



AFRH-WASHINGTON

Friends of the Soldiers Home have another successful July 4th celebration

By John Hughes

Wet weather didn't stop about 1,750 people from enjoying the fourth annual Friends of the Soldiers Home July 4th celebration at the Armed Forces Retirement Home in Washington. More AFRH residents joined the fun than in any previous year. It was wonderful to see so many veterans and citizens mingling and having a great time!

The Music Messiahs, One Man Band, and resident Waymon Lucas, and resident DJ Billy White provided great musical entertainment. The NAM Knights parked their motorcycles in orderly fashion and then did a wonderful job directing parking and pedestrians at the event. Captain Cookie, Lemongrass and other new, and some returning, food trucks served delicious treats. Thanks to Budweiser for sponsoring this event, and for providing plenty of beer. Children enjoyed the carnival games. Friends of the Soldiers Home is grateful to AFRH-W for opening its gates for this special day.



Resident Waymon Lucas Jr. entertains the crowd during this years event.



The Music Messiahs provided great entertainment for this 4th of July celebration.



Charles Jones enjoys the 4th of July with residents and guests at the 19th Hole.



Friends of the Soldiers Home serving those who served.



Residents and the community gather in the afternoon before the fireworks show began on the National Mall.

AFRH-GULFPORT

100 Motorcycles roar into AFRH-G

By Becki Zschiedrich, Public Affairs

Every year The Nation of Patriots organizes a national effort that pays tribute to, and honors, all of America's Armed Forces - Past, Present, and Fallen. On July 2nd over 100 motorcycles roared into AFRH-G. Their stop here was just one of a 100 day tour, from Memorial Day to Labor Day. They honor these soldiers by raising and lowering the same American flag in one city in all 48 contiguous United States. Mississippi Governor, Phil Bryant, and the Gulfport Police Department, led the pack of over 100 motorcycles that rolled into the Armed Forces Retirement Home. They were greeted with cheers, waves, and salutes.

This united effort is known as The Patriot Tour and they ride for the members of our military - to show America's support, our thanks, and our united pride by passing one American Flag throughout the country. It's the very foundation of this symbol and all it represents that our brave men and women in the military have stood and died defending continue to stand and protect, and will forever fight for. The Seabee Honor Guard assisted the HOG's with raising and lowering the flag. This year's MS Coast HOG Flag Bearer was Paul Ramm.

Steve Carrington, the local organizer of this event, said, "We do it for the love of the veterans, for the love of our nation, for the love of the American flag. The flag is what they live by every day. And to honor that flag in front of this audience, it's a wonderful thing."

Governor Phil Bryant got emotional when speaking at the Armed Forces Retirement Home. He said, "I believe riding with me are those young men that never returned. They were there, enjoying the breeze, beautiful ocean, smiling because they know we honor them."

"What a better place to honor than all the veterans that have walked before us and led the path for us to follow," said Steve Carrington. "It's wonderful. It's all of our hearts. There's many people, many bike riders that are previous veterans and we're just so proud and happy to do this," said Carrington. "This is the sixth year that the flag has toured the nation, the second time we've done it at the Armed Forces Retirement Home, and we love it."

The Flag Tour started Memorial Day weekend in Milwaukee, Wisconsin. It will end there during the Labor Day holiday.



Over 100 motorcycles roared through the front gate of AFRH-G.



The Nation of Patriots honored our veterans.



The Seabee Honor Guard assisted the HOG's with raising and lowering the flag.



Mike Swickerath, on his Harley, has a laugh with Governor Bryant.



Doris Denton and Mary Nelson speak with Governor Bryant.

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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>



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>



The Joint Commission
www.jointcommission.org

AFRH-G Veteran Highlight

By Lori Kerns, AFRH-G Librarian



Roy Cook was born May 28, 1943 at Fort F. E. Warren Army Air Corps Base (now F. E. Warren Air Force Base) in Cheyenne, WY. Coincidentally, his mother was born 20 years, 20 days, and 20 hours before Roy at the same hospital and was delivered by the same doctor. At that time, the base was a cavalry post called Fort D. A. Russell. His father, who retired from the Air Force as a one-

star, was stationed at the base as for the majority of Roy's first sixteen years. As a child, he could never get in too much trouble because everyone would watch him like a hawk. If he ever got into mischief, word got back to his parents in a flash.

With the advice of his father and the intent to do some of the same things his father did (except as an enlisted soldier), Roy joined the Army in 1960. He was sent to Fort Ord, CA for basic training then to Fort Holabird, MD for advanced individual training.

His first assignment was for 18 months in South Vietnam as part of Military Assistance Advisory Group (MAAG) Vietnam. He was sent as the intelligence guy as part of an advisory team to Bac Lieu and Camu in

support of the 21st ARVN Division. During this tour he contracted hepatitis and waited for almost a week for Air America to take him to Saigon and then transport him to the Philippines for 45 days to get well. He then returned to Bac Lieu for the remainder of his tour. For his second tour of duty in South Vietnam, which also lasted 18 months, he was again with MAAG Vietnam and assigned to Soc Trang and Can Tho. On his third 18-month tour in Vietnam, he served as part of the 1st Signal Brigade as the classified document control. On his fourth and final tour, Roy was assigned to the Command Group MACV (JO1R) as a direct staff member to Ambassador William Colby (DEPCORDS), who eventually became director of the CIA.

After Vietnam, he returned to the states for about eight months before getting orders for the NATO Headquarters in Izmir, Turkey. He functioned for two years as the U. S. Document Control for the U. S. four-star Commander Allied Land Forces Southeastern Europe. He was then sent to Allied Forces South in Naples, Italy for nearly seven years as the U. S. Document Control for CINCSOUTH. Having chosen Redstone Arsenal, AL as his retirement post, he spent his final two and a half years double-slotted at the Missile and Electronics School. During his military career, Roy earned many awards including the Bronze Star, a Joint Service Commendation Medal, three Army Commendation Medals, and other awards. (This information had to be pried out of a humble Roy.)

Before his military retirement, Roy had purchased a large farm about 35 miles south of Huntsville, AL. Upon his retirement he immediately began working for Lockheed Martin Corporate in Huntsville and worked his farm growing weed-free hay. He retired from Lockheed Martin in 2003 and then completely retired in 2010. In his

words, he "vegetated" on his farm until he came to AFRH-G in 2013. At the home, he made close friends with two other residents, Jim Brogan (Navy) and Andy Hunter (Marine). They are known around the home as the "Three Amigos." They enjoy taking cruises and road trips together. The three guys are hoping to inspire others to get out and do activities to keep their bodies moving and brains active. Roy contributes to this mission and to the home by serving as a RAC floor rep for two floors and as RAC Vice-Chair. Along with these responsibilities, he's sponsored countless new residents, does tours of the home for various groups, and loves to socialize. According to Roy, the best decision he ever made was to come to AFRH-G. We are so very happy that he made this decision and glad that he serves as an inspiration to so many.



Roy, pictured above, said moving into the AFRH-G was the best decision he has ever made.

AFRH-W Veteran Highlight

By Christine Baldwin, AFRH-W Librarian

Robert M. Webb (exact same name as our new Ombudsman) was born in West Virginia in coal mining country. He is one of 9 children; 7 boys and 2 girls. He excelled in football and baseball during high school. Robert knew he would be drafted into World War II (2 of his brothers had joined the US Air Force, one the US Navy and one the US Marine Corps), so he took the C-12 test and passed the mental & physical test to join the Navy Air Cadet. When he reported two weeks later for another physical, he didn't pass because of his eyes. So next, Robert decided to join the US Army. Every branch was now covered by the Webb family. He had his Basic Training at Camp Livingston, LA (the snakiest place in the country)! After three short assignments, Robert was sent overseas. Rumor had it, they would go aboard the QEII, but instead they went on a Merchant Marine ship called the Seacat. As part of a convoy, Robert got to see how treacherous the ocean could be and experienced 100 foot waves during the trip. Robert's job was to assist with the plumbing and replace pipes that had been corroded by the sea water.

His first station was Le Havre, France and at the tender age of 18, Robert saw the aftermaths of war with masts of ships that had been sunk to railroad rails that

looked like spaghetti. His trip was aboard a 40 x 8 train (40 men; 8 horses-though no horses were on board). It was December and very cold; so cold it was hard to sleep. At the French/German border town of Saarbrücken, not a building was standing. Later, Robert attended Military Ski School for two weeks in Garmisch, Germany. His toughest assignment was standing guard to the Nazi War Criminals just outside of Nuremberg. He had orders to shoot anyone who strayed outside the lime border. Robert also worked in SS Trooper Prison Camps along with a Polish company. One of the most interesting assignments Robert had was when he and three other soldiers were sent to a small town. A Polish DP (displaced person) told him about a family that was hiding contraband. When they went through the house and barn they found machine guns hidden under sacks of peas and under the corn shuck mattresses. The Major in charge said that they had been looking for these people a long time and in gratitude let Robert have one of the small motorcycles to take back to camp.

It was while working with the HQ Battery Armored Field Artillery that Robert lost his hearing and was sent home. At Bremerhaven, he along with 7,000 soldiers were waiting for transport. They lived in hangars, slept on cots and had huge lines for chow. It was so large that they could play poker while they stood in line! After the war, Robert got a pre-engineering degree from

Charleston University, WV and a Structural Engineering degree from the University of Chicago. He worked until 2000. Robert knew about AFRH and joined us in April of this year.



Robert, pictured above, has enjoyed life at AFRH-W since April.

Message from the Chief Operating Officer



Here we are again, another page off of the calendar. July was a fruitful month; we had several good visits (Department of Defense Working Group, Korean delegation, Healing Waters), Gulfport, had consulting visits by The Joint Commission Resource Inc., and made headway on the selection of a new Nurse staffing software. Which brings me to this month's topic... nursing.

Merriam-Webster defines a nurse as a person who is trained to care for sick or injured people and who usually works in a hospital or doctor's office; not really accurate for us. NursingWorld.org is a bit more specific, they define nursing as the protection, promotion, and optimization of health and abilities, prevention of illness and injury, alleviation of suffering

through the diagnosis and treatment of human response, and advocacy in the care of individuals, families, communities, and populations. Probably a more appropriate quote comes from Clara Barton, pioneering nurse and founder of the American Red Cross; "I may be compelled to face danger, but never fear it, and while our soldiers can stand and fight, I can stand and feed and nurse them." That is the sentiment our nursing staff shares with Residents around the clock, every single day, at both facilities. Using a military analogy, our nurses are at the tip of the spear. They have the most direct contact with our Resident body and in a nutshell are invaluable.

Our dedicated nursing teams are comprised of Supervisory Nurses,

Registered Nurses, Licensed Practical Nurses and our Certified Nursing Assistants. These key Healthcare Professionals coordinate all aspects of resident life at both facilities by assisting Residents with their activities of daily living in our Independent Living Plus program, supporting licensed medical staff in the Wellness Centers, and administering medication in our upper levels of care. In the midnight hour they provide assurances to the Independent Living Residents by their availability to respond to emergency pull cords. The Healthcare Team is hard at work 24 hours a day 365 days a year serving Residents in all levels of care.

I am continually impressed as I walk through our facilities and see the interaction between our nurses and Residents. As I lead visits of dignitaries; be it from DoD, Legislators, et al, they are all significantly captivated by the level of care our nurses provide our Residents. The love and attention of our nursing staff assists in bridging the gap for Residents who have no loved ones near the Campuses; their efforts cannot be overstated. I wanted to ensure this month that our nurses realize that their efforts are not going unnoticed.

As we proceed into August I would like to encourage you to enjoy the remainder of the summer, it is going by rapidly. I believe Mississippi begins school in the coming days! Please take the opportunity to decompress, and do so safely! Until next month...

Steve McManus

Take a splash...for your health

By Becki Zschiedrich, Public Affairs

Resident Carl Hardy, who is a very young 81 years old, teaches water aerobics classes at AFRH-G on Monday, Wednesday, and Friday from 10:00 until 11:00. There are so many benefits to participating in the water aerobics classes offered here at the Home. The U.S. Department of Health and Human Services issued a statement that claimed water aerobics can reduce the incidence of chronic illnesses with just two and a half hours a week in the pool. Water aerobics is easy on the joints and can even increase muscle strength and endurance due to the water's built-in resistance. This form of exercise is preferred by many as opposed to a more traditional form of fitness, like lifting weights, because the weight doesn't pull the person down the same way a regular workout would. Therefore, a person can exercise longer on water than on land without the extra effort or the joint and muscle pain that often accompanies a regular exercise routine because of its low impact. Plus, water aerobics is 75 percent gentler on your joints.

Carl Hardy lived in Thailand for 18 years and started teaching water aerobics there in 2003. He taught ages 6 to 50 at the YMCA in Bangkok, Thailand. He said he was a water bug all his life, and loves swimming because it works every muscle in the body. Carl expressed, "only 10% of your body weight is in the water so you can't fall down and hurt yourself. It is also good for your blood pressure and cholesterol. After three days, most people in the class do not want to ever miss a day."

Many residents in the home have had knee or hip replacements and Carl Hardy's aerobic exercise class would be the ultimate exercise to help the body recover from knee and hip replacements. The effectiveness and safety of water aerobics to treat knee and hip problems have been proven to be beneficial. This type of exercise is also recommended for aching joints and people who suffer from heart complications. "If you have joint problems this is the best thing there is for joints and everybody should give it a try" said Hardy.

With the heat index of over 100 degrees in South Mississippi there is not a better time to get fit, feel better, and stay cool during the heat wave of the summer. Water aerobics can help improve the physical and mental health of an individual. The beautiful swimming pool we have here can help you relieve stress and tension as the muscles are loosened once you let your body submerge in the water. The little to no impact on joints and muscles helps you strengthen the body and lose weight, sweat free.

Carl revealed, "It's an overall benefit, it makes you feel better when you get out of the water, plus you feel much better the next day too. After a while, you'll be doing it yourself because you'll feel so much better. If you think it's for you, come out because it can't do anything but help you."

If you're interested in taking the water aerobics classes just show up at 10:00 a.m. Monday, Wednesday, and Friday. Classes will be offered until October 1st, so get out and make a big splash this summer for your health.



Carl Hardy (pictured above) has been teaching water aerobics for over 12 years. He encourages residents to attend the classes on Monday, Wednesday, and Friday at 10:00.



Pictured from left to right, Mo Drolet, Joe Shuff, Carl Hardy, Earline Beshard, & Sue Lane during a recent water aerobics class at AFRH-G.

Greenbelt Dog Show puts on a spectacular show at AFRH-W

By Amanda Jensema, CTRS

Some residents have said that the Armed Forces Retirement Home has "gone to the dogs!" When the members of the Greenbelt Dog Training came to the Scott Community Center you would have thought that too. There were dogs of all sizes, colors and breeds. In total there were around 12 dogs, and of course their owners, who were here to put on a show for the residents. It began with a demonstration of their agility course and training. They had to walk across a balance beam, go up and down a ramp, run through a tunnel, and leap through a hoop. After that we were taught the secrets of how to train your dog. The secret is that you must train the owner first to listen to commands. Once they know the commands then they can begin to train their dogs to know the commands. They ended the program with what they call "freestyle dog dancing" where the owner and their pooch dance. It was quite interesting to watch. The dogs were rolling over, jumping through their owners' arms, going between their legs, and even doing the conga! It was a sight to see for those who attended. Allie Lee is the owner and trainer and has over 35 years of teaching experience. The residents of AFRH look forward to when they return!



This canine not only goes through a tunnel, but can walk the plank as well.



Who says this pup can't enjoy a ride on a skateboard!!



Muriel Kupersmith enjoys a little time with this cute canine.

From the AFRH-W Administrator



July has been another great month at the Washington Campus with many irons in the fire. Our healthcare leadership team is coming together with

the welcome addition of Dr. Joyce Fiedler, Chief Medical Officer. Dr. Fiedler will report to Mike Bayles, our Chief of Healthcare Services. The Residents have been very patiently waiting and I thank them for sticking with us during the hiring process. I am very confident we are hiring folks with tremendous experience and potential to bolster our ranks for years to come.

The month began with a rainy campus-wide event sponsored by the Friends of the Old Soldier's Home

(FOSH). The annual Independence Day Celebration opens the campus to the public so Residents and neighbors can enjoy the festivities as a community. According to John Hughes, FOSH Chairman, this was the highest Resident participation in a 4th of July event to date! Thank you for turning out despite the rainy weather.

During a Resident focus group and town hall, the unglamorous topic of address change was presented and discussed. Residents' overwhelming desire is to keep the address as is. The Corporate Facilities Manager, Justin Seffens, fielded questions from the passionate yet respectful crowd. We are very clear that if given the option to maintain our address, that is the major majority of Residents' wishes. Justin and the campus administration are taking measures to know our options and prepare the Home, should District of Columbia zoning regulations mandate an address change during the development of the 80-acres. Another Resident was

more concerned their pizza would be delivered correctly to a joint physical/mail-ing address.

Saturday, July 25th, Ruling Party Leader Kim Moo Sung toured a portion of the Scott Building and addressed approximately 30 Residents in the Hall of Honors. Major General Shin was escorting the group of 20 visitors, including legislators from the Korean government. A crystal Korean War memento and a cash donation were received by two Korean War Veteran Residents after a heartfelt speech. The address thanked the Veterans for their service and sacrifice in defense of freedom. It was an honor to host the group, and I thank Residents for attending the brief ceremony.

Our Employee Appreciation Breakfast was held this month and several staff were presented with federal service anniversary pins. Five employees were nominated for Employee of the Quarter. The EOQ Committee voted and selected Officer Brooks from the security team. Congratulations to the nominees and the winner! Keep up the good work!

Finally, I wish to say a fond farewell to Dr. John Ellis, his wife Lumi, and their five children. The Ellis household in Quarters 4 was a great example of a hard working American family and their presence is already missed. After a 30-year career with the Army, Col Ellis retired and the family relocated to Ohio where they are originally from. I'm sure many Residents will miss watching the children grow, after 6 years living in Quarters 4. Good luck and best wishes Ellis Family!

Shaun Servais



Shaun Servais congratulates Officer Jay Brooks on his selection as the Employee of the quarter.

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



How nice would it be if every resident allocated a small allotment each month to go to the AFRH-W RAC Fund? How nice would it be if each resident, who was able, donated a

few hours a month as a volunteer to enhance our quality of life here at AFRH-W. These and so many other thoughts have been running through my mind the past few weeks.

One thought that is front and center, and foremost, is the phenomenal cooperation and support the RAC has with the administrator and staff. This article is short, purposely. I feel the minutes of last month's meeting show how grateful we are to be listened to, our voices heard, and how together residents and staff work so well together to continue to make AFRH-W the premiere retirement community for veterans that it is.

I salute our Administrator, our Chief of Residence Services, and our Ombudsman, and thank them for always having an open door (and open mind) when the RAC comes a calling (which believe me is often!). To list every staff person I would like to thank would be to list every staff member. On and in behalf of the resident's I serve THANK YOU for the Person Centered Care exhibited in words and actions each and every day.

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

Highlights of our July 15, 2015 meeting; 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.

>There was no June 2015 meeting due to unexpected hospitalization of Chairman and Vice Chairman's being scheduled to be off campus.

>Between meetings of the RAC each month the Chairman and Vice Chairman meet with the Chief of Residence Services, Ombudsman, Chief of Health Care (or designee) and Chief of Campus Operations on Mondays. Numerous items under discussion (for which a formal reply from Administration is NOT being requested at this time as the issues are being discussed and worked on);

- Defender's Inn being opened on regular basis (vendor being sought)

- Bus Shelter for H8/60 bus where this is not one (working with Community/FOSH)

- Reducing width of Salad bar to make accessibility for residents easier and to allow more options to be available (plans in progress – no timeline for completion)

- Medication Distribution window (see Health and Wellness notes)

- Street number at Eagle gate / sign at 3700 N. Capitol Street NW indicating where entrance is located (Eagle Gate)

- Signage on Stairwell Door interiors to stairwell (almost complete!)

- Enhancement / change to pool hours/availability (under discussion)

- Raccoons

- Kiosk for Dining Hall meal purchases (see Food service notes)

- Fence Repairs on Rock Creek Church Rd NW (underway)

- 24 Hour bowling (being discussed)

- Ensuring Flag stays lit at night (lights repaired)

- Removal of trash trailer from lot #5 (in progress)

- Health check button not working properly (please call in a work order)

- Location of Shadowbox for Employee of Quarter (hinders use of rail – new location to be identified)

- Welcome Home / New Resident Board (being discussed)

- Pool locker availability

- Lady Sheridan door inoperable (one of the two – repairs in progress)

- Update on room safe installations

- Mirror in green room hung (work order submitted)

- The bottom line is your RAC does listen and is involved with discussions with Administration and staff on a regular basis to keep AFRH-W the premiere retirement facility that it is.

AFRH - W Ombudsman

>Advocate for resident's working through the RAC. Striving to ensure that AFRH-W is a great place to live, thrive, and work

>Please leave a note if not in office and he will contact you. A majority of day is spent out of office advocating/working for and with residents.

RAC FLOOR REPRESENTATIVE REPORTS and COMMITTEES

FLOOR REPS: No report

CAMPUS OPERATIONS: Numerous projects underway. See project board in tunnel.

FOOD SERVICE:

>Guests have same options as residents for Food service (choice of entrees, seconds, etc.) Please see a dining service supervisor or member of RAC if problem encountered.

>POPSICLES WILL BE AVAILABLE DURING SUMMER MONTHS

>Kiosk training is complete and Kiosk should be going into operation shortly. Only SAME day tickets can be purchased from kiosk with a debit or credit card. If you want tickets for meals for future dates, or to use cash, Security will continue to sell the meal tickets as they do presently.

GOLF: no report

HEALTH AND WELLNESS:

>A new Physician, Wellness Center Supervisor, ILP Supervisor, and Nurse Educator have begun employment!

WELCOME ABOARD!

>The Pharmacy Technician job has been offered, and accepted. Personnel paperwork is being completed!

>When the Medication Distribution Room is closed during posted hours (Monday through Friday 8AM to 4 PM) please go to the Wellness Center front desk for assistance. There are procedures in place to get your medications dispensed during posted distribution hours, if Pharmacy Tech not present.

>All residents are encouraged to have an 'emergency bag' available that includes change of clothes, underwear, toiletries, cell phone charger, etc in case it is needed for an unexpected hospitalization.

>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: Please volunteer. There is always a place your skills can be put to use! Current need for volunteers for Thrift Shop, Auto Hobby Shop, Medical Escort, and others. See Carolyn Haugh in Volunteer Services and sign up today, PLEASE ☺!

Discussion about moving the Sunday Classic movie from Club Room to Theater being discussed.

MASTER PLAN: Ruppert Landscaping has selected AFRH-W to be the recipient of their yearly service project. They will be donating approximately \$150,000 of

materials and labor to enhance the landscape of the campus. Resident Services will be holding a focus group shortly to announce details and inform residents of the timelines.

A 'buy a brick' fundraising campaign is being planned. Current areas under discussion. Stay tuned for its roll-out soon!

RESIDENT FUND ADVISORY COMMITTEE: The resident fund is expending more than it is receiving. This issue was discussed at Resident Fund Advisory Committee and Resident Fund Advisory Board. Approximately 15-20% cuts to the budget are being submitted. It does not appear that any current services will be impacted! A true win-win!

SECURITY: Pedestrian crossing signs back in place. If there are issues of cars not stopping please let security know ASAP.

OLD BUSINESS: Secretary for RAC still sought.

NEW BUSINESS:

Did you or someone you know immigrate to the United States? If so, please consider sharing your story with President Lincoln's Cottage! In October 2015, the Cottage will open a special exhibit on President Lincoln and immigration, and they are collecting personal accounts for potential use in the exhibit. To schedule an interview, or find out more details about the interview process, please add your name and contact information to the sign-up sheet in the Recreation office.

RESIDENT CONCERNS FOR ADMINISTRATIVE REPLY

None

Motion to adjourn at 10:16 passed, Next meeting at 10AM on August 19, 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 rac.afrh@gmail.com.

Phil Ford

From the AFRH-G Administrator



The date, 21 May 2015 started as just another routine morning except that instead of going to Keesler Medical Center for work, this day I was going to be a patient. After returning home and awaking from a nap I turned on my cell phone. I had missed phone calls and countless text messages from group leadership to

call them ASAP! A week later, I was standing before both residents and staff of the AFRH-G answering your questions and trying to convey to everyone my thoughts on leadership and fair play for both residents and staff.

From that very first day Col Delancy and I met, as we entered your beautiful lobby, we instantly became united in our intent on serving you. In just nine short weeks, our leadership staff, here and in DC, have heard your concerns and

worked very hard on your behalf. Allow me to share a few successes with you. We've had the ventilation ducts cleaned and will continue to monitor our air quality. Many of you may recall Col (ret) Dave Sheridan that came down from D.C., he had a major role in contacting the local leadership and drafting a letter to CTA that I signed. Subsequently, we engaged in dialog with CTA on restoring bus service and I fully expect to very soon stand before you and announce that bus service has returned to the AFRH. Your RAC Chairman now has a seat at our leadership meetings every Tuesday morning giving you a voice in decisions and strategic plans that impact your quality of life. We are currently working to fill the Director of Nursing position and we are also in the process of filling RN, LPN, and CNA vacancies that fall within our staffing model. Col Delancy's impact on the residents and our nursing staff was very powerful in the six short weeks she was here. Our residents will forever remember the hugs and smiles given on a daily basis. Communication with the nursing staff improved, empowered leadership was instilled, teamwork became the norm and the Wellness Committee was re-established. She left the nursing leadership with "WWCP" (What Would

Col Pam) do? Last, but certainly not least, I'd like to thank RN's Corinn Burton, Kendall Diaz, Tina Gauthe, Brandon Kinchen, and Mike Bayles, (our acting Director of Nursing) for all the support they have given me and the Healthcare staff.

Every time I walk through our Hall of Honor, a great sense of national pride and the legacy of freedom that we enjoy today because of your generation's service to our country overwhelms me with gratitude. I've met residents that served during World-War II, Korea, and Vietnam and a few that served in two of the three wars. The most humbling chill producing conversation I had was with a WWII resident that told me of his experience standing in the presence of Generals Eisenhower, Patton, and Bradley at the same time. Experiences like that should be captured on video for all time. I've mentioned in our Town Hall Meetings that I'd like to have group photos taken of our veterans from WWII, Korea, and Vietnam in order to capture the faces of our residents that have been on the forefront of keeping our great nation free for generations to come. Becki has graciously consented to assist us with capturing our veterans from each

war era and I'd like to invite you to be a part of helping us secure this moment in history for all future residents that will someday walk these hallowed halls.

I thank God and you for allowing me to end a wonderful Air Force career serving a few of our nation's greatest citizens. You'll never be forgotten!
COL Dwayne Wilhite



Governor Phil Bryant chats with Col Wilhite after the Nation of Patriots Flag Transfer Ceremony on July 2nd.

WINGS Performing Arts share a song on their way to DC!

By Susan Bergman, MT-BC, Recreation Services



On Monday, July 13, 2015, performers from Lynn Meadows Discovery Center WINGS Performing Arts gave a preview of the upcoming Mary Poppins summer shows held at MGCCC (Mississippi Gulf Coast Community College) in Gulfport. Individuals across the Gulf Coast from age 5 and up gather throughout the summer to prepare and col-

laborate through acting, singing, dancing, back stage tech, music, amplification, and direction. To accommodate the large number of talented individuals, the 9 performances are split between two casts.

Mattie Coy, portraying Mary Poppins, and Ethan Worch as Bert, popped in and brought smiles through their conversations, songs, and characters during the ice cream social in the community center. They highlighted the favorites in which residents will see at the Thursday night show – "Supercalifragalistic," "Feed the Birds," "Spoonful of Sugar," and "Jolly Holiday."

Keep an eye on this group next month, as they perform their WWI Remembrance Show at AFRH-W on Thursday, August 6, 2015 @ 1000 in the Community Center. They have also been invited to perform at the Kennedy Center that evening @ 6pm. Don't miss our AFRH Community Partners bringing their talents to DC.



The Lynn Meadows Discovery Center WINGS Performing Arts gave our residents a preview of the upcoming Mary Poppins summer show.

180th Fighter Wing Visits AFRH-G

By Becki Zschiedrich, Public Affairs

Thank you to Col Easterly and the 180th Fighter Wing/Medical Group Ohio Air National Guard for visiting and volunteering at the Armed Forces Retirement Home-Gulfport this month. They helped with getting Long Term Care and Memory Support Residents outside to see the HOG Patriot Tour Flag Transfer where Governor Bryant was the guest speaker. They also showcased their talent by playing music for the Residents in the Reception Room.



The 180th Fighter Wing/Medical Group Ohio Air National Guard volunteered this month at AFRH-G.



Thank you for entertaining our Residents with your beautiful music.



You can always find Bobby Renfro around the pretty ladies!

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



I'm writing this column right after the 4th of July and I hope all of you had a great 4th because I did! This is a great county and we Veterans can proudly say we have played a big part in keeping our country free and the greatest

place on earth.

Have you ever been talking to someone and they find out that you are retired military and they say "yeah, I was in but only for 3 or 4 years and I wish I had stayed in", well if they did serve in any branch of the military and they did their part no matter how small, they too deserve a "Thank-you for your service". I have two older brothers who were in the Air Force but

did not make it a career. They made their choices and have no regrets (I believe). So I want to tell them "Thank-you for your Service" and Thanks to all of you.

Have you noticed anything new in the garage? We now have another electric car and an additional one coming so residents with regular cars please stay out of the spaces reserved for electric cars and those spaces reserved for Low Emission Vehicles. If you park in these spaces, you will get a ticket. Don't know if your car is a "Low Emission Vehicle"? They have a list of vehicles that qualify in Security. Check it out.

Now, on to RAC business. We still need some residents to step-up and volunteer. We can't just rely on the few to do for the many. The Home cannot possibly provide all the personnel needed to keep the many functions and events available to the residents; "Let George or Georgia do it" won't work. What happens when they can longer or don't want to volunteer? No bingo, No movies, No resident drivers, etc., etc., etc. Come on folks just don't sit around letting

your life pass you by. All of us no matter what our ages still have a lot of living and giving to do. Speaking of volunteers the RAC is in need of a few Floor Reps. If your floor is without representation think bout- NO DON'T THINK ABOUT IT, step up and become a Floor Rep. If you believe that your Representative is not doing a good job, speak up and tell them so. That might be the kick in the pants they need. If you think you can do a better job see me, I have some open floor positions you can fill. Did you know the RAC meetings are open to the population at large? I encourage each of you to attend our meetings to see what we are doing and what things are affecting our Home. At these meetings you will have a chance to speak and present any issues. But remember, this not a "Town Hall Meeting", I am looking for constructive ideas and solutions that will make our Home better. We hold our meetings the second Tuesday of each month in the community center starting at 0930. The new fiscal year is coming and we will be voting on the FY 2016

RAC budget at the next meeting on August 11th. Resident participation is in the best interest of the Home so don't just go on a trip, decide where the trip is going. Don't just go to the movies, decide what movies will be shown, and don't be a lamb and let others lead you around, get up and be a leader. Participate, participate, and participate!!! Here's a goal setting challenge. There are so many kinds of apples, that if you ate a different one every day, it would take over 20 years to try them all. Okay so let's all pledge to eat different varieties of apples each day.

Now I think I've said enough so I'll close now by saying, we were/are American fighting men and women and we served in the forces which guarded our country and we're prepared to give our lives in its defense. Thank-you...until next time.

Henri D. Gibson

AFRH-W June Activities

DC Golf Scramble

Resident golfers hit the links during a recent golf scramble hosted by AFRH-W. Four teams competed in the 9-Hole scramble beginning at 9:00 on Thursday, July 9th. Several golf scrambles are held throughout the spring, summer and fall golf season.



Mimi Rivkin and her team look to put it in the hole on Hole 4.



Tully Donohue aims for the flag stick.



Residents eye in a putt for birdie.



Roy Wheeler cranks it up with his tee shot on Hole 7.

Friends, Bloomberg take AFRH-W Residents to Kastles Match

By John Hughes

For the second year in a row, Friends of the Soldiers Home partnered with Bloomberg to take Armed Forces Retirement Home-DC residents to the Washington Kastles tennis match. Sunday's event had the Kastles topping the Springfield Lasers 24-16. Tennis legend Martina Hingis won her singles and doubles match en route to the victory. There was a fun group of Friends and Bloomberg volunteers that mixed wonderfully with the residents for a delightful evening! Friends would like to thank Bloomberg for this very special event.



Baltimore Zoo to you

By Amanda Jensema, CTRS

Who knew that a zoo could travel? Well, the Baltimore Zoo has done just that with their ZooMobile. This is an educational program for all ages where you can learn about different animals at the zoo, and they even bring a few with them. All animals presented that day are on the endangered species list.

The first animal on display were African Frogs. In the wild they are poisonous, but when in captivity they are not. In the wild their life expectancy is 5 years, but can live up to 20 years in captivity. Next they brought out an Egyptian Turtle, one of the smallest turtles in the world. When it is full grown it is approximately 6 inches in length, and their life span is around 50 years. When it is scared it hides in his shell by pulling his head, legs and tail into the shell. Their shell does not fully close so they use their front legs to hide their face. The third animal they presented was a baby Toucan. He is still learning how to behave on these Zoo trips, but he was fun to look at, and listen to when he spoke. Toucans have long bills that helps keep them cool in the hot environment they live in. It looks heavy but their bill is actually very light and is made out of keratin, the same material as our nails and hair. The final animal was a penguin named Wilma. She absolutely loves going on these trips and greets everyone. She did a lot of shaking because she was telling the staff she wanted food. After a while she gave up and began to walk around.

The members who came from the Maryland Zoo not only brought live animals to show us, but they also brought a leopard skin, and an elephant tusk. Remember, all of these animals are on the endangered species list. The animals that are at zoos today are no longer taken from the wild, but are born in captivity. The residents, staff, and visitors learned a lot from this visit and we look forward to seeing what animals they bring on their next visit!



Wilma, the Penguin, from the Baltimore Zoo makes a slow walk down the runway.



This baby Toucan had a lot to say during his recent visit to the Washington campus.

AFRH-W Fashion Show

By Amanda Jensema, CTRS

How do you end a hot summer month of June? By making it even hotter with the AFRH Fashion Show! Residents, staff, and community volunteers all came out and put their best foot forward to create a fun fashion show. The room was packed to the point that there was standing room only.

Our Safety Officer, Maria Silva, and CNA Berhane "B", were our first models showing off their cultural outfits. We always enjoy seeing traditional outfits that are worn by other cultures. The next category was business attire. Our own Administrator, Shaun Servais showed off his suit and tie, as well as his special socks featuring President Abraham Lincoln. To start off the Athletic category was Anntonette, a CNA on the Scott 2 unit, and her friend Lashonn, who were showing off their Zumba attire. Next was Sarah Kenan from Recreation Therapy, and residents Santo Dibella and Herman Pometto displaying their Nationals Baseball pride!!! This year we were honored by several residents and staff who wore their military uniforms as they walked out to Lee Greenwoods, "God Bless the USA". Resident Bill Opferman led the group, followed by Ron Kartz, Chief of Residents Services, his son Josh, and residents Patty Kirchner and Edward Davis. Our formal wear category had the most models showing off from cocktail dresses to formal gowns. Community Volunteer mother-daughter duo, Charlotte and Melissa, walked the catwalk together wearing similar dressed that complemented each other. In our final category, weekend wear, everyone showed off how they like to dress when they are off-duty. Even residents Katherine Dietch, Virginia Scotte, and Jean Ringuette, showed how casual they could be. What would an AFRH Fashion Show be without the Redskins theme song playing at the end and everyone coming out singing, clapping, and wearing their favorite Redskins fan gear! The show stopper was Ms. Naomia Davis, from the Rehabilitation Department, who was sporting Redskins gear from her shoes to her hat, and everything in between!

Thank you to Steven Briefs for being our fabulous MC, Nicole Chappell who was in control of the music, and Constance Maziel who made sure all the models were ready when it was their time. I would also like to thank all of the models this year who participated in this event, as well as all the volunteers who assisted. We look forward to hosting this event again and we hope you will consider modeling!



Bring on the Washington National fans!!



Edward Davis is escorted by Patricia Kirchner during the salute to the Military.



It wouldn't be a fashion show without the Washington Redskins fans showing off their spirit.



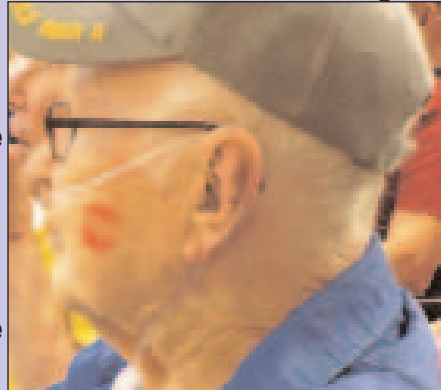
Maria Silva-Vargas wore a beautiful style Spanish outfit to kickoff the Fashion Show.

AFRH-G June Activities

Victory Belles celebrate the 4th of July with Gulfport Veterans

By Sean Campbell, Lead Recreation Specialist

AFRH-G Residents packed the community center for a special patriotic show by the Victory Belles, presented by the National World War II Museum in New Orleans. In celebrating Independence Day, the trio performed songs from the WWII era with energy that put smiles on the faces of nearly everyone in the crowd. Some gentlemen were even treated to being serenaded by the girls. The Victory Belles travel all around the country showcasing their entertaining style of vocal harmony and choreography, and the AFRH-G always welcomes the group with open arms.



O.J. Ferrington receives a BIG kiss from one of the Victory Belles.



This is the second year in a row that the Victory Belles performed on July 4th weekend at AFRH-G.



The Victory Belles really put on a great show for the veterans.

Fitness with Rob

By Rob Miller, Recreation Assistant-Fitness

It has been said that exercise makes you feel better, and if you were to ask a participant of regular exercise, they would agree. Hello, my name is Rob Miller. I am the Fitness Specialist for AFRH-Gulfport, and I would like to let you know about this wonderful facility. The best thing about this center is it is open 24 hours a day, seven days a week, and it is easy to get to. We have free weights and dumbbells going up to 50lbs, with plenty of room and weight benches to really go after it! To help isolate specific areas, great Nautilus equipment is available, which provides a great workout and safety. The center also has some very nice cardio equipment that is hooked up to the theater system. The cardio equipment that is available for use are treadmills (if you want to walk), a couple of elliptical machines(if you would like to "ski cross- country"), and if you are more into biking try the NuStep, machines which will work arms and legs. Attached to the "weight room" is our stretch and exercise room which allows for stretching and work with medicine balls and resistance bands. But the most important thing about this room occurs every Monday thru Friday at 9 a.m. with Chair Exercises (Monday,Wednesday, and Friday) and Stretching Class (Tuesday and Thursday). In addition, we may begin a beginner's weightlifting class. Tai Chi is another class that follows the exercise class on Monday at 10 a.m., which is taught by Ms. Yorda Hay. Currently, we have a couple of Challenges/Contests that can keep your competitive juices flowing, either with yourself or a partner. In later articles, I would like to introduce you to several participants of these programs and give you more detail about what this facility has to offer.



Jim Blake works out several times a week on the NuStep machine.

The Girl Scout cookie giveaway

By Jennifer L. Briley, Volunteer Coordinator

On July 2nd 2015 The Girl Scouts of Greater Mississippi donated 2,412 boxes of Girl Scout Cookies to the Armed Forces Retirement Home-Gulfport through the Cookies for Hero's program. Every year this program delivers Girl Scout cookies to our Military women and men, Veteran's, Police Officers, Fire Fighters and other Hero's here and overseas. There have been three cookie Giveaways so far. The first giveaway we had was on June 16th and we invited three of the local Girl Scout Troops to help pass out cookies. Girls from three age groups, Daises (5-6), Brownies (7-8), and Juniors (9-10), joined us and we successfully handed out more than half of the boxes to Residents so; let's give a great big Shout Out to the Girl Scouts of Greater Mississippi for all that they do!



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It's YAYE time in Gulfport!

By Sean Campbell, Lead Recreation Specialist

A unique theatrical experience entertained AFRH-G residents in July as the theatrical circus show "YAYE" was presented at the Beau Rivage Casino Resort. New age clowns and stunt performers wowed the crowd with their unique brand of circus style entertainment. Beau Rivage has been a constant supporter of the veterans at AFRH-G by allowing the group tickets sales department to work with AFRH- Recreation Services to obtain and secure tickets for admission.



AFRH-G Veterans visit Vicksburg National Military Park

By Sean Campbell, Lead Recreation Specialist

AFRH-G Recreational Services embarked on its most ambitious trip yet, venturing four hours from Gulfport to visit the Vicksburg National Military Park. Residents enjoyed an informative two hour guided tour through the 1,800 acre park, and numerous monuments and markers related to the Vicksburg Campaign and subsequent Battle of Vicksburg. After a picnic lunch at Riverfront Park along the banks of the mighty Mississippi River, the group traveled back to Gulfport after a brief dinner stop in Hattiesburg, MS.



Bay Vista Puppet Ministry & Senior Adult Choir visit AFRH

By Sean Campbell, Lead Recreation Specialist

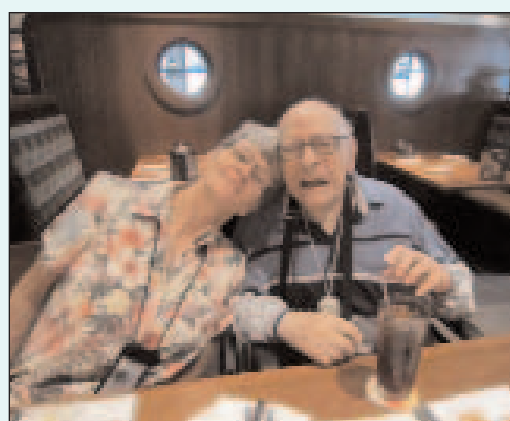
Members of Bay Vista Baptist Church delighted residents with their puppet ministry production. In between the positive and uplifting messages, the congregation's Senior Adult Choir performed various secular and patriotic selections. This is the 3rd year Bay Vista has included AFRH-G on its performance schedule.



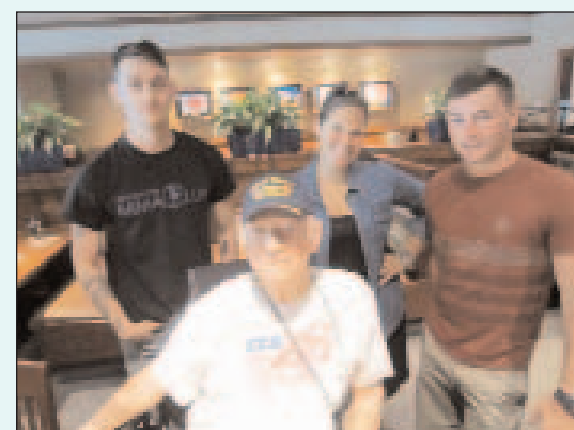
Fun-Filled Trip to Target & Red Lobster

By Susan Bergman, MT-BC, Recreation Services

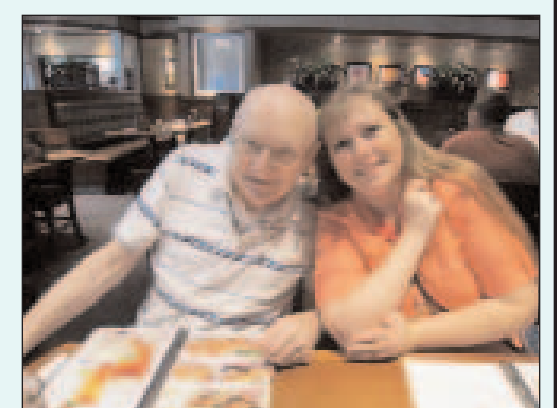
Residents on Valor, Loyalty, & Allegiance Hall enjoyed a fun-filled trip on Friday, June 26, 2015. The day began with an outing to Target for shopping. After visiting and socializing in Starbucks Coffee, residents headed over to Red Lobster for a seafood filled lunch. We send a special thank you to our AFRH community & resident volunteers along with several Seabee & US Navy active military volunteers. As the pictures show, everyone was all smiles!



Volunteer, Pauline Larson, & Larry Papale visit over sweet tea!



Jesse Self enjoys the US Navy & Seabee Volunteers.



Clarence "Mac" McGee visits with Volunteer, GiGi Boettcher.

GULFPORT

Proud to be an American!

Photos by Resident Photographer, Ron Persing

Gulfport residents got treated to a free concert outdoor concert by Lee Greenwood, an American country music artist. This concert was sponsored by Harrah's Casino on July 4th weekend in Biloxi. Lee Greenwood has been active since 1962, and has released more than twenty major-label albums and has charted more than 35 singles on the Billboard country music charts.

Greenwood is best known for his single and signature song "God Bless the USA", which was very popular back when it was originally released in 1984, and became popular again after the September 11, 2001 attacks (becoming his highest charting pop hit, reaching No. 16 on the Billboard Hot 100).



Gulfport residents wait for the outdoor concert to get started.



The AFRH-G residents had their very own VIP section.

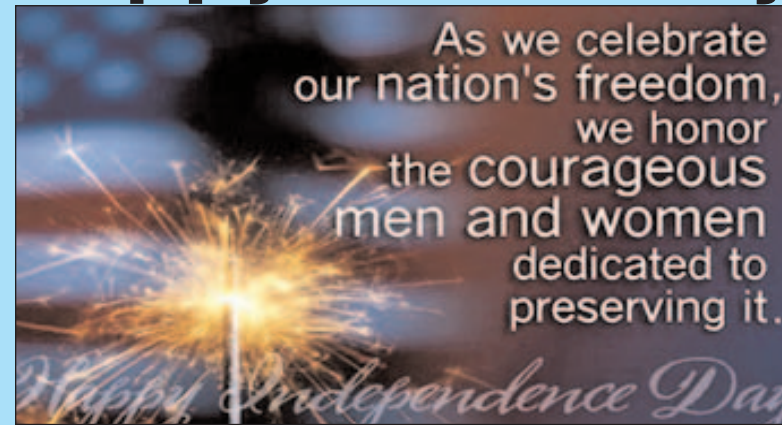


When Lee Greenwood sang "God Bless the USA" everyone held up their American flags.



Lee Greenwood put on a fabulous show.

Happy 4th of July



On July 4th we celebrated Independence Day in the United States of America, the day we celebrate freedom and honor everyone that has fought for our beautiful country.

Independence Day, or the Fourth of July as it's more commonly spoke of, celebrates the day as it occurred in 1776, when the Continental Congress approved the Declaration of Independence. From that day onward, the 13 colonies, which made up most of the East Coast from Massachusetts to Georgia, were on their way to becoming a sovereign nation and the first states in the United States.

On the 4th of July, we celebrated that monumental moment in U.S. history at AFRH with a cook-out — a far cry from what our founding fathers would have done. It's easy to forget why we celebrate Independence Day.

Let's not forget the real meaning of the 4th of July. Fill your heart with pride and celebrate America!



Catherine Williamson (left) has her eye on the Strawberry Shortcake made by Stephanie Livermore (right) in the Dining Hall on the 4th of July.

WASHINGTON

Annual Casino night at AFRH-W

By Constance Maziel, Lead Recreation Specialist

Casino Night came to AFRH-W on Friday July 24th from 6:30 p.m.-9:00 p.m. in the Defender's Inn and Community Center. Over 115 residents joined together for a fun filled evening full of games, food, music, and prizes! Residents enjoyed a variety of casino games including, Blackjack, Poker, Slot Machines, Money Wheel, Roulette, and the most popular table game of the night, Craps. There was also an additional exciting game added to the event called High/Low which was ran by AFRH-W's very own Nurse Educator, Olivia Pessima. Residents were provided with \$50,000 fun dollars to play with, along with tokens for the slot machines. The residents with the most money at the end, won BIG!!! The 1st place winner, John Brown, won a gift card worth \$500. The 2nd place winner, Ronald Kappel, received a gift card worth \$400. Our 3rd place winner, Roger Davidson, won a gift card worth \$300. The 4th place winner, Jack Beck, won a \$200 gift card, and the 5th place winner, Jack "Pete" Peterson, received a \$100 gift card. All the winners were ecstatic and expressed delight about their winnings. All residents had the opportunity to win door prizes throughout the evening. The door prizes included a Sony camera, a Trac-phone + minutes, a comforter set, and gift cards to the Cheesecake Factory, Wendy's, Outback Steakhouse, and Subway. The 8 door prize winners were thrilled to receive their prizes from the Rehabilitation Supervisor, Lynn Holt, who was dressed to impress and served as our very own "Vanna White" of the evening. The residents, volunteers, and guests all enjoyed food and refreshments served throughout the event, including chicken wings, cheese/guacamole dip, chips, fruit, crackers and a cheese tray. The true highlight of the evening was the beer cart, which was provided to all residents who enjoyed mingling and drinking throughout the night. Special thanks to the Lord Fairfax Chapter, Warrant Officers Association, Washington Gas, and Mr. Richard Markle for donating towards Casino Night and providing valuable time as volunteers. The event was truly a success and Residents, Volunteers, and Employees all look forward to next year's Casino Night! Recreation Services did a fabulous job in hosting this event for our Veterans.



Henry Paskowski rolls of the dice at the high stakes Crap table.



Residents place their bets in hopes of a big payoff!



All eyes are on the cards at the Texas Holdem' table.



Marvin Archer hits the slot machine.



The Roulette Wheel was a big hit for residents.