new friends.

Clarence Darrow Play a hit

By Christine Baldwin, Librarian

On Tuesday, February 10 resident Joe Nesnow performed the first part of his long awaited play, "Clarence Darrow: In Defense of the Damned". An almost full theater was enthralled with his performance, as the attorney was reminiscing about his early life and the beginnings of his career. Many in the audience did not recognize Joe, due to his theatrical makeup and his "actors' demeanor". After his performance, many stayed to talk with Joe as they sipped wine and had a bite of cheese. The four-part performance will continue through March as "Darrow" will feature the Haymarket Riot, the L.A. Times Bombing, Leopold & Loeb, and the Scopes Trial. A special thanks to Nicole Chappell, Carolyn Haug, Susan Chubb, Brian Dowd and Andrea Thomas to help make this happen.

Residents bowl with Wounded Warrior Command

By Jerry Carter, Recreation Services

On Tuesday, February 10th the Wounded Warrior Command Soldiers: Col. David Oeschger, SGM Patrick Fatuesi, MAJ Lisa Yanity, SSG Barry Homburg, and SSG Gionuani participated in a bowling social with our residents on Tuesday, February 10th in the Sheridan Bowling Center.

The Command Soldiers and participating resident bowlers enjoyed the bowling games and opportunity to interact together throughout this bowling social. The soldiers expressed how much they enjoyed this event and look forward to visiting the AFRH-W again in the future.



Pete Hudson gearing up to bowl a strike.



Representatives from the Wounded Warrior Command enjoyed an afternoon of bowling with Residents.

AFRH-G February Activities

Resident Volunteer Corner

By Jennifer L. Briley, Volunteer Coordinator

Resident Volunteer of the Month Shout-Out to: MR. WAYLAND WEBB

For any Accountant, January 1st to April 15th is by far the busiest time of the year! TAX SEASON! For our Resident Volunteer Shout-Out I would like to give a BIG THANKS to Mr. Wayland Webb for volunteering over 96 hours of his own time, in January alone, to help our residents with their taxes. YOU GO Mr. Webb.



Wayland Webb helps Frederick Schultz prepare his income tax return.

Complementary artists and their work

By Milton Williams, Art Specialist

Two resident artists, Gerry Gorsky and Ray Eckert, teamed up to paint a mural size painting titled, "Gulf Painting". The painting depicts the Gulf Coast in its' essence, a working shrimp boat, a cabined sailboat and the many seabirds that abound on our shores. When viewing the large art work you can imagine yourself on the beach breathing in the fresh salt air and hearing the delicate roll of each wave as it sifts the sand. These artists who pulled their talents and skills together are both self-taught. Years before coming to AFRH, Gerry took a correspondence painting course in oils and Ray started in watercolors by painting a portrait of Renoir, a French impressionist artist. Since coming to AFRH they have truly become enthusiastic students of the arts, taking the time to learn more about painting, techniques and good old fashion getting in there and moving paint around on a canvas. I use the term "Student of the Arts" endearingly, for both artists are excelling in their gifts. We all look forward to the seeing and hearing about your future works of art. Remember rather you are viewing or making art; Art is an adventure.



Raymond Eckert and Gerry Gorsky put their masterpiece together for the Administrator's Conference Room.

Bocce friend

By Milton Williams, Art Specialist

Is it a team member who scores a perfect throw; is it buddy who cheers you in the game, hmmm? It is an invention by our own Dennis Crabtree, Sports Recreation Specialist. The Bocce Friend enables our residents to pick the bocce ball up without bending down. "Bocce Friend" is a cylinder with an opening on the bottom attached to a handle that you lower to the floor, bump the ball in the opening and lift to retrieve. WOW! My back feels better just writing this story. The protégé was made from an oatmeal container, duct tape and a wooden handle. Dennis this is really a great idea, talk about looking after the resident players. We look forward to your next invention and we all will properly see this on the TV Commercials soon.



Jerry Masterson (left) and Bill Jossendal (right) make good use of the "Bocce Friend" that our very own Recreation Assistant, Dennis Crabtree, invented. Thank you Dennis for your Person Centered Care (PCC).

Bocce Ball Tournament

By Dennis Crabtree, Recreation Specialist



Players sitting in picture: Don Dorsey, Bill Jossendal, Doris Denton, Harry Rhizor, Gerry Gorsky, Mike Longwell, Ernie Fowler and Jerry Anderson. Not in picture: Don Phillips, Jerry Masterson and Cecil Sherman.

On Monday February 16, 2015 residents were competing in the Bocce Ball Tournament in the Bocce Room. Steve Crews and Buron Noel were looking to get that bocce ball closest to the Pallino (yellow ball). Helen Noel is seen cheering for Buron Noel to beat Steve Crews. There were 16 players that played for 3 hours in the tournament but there could only be three winners for that day. Carl Hardy took 1st place, Don Fisher took 2nd place, Fred Ray took 3rd place.

The Art of Mosaics

By Milton Williams, Art Specialist

Artist, Jo Slay, trained in graphic arts now a Mosaic artist, came to the Home to talk about the history of mosaics and demonstrate some of her art pieces. We were amazed of her delightful use of tile, stone, ceramics pieces, glued together to decorate an item. She doesn't throw away anything that has the potential to enhance her subject matter, a half broken vase or a ceramic bird missing a tail feather can all be arranged to make one new piece of art. She will be starting a class in April, which many residents signed up to participate. We are looking forward to her teaching us this wonderful technique and learning how to make a mosaic.



Clifford "Smitty" Smith works with Jo Slay on mosaics.

AFRH Military Volunteer Corner

By Jennifer L. Briley, Volunteer Coordinator

Military Volunteer of the Month Shout-Out to: THE STUDENTS FROM THE 335TH TRAINING SQUADRON ATTENDING THE BASIC FINANCIAL MANAGEMENT OFFICER COURSE FROM KEESLER AIR FORCE BASE.

Mardi Gras isn't Mardi Gras without the King and Queen of the Ball. I would like to give a great BIG SHOUT-OUT to the students at the 335th Training Squadron, Keesler AFB for volunteering to decorate our King & Queen Chariots this year. 12 members of the training course filled into our Community Center and gussied up the golf carts transforming them from plane Jane golf carts to the King and Queen Chariots we saw on the parade path to the Mardi Gras Ball. What a fantastic job!!!



AFRH Community Volunteer Corner

By Jennifer L. Briley, Volunteer Coordinator

Community Volunteer of the Month Shout-Out to: ST. JAMES CATHOLIC ELEMENTARY SCHOOL CHOIR

Here is a Shout Out to the St. James Choir. The Choir, directed by Mrs. Terese Evans, a faculty member at the school for twelve years, did a fantastic job on the 11th of February singing their patriotic medleys and sporting their outgoing demeanor, brightening the day of all Residents in attendance. After singing they handed out Mardi Gras beads on the Boardwalk, Valor and Allegiance Hall, & Loyalty Hall. Mrs. Evans has a rich background as a professional actress on Broadway and at the Kennedy Center in New York. She has also toured nationally with the Children's Educational Theatre. Mrs. Evans holds an exceptionally special place in her heart for our military veterans due to coming from a strong military family. Her Father was a B-52 pilot in Vietnam and all five of her brothers are serving in the Army and Air Force.



The St. James Catholic Elementary School Choir with Gulfport residents.



Mrs. Terese Evans playing "When the Saints Go Marching In", while students hand out Mardi Gras beads in the Community Center.

WASHINGTON

Nothing quite like a day at the race track

By Carol Mitchell, Recreation Therapy Specialist

On Friday, January 30th the Residents enjoyed an afternoon at the races. The track was made of paper and the horses were wooden but that didn't stop the spirits of the famous Sea-biscuit, Man o'War, Secretariat, and the Home favorite, War Emblem coming to life at the AFRH-W track.

Residents were given poker chips to place bets on the horse of their choice and the resident with the most chips at the end of the 5 races were decreed the big winners!

Dallas Lamb - 1st
Ollie Brown - 2nd
Don Egolf - 3rd



Dallas Jones celebrates his winning with volunteer Andrea Thomas.



Residents placed their bets and the horse race while Andrea Thomas, Amanda Jensema, Sarah Kenan and Laura Fogarty provided the horse power.



Alma Wilson places her bet with Carolyn Haug with the help of Nicole Chappell and Sarah Kenan.

GULFPORT

AFRH-G celebrated Mardi Gras with lots of lagniappe

By Becki Zschiedrich, Public Affairs

Mardi Gras begins on the Epiphany (Three King's Day-January 6) and ends on the day before Ash Wednesday. Mardi Gras is french for Fat Tuesday which reflects the last night of partying and eating rich, fatty foods before the fasting of the Lenten season. The first Mardi Gras parade held in New Orleans is recorded to have taken place in 1837 and was embraced by those of French or Catholic heritage. That is where the slogan, "Laissez les bons temps rouler" came into play. This saying means, "let the good times roll."

The traditional colors of Mardi Gras are purple (meaning justice), green (meaning faith), and gold (meaning power). The parades are referred to as "Krewes". A Carnival Krewe is led by the captain, who is the permanent leader of the group. Each year a king and queen are selected to reign over the parade, just like at the AFRH.

The King Cake is also part of the Mardi Gras season and was served as lagniappe (meaning a little something extra) the night of the Mardi Gras Ball. The King Cake gets its name from the three biblical kings. You can only purchase King Cake from the Epiphany until Mardi Gras day. Traditionally the king cake is a sweet, sugary and iced cinnamon roll type bread made in a circle with purple, green, and gold sugar sprinkled on top. Inside there is a plastic baby which is the symbol of Jesus. Whoever gets the baby is responsible for purchasing the next king cake.



Queen Mildred Knoble and King Vernon Bourdette toast each other.



Cassandra McGowan rides in the Krewe on a float made by Ability Works.



Residents and guests have a ball while line dancing at the Mardi Gras Ball.



Barbara Folk and Sally Manning are in the Mardi Gras spirit.



"Wild" Bill Allen and Bob Watson celebrate Mardi Gras in style.



Marion Wolke and Rich Carter aka "Cool Breeze" dress in their Mardi Gras gear.



Tom Lynch looked festive in his jester costume.



Ronald Washington gets a hug from Susie Baumunk, who dressed up as a gnome.