



Armed Forces Retirement Home

Communicator

Gulfport, MS & Washington, DC

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AFRH-WASHINGTON

Military groups dedicate time, treasure to veterans at AFRH

By Robert W. Mitchell, AFRH Volunteer Coordinator

Residents at the Armed Forces Retirement Home in Washington applauded a short, but impactful community service effort by military volunteers that reset the interior of the holiday-themed campus.

About 50 military personnel and families from Naval Station Norfolk formed five teams and spread out throughout the buildings gathering garland, tree bulbs, tinsel, lights and artificial pines. They dismantled more than a dozen Christmas trees and retrieved scores of decorations on display in the theater, common areas, day rooms and hallways.

While residents were indeed pleased to see their home decorated to commemorate the holiday season, some have expressed complete satisfaction at the reset of the home.

"They did a real fine job," one resident said. Volunteers also interacted with residents and visited a few in their living quarters, lifting their spirits and spreading smiles.

Following the project, the volunteers, comprised of three separate military affiliations, presented AFRH with monetary donations in a brief, impromptu ceremony held in the community center.

AFRH expressed its warmest gratitude and appreciation to Lambda Beta Alpha Military Sorority, Inc., Alpha Lambda Psi Military Spouses Sorority, Inc. and Mu Beta Phi Military Fraternity, Inc., for their outstanding volunteer service and heartfelt donations.



AFRH-GULFPORT

Sharing time and gifts

By Jen Biernacki, Recreation Therapy Assistant

On Thursday, December 28, 2017 the 335 Training Squadron and the 81st Training Support Squadron gathered at AFRH-G to pass out donated calendars and lanyards for the residents living on the healthcare floors.

The squadron's main objective was to come and spread cheer to the residents to thank their brothers in arms for their service and sacrifices. The group spent the morning doing just that. Many reminisced about their military careers while sharing smiles, time and hugs.

The true meaning of the holiday season was seen throughout the morning. A very special thank you is sent to the squadrons. We have a sincere appreciation for you.



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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

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, #584

3700 N. Capitol St. NW, Washington, DC 20011-8400

Visit us on the web at: <http://www.AFRH.gov>



<http://www.facebook.com/AFRH.gov>

AFRH-Gulfport waiting time for residency is
24 months from the date of application approval.

AFRH-Washington has no waiting time for residency.



The Joint Commission

<http://www.jointcommission.org>

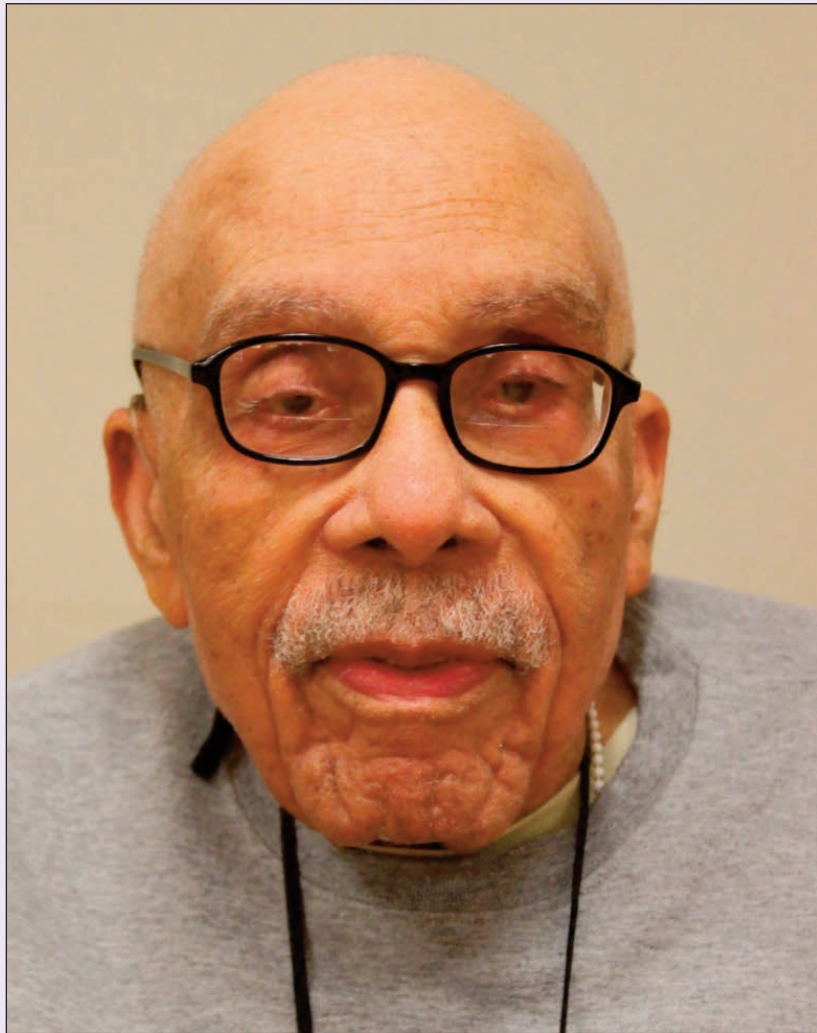
A CARF-CCAC Five-Year Term of Accreditation was
awarded to the Armed Forces Retirement Home.

<http://www.carf.org>



AFRH-G Veteran Highlight – Charles J. Sims

By Lori Kerns, AFRH-G Librarian



Charles J. Sims was born in Natchez, Mississippi on November 22, 1919. He was raised with his four sisters in a well-populated area of Adams County. His father worked on both a farm and in a factory while his mother stayed at home to raise the children. His mother, sadly, died when Charles was only seven. Growing up, Charles enjoyed hanging out and playing with the kids from their neighborhood. At that time, his school did not offer sports so the boys would get together and play sandlot football and baseball. After completing the tenth grade, he decided to join the workforce and became a helper at Armstrong Tire and Rubber Co. All the while, he and his friends were considering joining the military.

Charles' military dreams came to fruition when he received a draft notice. The 22-year old was sent to Camp Shelby, Mississippi to be sworn into the Army Air Corps. He was sent to Fort Lee, Virginia for boot camp. Before this, the furthest

he had ever traveled was less than 200 miles away to New Orleans, Louisiana. He finished basic training and then was sent to tech training, where he learned how to drive a transport truck.

For his first couple of years in the Army Air Corps, he remained in the States moving

around from base to base. His first assignment after tech school was Hunter Army Air Field in Savannah, Georgia where he only stayed a couple of weeks. His first lengthy assignment sent him to the opposite corner of the country to Walla Walla Army Air Base in Washington. He stayed there about eight months before receiving orders to Edwards Air Field, California. He had a couple more short assignments before being sent by ship overseas to join the U. S.'s efforts in WWII.

Charles was first stationed in Scotland where he stayed on base but drove as part of the convoy that would deliver supplies, such as ammunition and bombs, to the forces fighting in the area. He then moved to a small base in England and continued with delivering supplies until about one year after the invasion of Normandy. At this point, his troop was moved to France to begin making their way to Germany. Charles recalls how sad it was to see the wrecks, destroyed buildings and damaged roads.

After the war was over, he stayed in Germany and reenlisted. He stayed for a while until he was able to travel back home to Mississippi for about a month. He was lucky enough to stay stateside for the rest of his military career. While stationed at Fort Knox, Kentucky, the separation of the Army Air Corps was occurring. As part of the newly formed Air Force, he was sent to Eglin AFB, Florida to continue driving trucks. While there, he was offered the opportunity to attend radar/electronics school. He began his training on long range guided missile systems at Keesler Air Force Base, Mississippi. He loved the Gulf Coast area, especially because it was close to home. By this time he had the rank of Sergeant and his own vehicle so he was able to make it home to Natchez every few weeks.

Charles' last duty station was in Great Falls, Minnesota. After 22 years of service, he retired from the Air Force as a Tech Sergeant. He decided to move to the Los Angeles area and began a civil service career working on a naval base in supply. After about 15 years, he retired from his civilian career. He left California about two years later and moved back to the Gulf Coast. For him, the convenience of the medical facilities, commissary, and exchange was a huge draw. He has been enjoying his retirement on the Coast ever since. He remains quite active by playing golf three days a week, bowling, playing pool and exercising. In July of 2014, he moved into AFRH-G because he was ready to slow down a bit, and also liked the idea of not having to cook or clean anymore. This year, Charles will celebrate his 99th birthday!

AFRH-W Resident Highlight – Thomas W. Woodruff, Jr.

By Christine Baldwin, Librarian

Thomas W. Woodruff, Jr. served over 20 years on active duty in the United States Army and retired as First Sergeant/E-8 with an honorable discharge in November 1985. During his military career, he served as a Military Police (MP) Officer, a Military Police Investigator (MPI) and as a Criminal Investigator/Special Agent (CID Special Agent) with the United States Army Criminal Investigation Command, and also served in several other military occupational specialties. He completed the Basic and Advanced Forensic Hypnosis classes at the Federal Bureau of Investigation (FBI) Academy, and attended several other law enforcement related schools.

He was stationed in Vietnam, Germany, Ft. Myer, Virginia, Ft. Hood, Texas, Ft. Polk, Louisiana, Ft. Benning, Georgia, and at Ft. Riley, Kansas and received military-related training at various other military installations.

Thomas has accumulated many awards to include the Legion of Merit, Meritorious Service Medal, Bronze Star Medal, Army Commendation Medal (3rd Award), Combat Infantryman Badge, Airborne Parachute Badge, National Defense Service Medal, Good Conduct (6th Award), Meritorious Citation, Vietnam Service Medal (3 Bronze Stars), Vietnam Campaign Medal, Vietnam Cross of Gallantry with Palm, Army Service Ribbon, Overseas Service Ribbon (5th Award), NCO Professional development Ribbon (4th Award), selection as the Fifth U.S. Army Outstanding Soldier, and also received numerous letters of appreciation.

Following his military service, Thomas was employed as a police officer in Kansas. In 1991, after resigning from the police department, he founded TWIA, a nationwide professional consulting service. He is a licensed private investigator in Kansas and Virginia with reciprocity throughout the United States, and a qualified retired Department of Defense (DoD) law Enforcement Officer (LEOSA). Thomas' training and experience also include employment as a criminal defense investigator in Missouri and Kansas, and conducted top-secret background investigations for security clearances, as a contractor, on behalf of the U.S. Department of State (DoS), Office of Personnel Management (OPM) and various other agencies of the federal government.

Thomas attended Central Texas College and received an associate degree with a major in law enforcement, a bachelor's degree from Troy University with a major in criminal justice

and a minor in military science. He also attended graduate school at Troy University with a major in criminal justice.

Thomas is an Elder who adheres to the principles ordered by Jesus Christ in Holy Scripture. He said he stopped smoking and consuming alcoholic beverages, etc., when he was baptized in 1972 because his body became the temple of the Holy Spirit. Also, he has been a vegetarian since September 1996.

He is married to Reverend Dr. Theresa Scott-Woodruff. Thomas is people oriented and enjoys reading, walking, martial arts, listening to music, watching movies and playing the violin.



Message from the Acting Chief Operating Officer



Now that the New Year has begun, AFRH will commence with a flurry of activity to enhance its operating infrastructure. The AFRH advertised the Chief Operating Officer's position in late 2017, and expects to announce a selection no later than mid-February 2018. The AFRH will also recruit for the vacant Deputy Chief Operating Officer's position in February and hopes to make a selection and an announcement by early March. During the coming year the agency will begin a comprehensive review of its policies and standard operating procedures to ensure that they are in compliance with federal regulations and offer the appropriate oversight, guidance and support for residents and staff.

For those residents who subscribe to the current Senior TV service, AFRH is in the midst of establishing a new contract that will greatly enhance the services and features that are available to residents. Some of the new features will include: faster Internet speeds, all HD channels, and the addition of premium channels.

The AFRH public affairs office has set in motion an aggressive marketing and outreach agenda to help bolster the enrollment at AFRH-Washington. This will include increased advertising in national publications, participation at numerous veterans' conferences and other military retiree events across the country, as well as marketing assistance from various retiree groups and associations.

Sincerely,

Maurice Swinton

Making South Mississippi strong

By Becki L. Zschiedrich, Public Affairs

On Thursday, January 18th local WLOX news reporter Dave Elliott came by AFRH-G to interview our Art Director Milton Williams and resident artists. The purpose of this interview was to showcase people who go that extra mile to improve the lives of others, the unsung heroes that keep South Mississippi strong. Milton Williams uses his knowledge of art to open doors of imagination for the veterans living at AFRH-G. Some of these veterans have never painted before and are now creating masterpieces.

This story aired on January 23rd on the 10:00 news. The video is also featured on the official AFRH Facebook page at: <http://www.facebook.com/AFRH.gov>.



WLOX news anchor Dave Elliott (left) interviews AFRH-G Art Director Milton Williams (middle).



Dave Elliott interviews Clifford "Smitty" Smith about the art work he regularly donates to St. James School.



Resident artist Ray Eckert performs his "classic pour" that he invented.



Results of the "pour" that Ray Eckert created.



Gerry Gorsky talks to Dave Elliott about her art work.

AFRH-G residents help families during the holidays

By Rev. Michael Gibson, M.Div., Contract Protestant Chaplain



One of the best kept secrets in the United States is just how awesome AFRH is! Part of the joy in being here at AFRH is the embodiment of the word "service." Each day is filled with stories of our honored veterans and the service that they have given to this great nation. Thankfully that spirit of service has not diminished as

the retirement years progress. For instance, the Protestant group at AFRH-G recently collected funds to help needy families in our community. At both Christmas and Thanksgiving, five gift cards were given to a local school counselor to distribute to the students whose families could best benefit from them.

The families were able to use them to purchase food, gifts, or whatever was the most pressing need that they may have encountered. Indeed, service to others is a cherished quality that is demonstrated daily here! What an honor it is to serve at this great place! Kudos to our awesome residents!

Crafting brings back memories and skills from long ago

By Linda Bailey, CTRS

An activity on making keychains from para-cord brought back memories and stories from the past for one AFRH-W resident. On seeing the activity entitled "Knot Tying Class" on the schedule, Mr. Farris Dozier attended, bringing with him his own piece of cord with knots tied. He went on to demonstrate his skills in tying knots learned when in the Civilian Conservation Corps (CCC) 80 years ago. He joined the CCC when he was 17 years old, and made a dollar a day. Most of this money went to his parents, to help them make ends meet during the Great Depression. Besides helping his family, he got to travel as far as Oregon from his home in Texas, and worked jobs as various as poisoning rats to building roads. As a teenager he learned the method of tying a Spanish bowline and that has stayed with him all these years. He impressed the group as he demonstrated his skills in knot tying.



Dr. Rabinowitz receives 40 year federal service pin

By Carolyn Haug, Public Affairs



Shaun Servais presents Dr. Robert Rabinowitz with his 40 year federal service pin at the Quarterly Employee Awards Breakfast.

Dr. Rabinowitz has been with the Armed Forces Retirement Home - Washington for 30 years. His other federal service included five years with the VA and five years with NIH.

Combined Federal Campaign recap for 2017

By Laura Fogarty, Campaign Manager



As the campaign comes to its closure, all the last-minute pledges are being calculated into the totals for the campus. Your key workers did an amazing job at reaching out to everyone and the results are a reflection of their hard work.

Thank you to the following key workers: Becky Perry, Resident Services; Billy Striegel, Administration; Sherry Lawrence, Campus Operations; Mae McQueen, Health Care; T'auna Derrington, Health Care; Robb Webb, Resident Ombudsman; and Jason Webb, Agency.

The D.C. campus did exceptionally well this year with bringing in more than double their projected goal for 2017. At this time over \$16,000.00 was pledged for our favorite

charities. The exact total will not be available until the middle of February. Thank you very much to all of you who contributed this year with making this the best year ever! Your "sharing the love" will make a difference for so many in need.

From the AFRH-W Administrator



January included a visit from Old Man Winter who gave us the "bomb cyclone" and temperatures as low as eight degrees! I was thankful for the warm reprieve of 60-degree days in the middle of the month, just long enough to take down holiday decorations.

The AFRH implemented its shutdown plan by dismissing non-essential staff January 22nd as required during the very brief government shutdown. Essential workers maintained the home's necessary operations while the final negotiations played out on Capitol Hill. A special thank-you to the essential staff who selflessly returned to duty while on scheduled leave.

The New Year brings with it new challenges and resolutions for improvement. The AFRH remains committed to ensuring our mission continues to make strides in serving our nation's veterans.

Congratulations to James Cavanagh for being selected AFRH-W Employee of the Quarter! James works hard to protect our facilities and is true to his department's motto, "It never stops in Campus Ops!"

For any prospective residents considering a move to the Nation's Capital, now is the time to come visit! Our overnight guest suites are very modern, comfortable and provide a great way to see/experience the numerous amenities the home offers its residents. Thank you to the Public Affairs team, as well as resident volunteers, who make meaningful contributions to get the word out about the AFRH-W.

Looking forward to making 2018 the best year ever!

Shaun Servais



Shaun Servais presents James Cavanagh with the Employee of the Quarter award. Congratulations James!

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



This month in January here at AFRH-W we started off the new year with a New Year's Eve celebration in the Defender's Inn where residents were entertained by the group, Melanie. After enjoying the food and libation the New Year was brought in with a countdown and the sound of champagne corks, accompanied by "Happy New Year!"

This Month in History

-February 1, 1960 - In Greensboro, North Carolina, four African American students sat down and ordered coffee at a lunch counter inside a Woolworth's store. They were refused service, but did not leave. Instead, they waited all day. The scene was repeated over the next few days, with protests spreading to other southern states, resulting in the eventual arrest of over 1,600 persons for

participating in sit-ins.

-February 1, 2003 - Sixteen minutes before it was scheduled to land, the Space Shuttle Columbia broke apart in flight over west Texas, killing all seven crew members. The accident may have resulted from damage caused during liftoff when a piece of insulating foam from the external fuel tank broke off, piercing a hole in the shuttle's left wing that allowed hot gases to penetrate the wing upon re-entry into the Earth's atmosphere. This was the second space shuttle lost in flight. In January 1986, Challenger exploded during liftoff.

-February 2, 1848 - The war between the U.S. and Mexico ended with the signing of the Treaty of Guadalupe Hidalgo. In exchange for \$15 million, the U.S. acquired the areas encompassing parts or all of present day California, Nevada, Utah, Arizona, New Mexico, Colorado, Wyoming, and Texas. The treaty was ratified on March 10, 1848.

-February 3, 1870 - The 15th Amendment to the U.S. Constitution was ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.

-February 3, 1943 - An extraordinary act of heroism occurred in the icy waters off Greenland after the U.S. Army transport ship Dorchester was hit by a German torpedo and began to sink rapidly. When it became apparent there were not enough life jackets, four U.S. Army chaplains on board removed theirs, handed them to frightened young soldiers, and chose to go down with the ship while praying.

-February 4, 1861 - Apache Chief Cochise was arrested in Arizona by the U.S. Army for raiding a ranch. Cochise then escaped and declared war, beginning the period known as the Apache Wars, which lasted 25 years.

-Birthday - February 8, 1820 - Union Civil War General William Tecumseh Sherman (1820-1891) was born in Lancaster, Ohio.

-February 9, 1943 - During World War II in the Pacific, U.S. troops captured Guadalcanal in the Solomon Islands after six months of battle, with 9,000 Japanese and 2,000 Americans killed.

-February 10, 1942 - The first Medal of Honor during World War II was awarded to 2nd Lt. Alexander Nininger (posthumously) for heroism during the Battle of Bataan.

-February 11, 1990 - In South Africa, Nelson Mandela, at age 71, was released from prison after serving 27 years of a life sentence on charges of attempting to overthrow the apartheid government. In April 1994, he was elected president in the first all-race elections.

-Birthday - February 11, 1827 - American inventor Thomas Edison (1847-1931) was born in Milan, Ohio. Throughout his lifetime he acquired over 1,200 patents including the incandescent bulb, phonograph and movie camera. Best known for his quote, "Genius is one percent inspiration and ninety-nine percent perspiration."

-Birthday - February 12, 1809 - Abraham Lincoln (1809-1865) the 16th U.S. President was born in Hardin County, Kentucky. He led the nation through the tumultuous Civil War, freed the slaves, composed the Gettysburg Address, and established Thanksgiving.

-February 14th - Celebrated as (Saint) Valentine's Day around the world, now one of the most widely observed unofficial holidays in which romantic greeting cards and gifts are exchanged.

-February 15, 1898 - In Havana, the U.S. Battleship Maine was blown up while at anchor and quickly sank with 260 crew members lost. The incident inflamed public opinion in the U.S., resulting in a declaration of war against Spain on April 25, 1898, amid cries of "Remember the Maine!"

-Birthday - February 15, 1820 - Susan B. Anthony (1820-1906) was born in Adams, Massachusetts. A pioneer in women's rights, she worked tirelessly for woman's suffrage (right to vote) and in 1872 was arrested after voting (illegally) in the presidential election. She was commemorated in 1979 with the Susan B. Anthony dollar coin, thus became the first American woman to have her image on a U.S. coin.

-February 17, 1909 - Apache Chief Geronimo (1829-1909) died while in captivity at Fort Sill, Oklahoma. He had led a small group of warriors on raids throughout Arizona and New Mexico. Caught once, he escaped. The U.S. Army then sent 5,000 men to recapture him.

-February 20, 1943 - German Field Marshal Erwin Rommel broke through American lines at Kasserine Pass in North Africa as inexperienced U.S. Troops lost their first major battle of World War II in Europe, with 1,000 Americans killed.

-February 20, 1962 - Astronaut John Glenn became the first American launched into orbit. Traveling aboard the "Friendship 7" spacecraft, Glenn reached an altitude of 162 miles (260 kilometers) and completed three orbits in a flight lasting just under five hours. Glenn was the third American in space, preceded by Alan Shepard and Virgil "Gus" Grissom who had each completed short sub-orbital flights. All of them had been preceded by Russian cosmonaut Yuri

Gagarin who was the first human in space, completing one orbit on April 12, 1961 - a feat that intensified the already ongoing Space Race between the Russians and Americans. Glenn's successful flight showed the Americans had caught up and was followed in September 1962 by President John F. Kennedy's open call to land an American on the moon before the decade's end.

-February 22, 1956 - In Montgomery, Alabama, 80 participants in the three-month-old bus boycott voluntarily gave themselves up for arrest after an ultimatum from white city leaders. Martin Luther King and Rosa Parks were among those arrested. Later in 1956, the U.S. Supreme Court mandated desegregation of the buses.

Birthday - February 22, 1732 - George Washington (1732-1799) was born in Westmoreland County, Virginia. He served as commander of the Continental Army during the American Revolution and became the first U.S. President.

-February 23, 1991 - In Desert Storm, the Allied ground offensive began after a devastating month-long air campaign targeting Iraqi troops in both Iraq and Kuwait.

-February 27, 1991 - In Desert Storm, the 100-hour ground war ended as Allied troops entered Kuwait just four days after launching their offensive against Saddam Hussein's Iraqi forces.

-Remember February is Black History Month.

Sheldon Shorthouse



Residents Chuck Felder and Mimi Rivkin celebrate 2018.



Residents at AFRH-W ring in the New Year!

From the AFRH-G Administrator



Greetings!

I would first like to wish all the residents and employees a Happy New Year! 2018 started off very cold for South Mississippi. We experienced two weeks of record low freezing temperatures that did not treat the palm trees very well around the Gulf Coast. However, our residents kept warm by celebrating New Year's Eve in the community center where they watched the glistening crystal ball drop live in New York on the big screen. On January 1, 2018 the residents were treated to a special lunch featuring oyster stew, shrimp cocktail, prime rib, black-eyed peas with ham, cabbage and assorted desserts.

On January 18 we held our quarterly staff meeting and our Lead Recreation Assistant Sean Campbell was chosen as the Employee of the Quarter. In addition to his regular recreation programming tasks Sean planned and implemented an

outstanding Veteran's Day Open House event at AFRH-G. Sean was assigned to make the event happen with his vast knowledge and experience of program and event planning. He has gone way above and beyond the call of duty to make the Veterans Day Open House a shining star event for both the residents and the local public. His endless energy and dedication are commendable and reflect great credit upon himself and the Armed Forces Retirement Home. Congratulations to Sean Campbell and to all of the honorable mentions who were: Security Guard Michael Mando, Security Supervisor Miranda Turner, CNA Betty DeLoach Turner and LPN Sirlena McMorris. Thank you to all the employees for everything you do every day for our residents.

Also on January 18 our recreation department held the annual Parisian Café which was a big success, as always. Residents really enjoyed the different cultures of food that were exhibited.

We will hold our annual Mardi Gras Parade and Ball on February 2, where a new King and Queen will be crowned. This is always one of our favorite highlights for the year. The

parade will begin at 1830 and will pass through the halls of AFRH-G before ending up in the community center for the toasting of the King and Queen at 1900. Any staff or departments interested in participating in the parade are encouraged to do so. If you are planning to have a float in the parade, please let Recreation Services know so they can be prepared and address any logistical issues. This is a fun night in which we will announce the secret identity of the 2018 King and Queen, as well as the Grand Marshal. We hope to see you there.

God bless you and God bless America!

Jeff Eads



Congratulations to the Employee of the Quarter, Sean Campbell.

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



On Friday, January 12, 2018 Vice Chairman Roy Cook and I met with Stephen Rippe, the AFRH Chief Executive Officer (CEO), to discuss issues of importance to residents. Simply stated: Strategic development issues to ensure and enable our future financial viability are being looked at.

Everything from here on is my and the Vice Chair's take of the meeting. Please understand that the following is not intended to be 'cast in concrete' but more so to be used as a springboard for discussion in future articles and perhaps focus groups or town halls.

The opportunity to have an open and candid discussion led to a refreshing and clearer indication of the plan forward for AFRH as it involves three key components: 1.) solvency, 2.) self-sustainability, and 3.) long term viability.

There appears no doubt that AFRH will continue to exist and that the CEO is absolutely committed to openness and transparency. It was unquestionably understood that AFRH serves those who served and are deserving of a premiere retirement community. That said, as all of you are well aware, there were times, operationally, where information was passed down the chain of command with a caveat that some or all of the information was not to be repeated or distributed until clearance given to do so.

Portions of the conversation fall into this category. I can assure you that NONE of the information I was asked to not release has a material affect or effect on residents or the path forward for the AFRH.

The revenue stream that has lasted for well over 150 years is being modified, and some would say it is just outright being changed. Legislative action to change Title 24 takes time. The CEO is being methodical and absolutely has a plan for the way forward; a challenge that is not easy. User fees will be rising. Before, or shortly after, that is done the way forward involves leasing for development unused land at the D.C. campus, including the golf course, the Grant Building, and the old power plant. There will, at this time, be NO (as in none, as in ZERO,) land sold. The CEO has legislative authority to sign long term leases which will allow development of the unused acreage to occur fairly soon. There will be no more stalling. There will be no more reinventing a master plan or strategic plan. The process has begun!

What road the process will ultimately take is anybody's guess, as this article is written. Will AFRH appear as a line item in the DoD budget? Will a successful fundraising campaign be undertaken to alleviate, or even eliminate, future fee increases? Will the AFRH become a congressionally chartered non-profit entity and what will the ramifications be? In the interest of brevity please read the November article regarding "To Be Determined" questions.

The utilization and implementation of the amended master plan that was developed over ten years ago for the unused acreage, as well as a clearly delineated strategic plan is underway. Almost every major (or minor) housing development or property development includes stipulations for required green space. The leasing of the unused acreage on the D.C. campus will be no different. Part of the process will be that some of the green space available will be for a nine-hole golf course that residents can use at no cost while also being an inducement for tenants to become part of the developed land that is currently unused.

I heard loud and clear "We are AFRH!" The Agency, the Washington campus and the Gulfport campus are AFRH. There is no we, or them, there is an US. (↓ Please note a period at the end of that statement). What happens to any portion of the AFRH affects and effects all other portions of the AFRH. In simple terms, the benefits of the long-term leasing for development will enhance the quality of life for ALL and the long-term viability of the Armed Forces Retirement Home.

An assurance that no current resident will ever be forced to leave AFRH because of their inability to pay seemed to remain. However, this was not specifically discussed. It has been and will continue to be part of AFRH's core mission and will not change. The challenge of instituting a fee structure that takes into consideration today's resident (average age 83) with the incoming resident (average age now those that are 60ish) and future residents (average age now those that are 40ish), with obvious due consideration of the revenue stream generated by the leasing of unused land, donations that will be received, the trust fund, and other sources of income remains. Yes, fees will be increased at some future point and will still be a percentage of income with a cap for the five levels of care (Independent Living, Independent Living Plus, Assisted Living, Long Term Care, and Memory Support.)

The Mission: To fulfill our nation's commitment to its veterans by providing a premiere retirement community with exceptional care and extensive support services, remains and will remain, and now appears will be enhanced in due time.

Change, in and of itself, is not inherently good or bad. It very simply put, just is. A way forward is being methodically laid out for implementation sooner rather than later. No longer is a strategic and master plan just mere words on paper to be acted upon at some future point.

A commitment of transparency remains from the CEO. Those making decisions regarding the future of the AFRH are keeping foremost in their minds that they are dealing with real live flesh and bone veterans with an average age of 83. It is absolutely understood

they are the same individuals who consider themselves permanently at home. Positioning and preparing the AFRH for the residents of the future, and long-term viability of the AFRH, is clearly starting to take shape. The pace is slow, cautious and methodical as DoD and AFRH leadership navigate the way forward, ensuring a solvent, self-sustainable and long term viable retirement community.

Perhaps it is fitting that I sit here on this January 15th holiday writing this article. Oftentimes when historic events occur there is no way to discern the importance of the event into the future. This period of change for the AFRH seems it may very well be the bellwether of a historic time in the home's history. I would encourage residents to be open minded as changes occur. Ask questions at Town Hall meetings. Be a part of the solution. Your thoughts and ideas do matter. As I said earlier, change in and of itself is not inherently good or bad, it simply just is. The Armed Forces Retirement Home's past is being considered and drawn upon as its future is laid out, and planned for, with needed changes to ensure it exists for those who have served, those who are currently serving and those who will be serving well into the future on active duty.

This is not the first time the AFRH has undergone a major review from top to bottom, left to right, etc. It has endured tough times before and weathered the changes, coming out stronger and better. There are as many different thoughts, ideas, and ways forward as there are residents. Not everyone will be happy with what occurs to the AFRH. Some will be happier than others. Some will be madder than all get out than others. Some simply don't care one way or another as long as they are left alone to enjoy, in their own way, what they have as a resident. Somehow time heals all wounds and we find a way to remain strong as we form a tighter bond. This appears to be one of those times in the making.

AFRH has come a long way since 1851 when General Scott was paid reparations in lieu of ransacking Mexico City and promptly paid off his troops and gave the rest to congress —petitioning it to open a home for old and infirm soldiers. The AFRH has had other financially challenging times and survived until the next bout of financial stress. "... Our CEO, Steve Rippe, Major General, U.S. Army, Retired is uniquely qualified to serve as the Home's CEO, having served in a similar capacity for the nonprofit Army Distaff Foundation, which operates the Knollwood life plan community in Washington, D.C., as well as in executive and board roles with several for-profit and nonprofit organizations," said David Tillotson III, assistant deputy chief management officer, in a statement from the Defense Department announcing the appointment. "He is a compassionate and dedicated advocate for veterans who have served our country and has the expertise required to address the future challenges facing the Armed Forces Retirement Home. ..." (Military Times - November 13, 2017)

From this side of the desk it appears that the AFRH is being positioned to be solvent, self-sustainable, and to have extremely long term viability. Short term pain may result but the long term gain will hopefully be nothing but historic and a time when all of us can say "I was there".

As always, I am open to any suggestions of topics you would like me to discuss, or to answer questions in this column that may be of importance to you. If it is on your mind it must be important to you, and chances are it is also of importance, or at least informative, to other residents to know the answer.

Please e-mail me at RACchair@gmail.com if you would like a copy of the RAC Meeting Minutes.

Til next month I wish you all the best.

Phil Ford



Christopher Alexander, Lewis Wehunt (sitting), Phil Ford and Susan Bergman at the monthly birthday dinner on January 16, 2018.

AFRH-W Activities

City Singers perform at AFRH-W

By Amanda Jensema, CTRS

Since 2009 the City Singers have been performing for the residents at AFRH-W. It began in the LaGarde-King Health Center, and moved to the Scott Theater. This has become a tradition and everyone, singers and residents, looks forward to the performance every year. The performance was attended by many residents of all levels of care. Everyone was clapping or tapping their toes along with the music. Some songs in their repertoire this year included "Moon River," "A Gershwin Medley," "Route 66," and "Java Jive." Every year they end their performance at AFRH-W with a beautiful rendition of the "Armed Forces Medley" to honor all our veterans and their branches of service.

The City Singers is a branch of The City Choir of Washington that does outreach within the community. They perform music of all genres, including jazz, spiritual, choral, show tunes, and more. Thank you for your performance and we look forward to seeing you next year!



Glenna's book club

By Christine Baldwin, Librarian

Beginning last year, Glenna Orr brought her skills and background as a career public school teacher and reading specialist to AFRH-W to start an ongoing book club here. So far we have read *Team of Rivals*, *The Davinci Code* and *Lion in the White House*. As our book club begins a new year, we will read an amazing American adventure, *True Grit*, followed by the inspiring true story of 1776. Every book chosen has brought lively discussions, and of course ideas for the next book. Thank you, Glenna and our regular attendees; Norma Rambo, Jim Long, George Johnson, Stan Stewart, Martin Cody, Neil Ferguson and David Kaetzel!



Holiday catered lunch with Supreme Group

By Amanda Jensema, CTRS



On Saturday, December 30, residents at AFRH-W were treated for the third year in a row with a special catered lunch and bingo, all sponsored by the Supreme Foodservice Group on Saturday, December 30th. The Community Center was once again transformed into a banquet hall with the tables covered in blue cotton linen. Windows Catering Company provided the food again this year, and the residents who attended in the past were spreading the word to other residents about this event. Brisket, fried chicken, potato pancakes, roasted potato and veggies, corn salsa, salad, corn bread, macaroni and cheese, fruit, and cupcakes were served. A wide variety of beverages were also served including juice, soda and beer. Residents returned to the tables for seconds, and some even thirds! Everyone was socializing and having a great time.

At 1:00 p.m. sharp Bingo began with our resident caller, Van Hayes. Residents were playing for big money, which was graciously provided by Supreme Group. Everyone had a great time eating and playing their favorite game!

Many residents were asking about who the Supreme Foodservice Group is. It was started in 1957 when a U.S. Army foodservice soldier detected the need to provide food supplies to U.S. military installations in Germany. From there they have expanded to providing supplies to U.S. military installations around the world, including Iraq and Afghanistan. They provide critical and life-sustaining services that empower military forces to accomplish missions in challenging environments around the globe. Their headquarters are located in Dubai, with satellite offices in the Netherlands and Switzerland and here in the USA. They enjoy sponsoring this lunch and Bingo, and residents reminded them to come back next year. On behalf of the residents who attended, THANK YOU Supreme Foodservice Group!

January is National Soup Month

By Linda Bailey, CTRS



The average temperature in January in the Washington region is generally in the low 30s. The first week in January 2018 we saw temperatures in the teens and lower. This was only good because it made people look for ways to keep warm. The cold weather was the best weather for our Soup Tasting Event for National Soup Month held on January 5th.

Staff members from Recreation Services cooked four different types of soup: vegetarian vegetable, vegetable beef, Thai coconut soup, and Campbell's tomato soup.

After a little soup trivia, each staff member spoke about the type of soup they had cooked, why they chose that particular recipe, and offered each resident a sample of each soup. From Constance's recipe for vegetarian vegetable, as she adheres to a vegan diet, to Linda's vegetable beef soup, which is a family recipe, to Marine's Thai coconut soup, which was comfort food when she was a child, to Amanda's Campbell's tomato, all were tasted and enjoyed. The two spicier soups, the vegetarian vegetable, and the Thai coconut soup, had the most fans.



How many games can you play on the Wii?

By Linda Bailey, CTRS



Many of us are familiar with Wii bowling. But what about Wii dancing or Wii crossword puzzles? There are so many activities that can be done using the Wii game console.

The Wii console games first came out eleven years ago and was novel because the controller used to play the game did not use buttons alone, but tracked the motion of the player's hand. It introduced a number of sports related games that required the same motions as playing the sport itself.

At AFRH in Washington, we recently adapted our Wii game to play using the projectors in the Community Center, enlarging the screen and projecting on the wall. The enlargement and placement enhances the experience of playing the game.

Wii can make exercise feel like fun. Holding a Wii controller, you can follow a dancer on the screen to play against an opponent in the game, Just Dance. We use Just Dance as a warm up activity for our Keep Moving program. Getting out of breath with the dancing, resident Emmy Lu Daly was asked if she wanted to take a break. She said "I would, but I am having too much fun."

Wii games can challenge you mentally as well as physically. Wii's puzzle collection asks you to complete a crossword puzzle, find scrambled words, give the correct definition of a word, or challenge you in other ways to improve your vocabulary. Family Game show will challenge you in trivia contests. We use our Wii for pop up trivia and word games before lunch in the Scott lobby.

So, if you see Wii games listed on the calendar, don't assume it is only for bowling. All kinds of exercise and recreation can be enhanced by using the Wii console.

Fitness news-Carbs: Getting the record straight

By Jerry Carter, Fitness Specialist

Carbohydrates don't make you fat, excess calories do. Many diets have promoted low-carbohydrates foods for weight loss. These diets claim that carbohydrates stimulate insulin secretion, which promotes body fat. So, the logic goes, reducing carbohydrates will reduce body fat. As a matter of fact, carbohydrates do stimulate insulin secretion immediately after they're consumed, but this is a normal process that allows carbohydrates to be absorbed into cells and used as energy. People who gain weight on high-carbohydrate diets do so because they're eating excess calories. Excess calories from any source, whether it contains a lot of carbohydrates or only a few, will cause weight gain.

Furthermore, some low-carbohydrate diets restricts grains, fruit and vegetables and emphasize the consumption of protein and dairy products, which can be high in calories and loaded with saturated fat and cholesterol.

Plant-based foods not only are low in saturated fat and are cholesterol free but are also loaded with vitamins, minerals and other nutrients. These nutrients play a protective role in fighting serious diseases such as cancer, osteoporosis, high blood pressure and heart disease. Be skeptical of the low-carbohydrate claims. Many carbohydrate-containing foods are healthy and are an important part of a weight control plan.



AFRH-G Activities

The trains are expanding

By Jen Biernacki, Recreation Therapy Assistant



The model train layout is growing in size and shape. The layout has expanded to two additional plywood sheets doubling the surface area of space for the trains to travel. The addition plans include an incline, train station, mountain range, park, forest and village. The trains continue to move around the tracks while the expansion of the added space is crafted. The first Saturday of each month a group called "The Model Railroaders" takes place that is open to both independent living residents and healthcare residents to build, craft, design and watch the wonderful world of model railroading.



Cooking with Recreation

By Dennis Crabtree, Recreation Specialist



On January 16, 2018 at 0900 Recreation had a new activity called Cooking with Recreation. The recipe was mini bacon-wrapped sausages. The two main ingredients are apple smoked bacon and smoked link sausage. The sauce was a sticky sweet glaze. Diana Dopp and Doris Denton prepared the two main ingredients to be broiled in the oven. The sticky sweet glaze was then coated over the bacon and sausages and baked until hot and bubbly. Stay tuned for next month's dish.



Bowling Tournament

By Dennis Crabtree, Recreation Specialist

On Tuesday January 9, 2018 residents were competing in the Bowling Tournament at the Armed Forces Retirement Home in Gulfport. Wayland Webb, Woody Hilliker, Gary Pedigo, Charles Kemp, Frank Baker, Doris Hopper and Ernie Fowler were all bowling in a friendly tournament. Frank Baker took 1st place with a score of 581 with a handicap of 56. Woody Hilliker took 2nd place with a score 578 with a handicap of 66 and Wayland Webb also took 2nd place with a score of 578 with a handicap of 65. Honorable mention went to Gary Pedigo score 570 with a handicap of 92, Charles Kemp score 576 with a handicap of 72, Ernie Fowler score 573 with a handicap of 82 and Doris Hopper score 568 with a handicap of 97.



Corn Toss Tournament

By Dennis Crabtree, Recreation Specialist

On Thursday January 4, 2018 residents were competing in the Corn Toss Tournament in the Bocce Room. Diana Dopp and Donna Rogers were competing against each other. Woody Hilliker and Fredi Van Pelt were in the back ground watching everyone playing and taking notes. Sitting in the cheering section was Faye Jefferson, Doris Denton, Gerry Gorsky, Gary Pedigo, Debra Smith, Doris Hopper, Mike Longwell, Jerry Anderson, Ernie Fowler and Frank Baker.

There were 17 players that played in the tournament but there could only be three winners for that day. Wayland Webb took 1st place, Ernie Fowler took 2nd place, and Bill Jossendal took 3rd place.



Indoor Shuffleboard (Horse Collar) Tournament

By Dennis Crabtree, Recreation Specialist

On Friday December 22, 2017, residents were competing in the Indoor Shuffleboard (Horse Collar) Tournament in the Bocce Center. Mike Longwell was looking for that perfect slide to get his points. Sitting on the sideline were Fred Ray, Woody Hilliker, Fredi Van Pelt, Charles Kemp, Carol Harmes and Chester Hicks.

There could only be three winners that day. Mike Longwell took 1st place, Chester Hicks took 2nd place and Charles Kemp took 3rd place.



Marine Corps recruits visit AFRH-G

By Tony Langdon, AFRH-G Resident



On Saturday, January 13, 2018 Marine Corps recruits visited the Armed Forces Retirement Home Gulfport Mississippi with their recruiting Sergeants. The recruiting station is located on Courthouse Road in Gulfport, Mississippi. Residents Roy Cook and Tony Langdon gave them the tour of the facility. The recruiting sergeants who visited were: GYSGT Collins, SSGT Adams, SSGT Hargrove, SSGT Michel, SSGT Pierce, SSGT Haley AND SSGT Kearn.



Fitness news - Get moving!

By Carol Davis, Recreation Assistant

Did you make a New Year's resolution to be more active? Take advantage of the opportunities that AFRH-G provides every day. The Fitness Center is open 24 hours per day for your convenience. Also feel free to join our exercise classes on Monday, Wednesday and Friday at 0900 in the exercise room. You can exercise along with us or at your own pace. This is not just an exercise class, we also have stretching and balance exercises included.

Also, in February we will be starting a bowling group on Tuesdays at 0900. It's not a tournament—we are just bowling for fun! If you've wanted to bowl and couldn't find a partner, this is the perfect time to meet others. So if you have "spare" time, come join us, it may be right up your alley!



GULFPORT

Let the good times roll with Mardi Gras kick-off!

By Susan Bergman, MT-BC, Recreation Therapy Services



On Wednesday, January 10, 2018, staff from Ability Works let the good times roll with a Mardi Gras kick-off parade before the monthly cookouts. Costumed staff members handed out beads and brought good cheer to residents on Loyalty, Valor and Allegiance Halls. They traveled through the hallways, paraded with music, and brought joy along the way. After the parade, residents enjoyed the special items brought up by dining services including fried oysters, hamburgers, cheese-filled hot dogs, and many more delicious treats. Also, military volunteers from the Naval Operations Support Center (NOSC) in Gulfport made bookmarks for the Martin Luther King, Jr. holiday and joined in to assist and visit with the residents to continue the Mardi Gras celebratory lunch

cook-in. Carnival season has begun and we thank all for jump starting the celebrations.

"Laissez les bon temps rouler" – Let the good times roll!



WASHINGTON

RT holiday celebration with DAR

By Carol Mitchell and Amanda Jensema – Recreation Therapy

The holiday season really kicked off when Steven Briefs and Carol Mitchell from Recreation Therapy headed out to Virginia to pick up the DAR (Daughters of the American Revolution)-donated gifts for the annual Recreation Therapy holiday celebration, which was held on December 15th in the AFRH-W Community Center. They had the extended van in order to fit all the wonderful holiday gifts. It was packed from the bottom to the top, and back to the front! Upon arriving they were met by Santa's lead residential elf, Bill Jentarra, as well as elf Chuck Felder. New resident elves in training assisted with unloading the gifts and taking them to the elves wrapping room. Also assisting in making the Santa bins and carts more decorative were the Lincoln Cottage volunteers.

When the big day arrived, all the presents were wrapped and ready for delivery. Residents were dressed for the occasion wearing their holiday best. The celebration started with an opening invocation by Chaplain Goodloe. The live band, Melanie & Will, officially set the mood for dancing, food, and fun times. Door prizes were raffled off throughout the event. After an hour of dancing, mixing and mingling with the ladies of DAR, Santa made an appearance to hand out the gifts to all residents at the party. Gifts included blankets, clothes, gift cards, picture frames and much more. To sweeten the event even more, the DAR dessert bar opened and was a delectable hit! The dessert bar included an assortment of cakes, brownies, and cookies. The party was a huge success with over 100+ residents in attendance from all levels of care. As always we would like to thank our food service division for preparing the appetizers...they were extremely delicious! Thank you to the Daughters of the American Revolution and all the volunteers for your continued support to our AFRH-W residents. We look forward to the holidays next year! Happy New Year!

