



AFRH-WASHINGTON

Bringing In the New Year 2016 at AFRH-Washington

Story & Photos by Jerry Carter, Fitness Specialist

In the season of celebration, AFRH-Washington Residents, family, and friends all gathered together in the Scott Defender's Inn on December 31st, 2015 to bring in the New Year. The festivities began with celebratory music performed by AFRH-W's very own entertainer, Mr. Waymon Lucas, Jr. Mr. Lucas played various instruments such as the guitar and harmonica, which delighted all of the Residents as they sang and danced to the music.

Throughout the remainder of the event, AFRH-W's very own D.J., Mr. Billy White, provided everyone with a mix of Oldies but Goodies and new age music; taking them back through the years to the present. Residents and guests danced and reminisced as Billy played music from the 1920's to the present.

The celebration continued as participants enjoyed delicious finger foods and drinks provided by AFRH Dining Services, which included chicken wings, cheese and crackers, fruit, vegetable plates, and punch. Of course, the Residents and guests also enjoyed wine, beer and champagne as well. As the countdown began, everyone turned their attention to the "Ball Drop" on television, and raised their glasses with excitement and anticipation as everyone toasted into the 2016 New Year. A special thanks to the Resident Volunteers Sheldon Shorthouse and Brian Dowd for making the New Year Celebration a success!



Resident Warren Barbour and a guest dance at the New Year's Eve party.



The festivities began with celebratory music performed by AFRH-W's very own entertainer, Mr. Waymon Lucas, Jr.

Recreation Therapy toast in the New Year celebration

By Carol Mitchell, Recreational Therapist

The "RT Toast In The New Year" party was a wonderful kick-off to the 2016 season! The event was held on New Year's Eve at 10:00a.m. in the Scott Community Center.

Healthcare and Independent Living Residents enjoyed a morning of Sparkling Cider, Champagne, Mimosas, and delicious appetizers prepared by the AFRH-W Food Service department. The Residents also enjoyed listening to music, a review of 2015 memorable events, 2015 Fun Facts & trivia, making exciting, loud, happy party noises, and our traditional "Toast In The New Year" contest. The best toast was a tie between residents Catharine Deitch and Al Sanford.



Resident Jane Cornell celebrated in style.



Resident Howard Smith celebrates the start of 2016.

AFRH-GULFPORT

A party for New Year 2016

By Jen Biernacki, Recreation Therapy Assistant
Photos by Resident Photographers Ray Ross & Ron Persing

The Residents as well as many family and friends rang in the New Year with dancing, eating, drinking, visiting, reminiscing and just having an all-round good time here at AFRH-G. The dancing continued throughout the night as the music filled the room. The food consisted of cheeses, wings, egg rolls and a few others that were topped off with fantastic desserts such a chocolate mousse cake and key lime pie. As the New Year approached, the champagne bottles were popped and poured in glasses for all to share in a special 2016 New Year's toast. Following the toast, the balloons were dropped and gathered quickly for the \$5.00 prizes. A fun time on this 2016 New Year had by all.



Bill Allen was dressed to impress on New Years Eve.



Sonny Tanner provided the music in the Community Center.



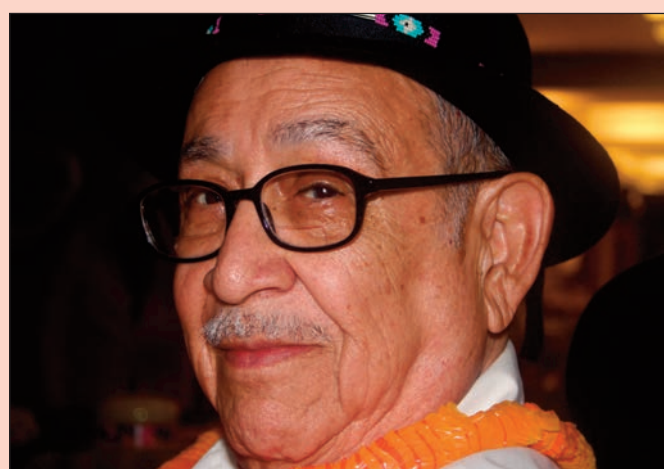
James Broussard celebrated in Fiddler's Green.



Sally Manning and Rita Ball were all smiles.



Residents and guests "boogie" to the music.



Mencho Hernandez didn't have his sombrero on, but he did have his party hat on.



Edna Hall and Mary Nelson enjoyed the food and spirits at the party.



Raymond Terry and Jim Brogan celebrate the New Year.

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

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



The Joint Commission
www.jointcommission.org

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



AFRH-G Veteran Highlight

By Lori Kerns, AFRH-G Librarian



Mencho and his bride, Aurora, in 1963 while stationed in Bentwaters AFB in England.

Mencho Hernandez was born in Goldthwaite, TX on March 18, 1933. He's the eldest of eight children born to parents of Mexican descent. Originally his name was to be Enemansio but when his father filled out the information for his birth certificate, he put down Mencho. His father, a sheep and goat shearer, and his mother, a "good" housewife, spoke Spanish to the children. It wasn't until he attended elementary school at age six that he learned the English language.

After high school graduation, Mencho decided he wanted to "get out and do things." So he joined the Navy on June 5, 1951. He served all his time in the Far East during the Korean Conflict. He most enjoyed his time as a signalman aboard a destroyer staying out for 40 days at a time. He served in the Navy for four years and got out to take care of one of his brothers.

He stayed out of the military for about one year and then decided to join the Air Force. While stationed at Reese Air Force Base in Lubbock, TX, he met a woman who had

originally been a nun. They fell in love, married, and had three children, two girls and one boy.

In the Air Force, Mencho first worked in personnel but then got moved to the fire department. He stayed with the fire department as a staff sergeant while being stationed at locations such as Bentwaters, Portland, and Perrin. He got promoted to a tech sergeant and transferred to Takhli in Thailand for about one year. He finished his twenty-year career at Keesler AFB where he decided to stay with his family. He enjoyed firefighting and remembers a notable point in his career when he rescued Lt. Col. James, who went on to become Gen. Daniel "Chappie" James, Jr.

After his retirement, Mencho decided to open a janitorial service where his kids worked with him. He kept the business open for about ten years but when the kids started leaving home he decided to close. He then became the safety engineer for a company in Texas. After leaving this plant, he went back to the Gulf Coast to work for the U. S. Postal Service. He worked at the branch in Orange Grove and then transferred to the



Mencho celebrating another Resident's 90th birthday in Fiddler's Green.

Courthouse Branch in Gulfport and eventually retired from working altogether.

Sadly, he lost his wife about eight years ago. Living on the Coast for almost half his life, he kept his home here in Gulfport but decided to move into AFRH-G. Now he has four grandchildren and one great grandchild. He enjoys frequent visits with his family. Luckily his granddaughter, a captain stationed at Keesler Air Force, is also close enough to visit often.

Living at the Home, Mencho enjoys playing dominoes and bingo, singing karaoke, and collecting all types of hats. He has achieved notoriety in the home for his hat collection, which includes cowboy hats, Scotland Yard hats, and sombreros. He thoroughly enjoys his life at AFRH-G and says, "They'll have to carry me out in a box because I ain't leaving."

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

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

**AFRH-W
202-541-7551**

AFRH-W Veteran Highlight

By Christine Baldwin, AFRH-W Librarian



Philip Cardinalis was born in the lower East Side of New York City and grew up between the lower East Side and Harlem. His parents had been part of the Great Migration of the early 1900's. Phil was the seventh out of nine children. Being raised in the city helped Phil learn about awareness of surroundings and keeping a proactive attitude. Phil graduated at the top of his high school class, and he even had a 2nd class commercial FCC license for broadcasting before graduating, which allowed him to work in electronics. Unfortunately, at the age of 19 and being an African American, he found it difficult to get a job in this field. So Phil decided to join the U.S. Army in 1951. He did his Basic Training at Camp Gordon, GA, which was his first experience behind the "Cotton Curtain". He graduated at the top of his class at Tech School (Electronics) also at Camp Gordon. This was the era of integrating the military for African Americans and Phil became a frontrunner for this endeavor.

Phil's first tour of duty was in Korea working in the Electronics field, repairing equipment. It was here that he was shot at by a sniper, but fortunately the sniper missed him. He was the first African American in the unit. Phil was promoted rapidly and when it became time to be in charge,

as a senior ranking NCO, he was shipped out involuntarily to Japan on a consecutive tour. Here, Phil was put in charge of ship to ship electronics as the NCOIC. Later, Phil did a tour in Vietnam, where he was a military escort for a Nationalist Chinese Army Captain from Taiwan. It was a quasi-military arrangement, in which Phil was stationed near the base. He also was an advisor to the Korean Air Force, dealing with the Aircraft Early Warning System. Phil retired after 20 years from the Brooklyn Army Base, NY.

After retiring, Phil spent his next ten years working in Civil Service as a Foreman at an Air Force depot, repairing electronic equipment. Again he was promoted quickly in this WS grade and he also became the union steward. After his second retirement, Phil came to AFRH-W in the 1970's. He had been a single parent all these years and his children have done well, with degrees in Engineering, Accounting and Computer Science. He was instrumental in starting the resident Newcomers' Room, and thoroughly enjoyed helping Residents learn their way around both at the home and downtown. With Phil's experience with electronics, he also helped setup the first Resident Computer Lab in the old Scott building and assisted Residents in learning how to use computers.

Message from the Chief Operating Officer



Another month is in the books, January was a blur; it seems we were just celebrating the holidays! In Washington, D.C., January is winding down with a massive dig out, Winter Storm Jonas was all it was reported to be!

Winter Storm Jonas kicked off Wednesday, 20 January, with an initial round of snow and ice, and quickly turned into a major snowstorm Friday and into the weekend all over the East Coast. The blizzard conditions brought damaging winds, significant icing, and coastal flooding. At last count 30+ people have died as a result of winter storm Jonas, which dropped several feet of snow up and down the East Coast this weekend, affecting more than 80 million Americans.

I mention all of this to set the stage when I say I could not be prouder of the efforts AFRH-W personnel put forth during this historic blizzard.



DC Resident George Wellmantakes full advantage of the blizzard remnants. Notice the Soldiers' and Airmen's Home National Cemetery in the background.

Our Residents received the typical high standard of care throughout Jonas; personnel from Healthcare to Campus Operations went above and beyond to ensure the safety and care of our Resident population. We had employees that came in Friday and worked through Tuesday, staying on campus the entire weekend.

These efforts were not just restricted to healthcare, several employees from Resident Services and Campus Operations stayed the entire weekend, as well as Healthcare personnel.

One of the most impressive stories is technically not an AFRH employee but absolutely a significant member of the AFRH family; Reggie Brockett, our

AAFES Shoppette Manager. Reggie walked through the storm into work over the weekend to ensure the Residents had Shoppette access.

The past several days have been an extraordinary team effort and I must restate my pride in the service of our folks.

January also had two significant personnel actions; AFRH-G's new Administrator, Jeffrey Eads, came on board and the AFRH Public Affairs Officer, Sheila Abarr, retired.

Jeff comes to AFRH with a great deal of experience from the private sector in South Carolina. I believe he will provide a fresh perspective and great leadership to AFRH-G.

Sheila's departure is absolutely bittersweet, while I am happy for her and I'm happy for her family, AFRH will miss her immensely. Sheila was my go-to-person, be it Inspector General, our Acting Administrator, Sheila was always willing to step in and did so well! Please join me in wishing her good luck and God speed.

Steve McManus



Steve McManus presents Sheila Abarr with the Above and Beyond Award from the Pentagon at her Retirement Ceremony on January 15th.

Gulfport resident cultivates winter vegetables

Story & Photos by Becki Zschiedrich, AFRH-G Public Affairs

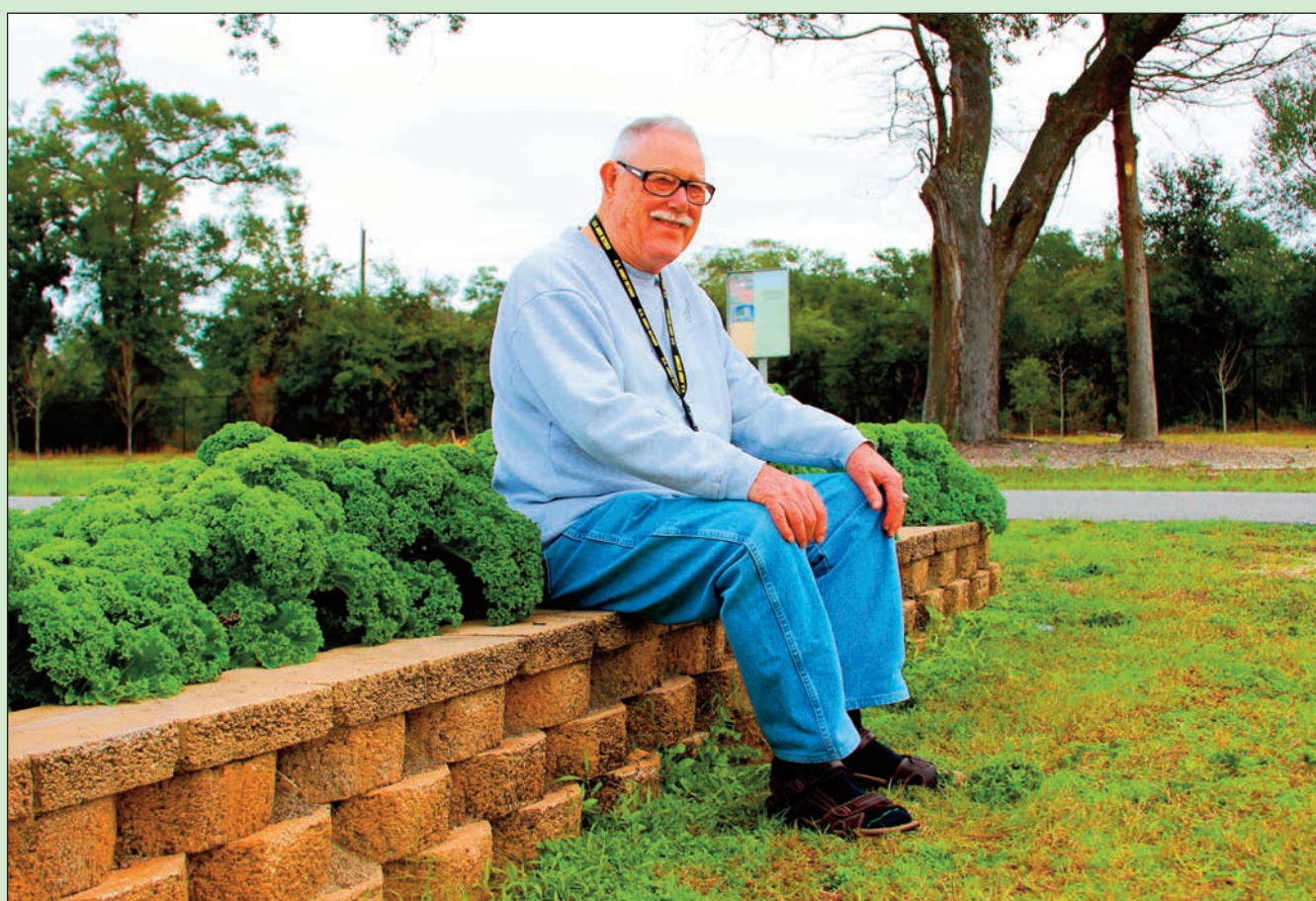
Gulfport Resident Atze "Andy" Lemstra, who is a young 82 years old and originally from The Netherlands, returned from a reunion in Holland this past September and brought back a packet of seeds. The seeds were Boerenkool, or Kale as we know it. Mr. Lemstra started the seeds in individual small pots and put them under grow lights in the garden room at AFRH-G. After approximately four weeks, he moved the plants to the outside garden. The end result was a striking green compact plant. He planted Kale because he said he is used to it. During WWII he ate it a lot because it's full of vitamins, iron, and all things that are good for you. He said he likes to eat it like collard greens. He puts the Kale in water and microwaves it in the microwave for about 10 minutes, then adds a little salt and pepper and voila, he's good to go!

Mr. Lemstra has also grown enormous sweet potatoes. "I just do my thing and bought the slips for the sweet potatoes and planted them immediately. I watered them at first and then I let nature take its course." He said potatoes "do not like to get their feet wet". He also enriched the soil, which probably led to them being supersized. Since sweet potatoes are grown underground he was amazed when he dug them up before Thanksgiving. "I've never seen a sweet potato that big," he said. "I don't have a magic answer to why they grew so big but I do show them tender loving care and I keep the weeds out."

He grew up occupied by the Germans in Holland during WWII, where they took away all of their liberties. During the war he helped his dad in the garden because it was a necessity. He eventually took over the gardening and whenever he had the opportunity to plant something, he would. He has grown sugar snap peas, pole beans, tomatoes, rhubarb, spinach, lettuce, cucumbers, Swiss chard, and everything in between. He eats most of the vegetables he grows and also gives the excess to Feed My Sheep, a non-profit organization who feeds the homeless in Biloxi, Mississippi.

Mr. Lemstra served 20 years in the Army and originally joined the service because he wanted to travel. He said being in the military made him richer by knowing different cultures. He looks forward to living a long and prosperous life at AFRH-G and is glad he can still have a garden at the retirement home.

When asked what he likes most about being retired he said, "I like doing the things I want to do like visit Holland two times a year for three to four weeks. I'm always glad to get back to AFRH because my bed here is much more comfortable and I like the convenience of not having to cook." When in Holland he visits with relatives and old friends from way back where they have occasional "spirits" like Jenever, which is a Dutch Gin.



Andy really enjoys seeing his product bloom from a very small seed.



Andy grew these supersized sweet potatoes in the vegetable garden at AFRH-G.



This is the packet of seeds he brought back from Holland.

Blizzard in D.C.

Story & Photos by Rebecca Newton, AFRH-W Public Affairs

Recorded as the fourth worst storm amongst northeast storms in the past 100 years, Winter-storm Jonas brought a blizzard of snowfall affecting over a hundred million people. According to the New York Post, Washington, DC saw about 18 inches of snow. The Office of Personnel Management closed federal agencies in the area for three consecutive days, following the storm.



View of President Lincoln's Cottage after the blizzard.



View of the Scott Building, after the storm; with exceptional snow removal thanks to Campus Operations.

From the AFRH-W Administrator



The New Year is underway at the Armed Forces Retirement Home-Washington. We bid farewell to our Public Affairs Officer and Acting Administrator Sheila Abarr during her retirement ceremony January 15th. Since early 2014, Sheila has acted in the administrator role approximately 9-months over two different stints. Her presence, personality, efforts and organizational knowledge gained over 20+ years at the Home will be sincerely missed. Best of luck to Sheila and Carl for this next chapter of their lives in New Mexico!

In Washington, Old Man Winter reared his ugly head in a historic blizzard January 22nd through the 24th. Afterwards the campus set out to work digging out over 2 feet of snow, which was a chore to be remembered for years to come. One disappointment, where was the thunder-snow which was forecasted? I wish to write a special Thank-You to all the employees, contractors, volunteers, and Residents who kept their cool during the storm. Many people stayed on campus throughout the event, away from their families and homes, ensuring the Residents felt minimal impacts

to their daily lives. Their selflessness demonstrated by their commitment to being at work, doing their jobs, throughout the bad weather and into the clean-up period, was very humbling to witness and be part of. I am so proud to work with these folks and be a small part of the team!

The first half of January also included a great deal of activity when I was acting administrator for the Gulfport Campus. We celebrated the Gulfport Employee of the Quarter Minh Nguyen, Certified Nursing Assistant (CNA) on Valor Hall, during our Employee Appreciation Breakfast January 7th. During the event, we announced the AFRH-Gulfport Employee of the Year, Roy Deemes Contract Officer Representative (COR) from Campus Operations. Congratulations to the winners and all the nominees! Keep up the great work in Gulfport! On January 13th Jeff Eads was welcomed to the Gulfport Campus as he began his new job as administrator.

Not to be outdone the Washington Campus hosted its own Employee Appreciation Breakfast January 21st. The staff came together to break toast and share time acknowledging government employees achieving milestones of service. Saidat Sogbesan, RN Assistant Supervisory Clinical Nurse, took the top honors as the EOQ (Employee of the Quarter) for her skillful management of scheduling challenges during the holiday season. Saidat sets the example for her nurses and nurse assistants working shifts outside normal business hours. Congratulations to her and

all the nominees!

As we head into Black History Month this February I want to acknowledge Dr. Martin Luther King Junior's birthday, observed January 18th. The legendary, "I Have a Dream" speech is iconic in its historical significance in which Dr. King so eloquently orated his dreams for harmony, civil rights, and justice. We are blessed to have a diverse group of residents and staff living and working at both campuses. I'm looking forward to the events ahead to build

our sense of community.

Lastly, thank you to those who've seen me in the halls and offered a cheerful, welcome back! I appreciate the kind words. There is no place like home!

Shaun Servais



DC Administrator Shaun Servais (left) and Gulfport Resident Elbert Berger (right) talk outside while Shaun was the Acting Administrator in Gulfport. Thank you Shaun for all of your help at AFRH-G.

Message from the Chief, Healthcare Services



As mentioned in our recent town hall and healthcare form, we have two new additions to our medical staff. Dr. Ethelreda Collins is our new Chief Medical Officer. She has over two decades of medical practice, including extensive experience in geriatrics and emergency medicine. She is board certified in internal medicine. She is married and has three sons.

Doctor Shahid Waraich is our new staff physician, and is also board certified in internal medicine. He comes to us from Veterans' Affairs. He is originally from Pakistan, and has been practicing medicine in the United States for 11 years. He is also married and has three sons.

Naturally, we are grateful to our nurse practitioners, Oby Atta and Katia Coley, who have unfailingly served our residents while we were short on the physician side. Without their dedication and perseverance, it would indeed have been a struggle to provide care!

Additionally, would like to welcome Dr. Jim Kyle, our new Wellness Center Manager. In addition to analyzing our outpatient clinic operations and implementing some efficiencies, he has done a superb job of reaching out to the Residents to assist with any concerns. He comes to us from the Indian Health Service, but has extensive leadership experience with the VA, not to mention his service in the military. And last on the personnel side, I would like to congratulate acknowledge our employee of the quarter, Ms. Saidat Sogbesan, RN, who has steadfastly served the home well during times of need. She is a consummate professional and we are grateful for her service. My only regret is that we were limited on the number of employees that we could nominate, because we have many who clearly meet the standards described in the EOQ program. I worked many places, and I am most impressed with the quality of care and professionalism of the Healthcare Services (as well as other AFRH departments!) staff.

Recently, we held a healthcare form, where we introduced the new members of our leadership team, and provided information on the way ahead for Healthcare

Services here at the DC campus. Among the concepts discussed was Patient-Centered Medical Home, designed to ensure that all Residents who would like to receive their regular medical care are assigned a primary care provider to enhance the continuity and quality of the care provided.

Until now, many Residents have expressed frustration about the fragmentation of medical care, perhaps having their regular doctor at the VA, but seeing a specialist(s) at a different facility. Naturally, since they are different systems, they are not really talking to each other, and many times if a Resident comes to the Wellness Center wanting medical care from our providers, we do not have the information from the other locations to properly address their concerns. Many Residents have expressed an interest in receiving their primary care from one location right here where they live. We also touched on a wellness program, and encouraged Residents to stay active, maintain a proper body weight by sensible eating behaviors (portion control, avoiding excessive calories and sodium), and establishing a good sleep pattern. We plan to have a series of seminars available for residents sometime in the coming months on (health and wellness) topics of interest.

Finally, we discussed ways that we will track our performance with staying person-centered. Our agency has adopted the "Artifacts of Culture Change" program, which we use to evaluate our environment and workplace practices, policies, schedules, increased resident autonomy, to name just a few of the measures. The elements that we assess have been identified in the research literature as significant things that make a huge difference in quality of life for our Resident (and staff) population. The nice thing about this program is, it can be used to compare us to other locations, since the process is standardized. We scored pretty well, and now have a baseline from which to project. More to come on that in future articles.

We look forward to continued improvements in our services for our Residents! Thank you.

Michael Bayles



Mike Bayles discusses Healthcare Services with Residents.

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



Happy New Year!!! 2016 has arrived and with it came new issues we will have to either solve or overcome. Of course, we had issues that carried over from 2015 and we will tackle them one at a time, as well. Highlighted areas we are attempting to improve are:

Wellness Center

We have added 3 new members to the staff: Dr. Jim Kyle, Wellness Center Manager
Dr. Etheldreda Collins, Chief Medical Officer
Dr. Shahid Waraich, Medical Officer
We will soon hire a Pharmacy Technician, which will afford our Residents the opportunity to receive their medications in a timelier manner.

Resident Advisory Committee

Floor Representatives will be more proactive with the Residents on their floor by: Having more involvement in the process of

resolving complaints/problems
Becoming more accessible
Encouraging Residents to attend RAC meetings each month, thus enabling the opportunity to voice their individual complaints/problems directly to the Committee

Be of service to Residents, "whenever - wherever"

Gardening Season

Garden plots will be assigned shortly, so be certain to sign up for your plot. This will be an opportunity to show other Residents just how "green your thumb is."

Mrs. Sheila Abarr's Retirement

As we all know, Mrs. Sheila Abarr has retired after having served the Residents at the Washington, DC campus of the Armed Forces Retirement Home for over twenty years. Having been assigned to many departments and holding various positions, her latest contribution to our Residents has been as the Interim Administrator. On behalf of the Residents, I am taking this opportunity to thank Mrs. Abarr for all that she has done to improve our quality of living. Speaking for the

Washington, DC Home, "Sheila, you will definitely be missed." Thank you for your dedicated service. Enjoy your retirement as much as you helped us enjoy our own.

Of Additional Interest

Casey Tree Company is donating 70 trees to the Armed Forces Retirement Home - Washington,

DC. They will be planted throughout the campus during the March - April timeframe. Ongoing discussion is being held regarding the opportunity for our Residents to participate in Water Aerobics at the pool.

Marvin Archer



RAC Chair Marvin Archer wishes PAO Sheila Abarr the best in her retirement.

Welcome New AFRH-G Administrator Jeff Eads



Let us all welcome Jeff Eads as the new Administrator for the Armed Forces Retirement Home in Gulfport and wish him the best of luck in his commitment to serve our nation's heroes.

Jeff Eads started as Gulfport's new

Administrator on January 13th. If you have not met him yet, please don't hesitate to introduce yourself as he is walking the halls, visiting the Dining Hall, at a Town Hall Meeting, or at the monthly Birthday Dinner Celebration. Let us all welcome him with open arms as he gets adjusted.

Here are a few fun facts about your new Administrator:

-Jeff Eads grew up in Columbia, South Carolina. He moved to Mississippi in 1986 and married Cindi Richardson of Drew, Mississippi in 1989.

They have three daughters and one son, who are all currently in college majoring in healthcare related fields.

-Jeff graduated from Belhaven College in Jackson, Mississippi in 1993 and received a Bachelor of Science degree in Accounting. He then earned his Masters degree in Health Services Administration from Mississippi College in Clinton, Mississippi.

-He successfully became a Licensed Nursing Home Administrator in 1997, in Ruleville, MS at the North Sunflower County Hospital and then moved to Grenada Mississippi where he was the Administrator for Grenada Health and Rehab for three years.

-Jeff and his family moved to the Jackson metro area in 2000 to open The Waterford Independent Home. He then moved to Ridgeland, Mississippi and started up The Blake, an upscale assisted living community with a memory care area. Three years later he was called back to his home state of South Carolina to help Bloom Senior Living run their independent, assisted living, and memory support homes for two years.

-Jeff enjoys a good game of golf, but does not consider himself good enough to be called a golfer. He also enjoys reading and spending time with his family. He is a big fan of the University of South Carolina Fighting Gamecocks, because he said, "anyone can root for a winner"!

He is delighted to be back on the Gulf Coast as your Administrator at the Armed Forces Retirement Home. He said it was an added bonus to have his children closer to him now. Now that he's back on the Mississippi Sound we are going to have to make him a Saints fan and a Biloxi Shuckers fan!

We are so happy to have Jeff here as our new Administrator. His extensive experience in senior living and his goals of helping to enhance and strengthen the mission

here at AFRH-G is no doubt a plus in moving into the future together.

Jeff will give the AFRH-G a new outlook to our future. Please welcome him home and give him your support in his endeavor to make AFRH-G a magnificent place to live, work, and thrive.



Resident Betty Lu Dennis greets the new Administrator Jeff Eads on his first day at AFRH-G.

The heartwarming moment at AFRH-G when a soldier returned from Afghanistan to surprise his U.S. Postal worker dad

Story & Photo by Becki Zschiedrich, AFRH-G Public Affairs

A soldier returning from Afghanistan surprised his dad on Christmas Eve as he was working in the mailroom at the Armed Forces Retirement Home in Gulfport.

It was just another busy day delivering mail right before Christmas for Robert Schatzman when he got an unexpected visit from his 28-year-old son, Sgt. Frank Schatzman. The Gulfport, Mississippi Post Office helped locate Robert so his son could give him the ultimate Christmas gift by surprising him on the job. His son is with the 1108th Aviation Group (The Theater Aviation Sustainment Maintenance Group (TASMG)). Robert, who is an Army veteran, has been the mailman at the Gulfport Home since the re-opening in 2010 and supports our Veterans/Residents at AFRH-G by delivering their mail.

The AFRH-G Security Chief, Dale Alexander, escorted Frank to the mailroom where he told Robert he had a problem. When Robert walked out and saw his son, who has been deployed in Afghanistan and Kuwait for nine months, his eyes welled up with tears and he gave him a huge hug. The first thing he asked his son was, "Did you go see your mother?" Robert said, "The hardest part about being a father and a veteran is you're used to standing guard and protecting your kids and your family from danger. The day Frank got deployed I realized I was no longer standing guard; Frankie was now standing guard and protecting the family. The hardest thing to do was to step back and let him do this. I am extremely proud of him for his service to our country and I'm proud of his loving wife, Katlin Schatzman, and how she has stood by him and has taken such good care of their eighteen month old daughter, Olivia."

On Christmas Eve the Schatzman family and friends will have a joyful reunion at Frank and Katlin's home with a family tradition of a big pot of seafood gumbo, which his mom makes every year. Christmas came a little early for Robert Schatzman who received the ultimate gift of surprise from his son.



The AFRH-G Mailman, Robert Schatzman received the ultimate Christmas gift when his son, Frank Schatzman, returned from Afghanistan and surprised him on Christmas Eve at AFRH-G.

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



Happy New Year everyone, the old year is gone and now we embark upon the new. I hope you have gotten over writing 2015 and are now using 2016 on all your checks and correspondence. I'm still

making that mistake but give me another month and I should have that under control. This year is going to be somewhat challenging. Not real challenging but there is just so much I would like to see accomplished. The RAC is still trying to keep our Memorial Brick project alive, and also I want to provide custom portable lighting for the community center to be used for special events and dances. I will be working on those and other things and hope to have them in place before the end of my term. Yes, there I said it. I don't think I will be running for re-election this September. Being Chairman is not an easy job if it is done right. It requires a lot of time and effort. I want to

relax and travel so I will be handing over the controls to someone else to have some fun.

Speaking of control, here in Gulfport we have a new hand at the head of our "Home" our new Administrator Mr. Eads. Yes Mr. Eads you are now at the controls of this train and we are the paying passenger. And as paying passengers we are looking to you to provide us with a safe and comfortable journey. You have a wonderful staff to help you with your duties and I hope you use them. They are well trained and caring, and they have many years of experience. I think you will find that many of our Residents and staff are willing to help you in any way they can. Keep in mind that we and a lot of the staff are ex-military with a lot of traditions we like to adhere to, and I hope you will honor our service and keep our traditions alive here in AFRH. Enough said on that. I hope you like it here and if you turn out to be anything like Mr. Dickerson or Mr. McManus you, I and all the residents here will have a great train ride. Oh yes, we are not old people, just young people in old clothes.

And now on to something else, this month was a good and sad occasion for me because I had to say goodbye to

a dear old friend, Sheila Abarr. Sheila, I was late getting to your farewell and for that I am truly sorry. I wanted to say a few words but alas it was not to be so I will say it now. You are one of the best. You were and are one of the best people I had the pleasure of working with in my many years in and out of the service. I wish you and your husband well in all you do and hope to see you sometime in the near future. Good luck!!

I'm going to leave you with this - about living for today.

1. To realize the value of a brother or sister ask someone who doesn't have one.
2. To realize the value of ten years ask a newly divorced couple.
3. To realize the value of four years, ask a graduate.
4. To realize the value of a year, ask a student who has failed a final exam.
5. To realize the value of nine months, ask a mother who gave birth.
6. To realize the value of one month, ask the mother of a premature baby.
- To realize the value of one minute, ask

a person who has just missed the train, plane or bus.

7. To realize the value of one second, ask the person who has survived an accident. Time and Tide waits for no one. Treasure every moment you have.

Henri D. Gibson



DC Administrator Shaun Servais (left) and RAC Chair Henri Gibson (right) at the last Gulfport Town Hall Meeting. Thank you Shaun for serving as Gulfport's Acting Administrator until our new Administrator, Jeff Eads, came aboard.

AFRH-W Activities

Next stop: RETIREMENT

Story & Photos by Rebecca Newton, AFRH-W Public Affairs



January 15 was unlike any other Friday at the Armed Forces Retirement Home. For, on this particular day, both campuses came together to congratulate and bid farewell to Public Affairs Officer Sheila Abarr.

Sheila spent over twenty years at the DC campus, as a hardworking and valuable asset to the Agency. She started her dedicated AFRH career in Recreation, and held various other positions before landing in Public Affairs.

Via live simulcast, Gulfport attendees were able to offer well wishes to Sheila, as a packed audience filled the Community Center in DC. So many accolades and heartfelt sentiments were expressed; and Sheila was truly moved.

Erin Carlson-Mast, Executive Director of President Lincoln's Cottage communicated how wonderful it was to work with Sheila, and presented her with a special gift. Thereafter, RAC Chair Marvin Archer conveyed how Sheila made a difference in the lives of the Residents.

Some of the DC staff members then put Sheila in the "hot seat" and serenaded her to their rendition of "Lean on Me," singing "Lean on Sheila." Sheila's direct reports gifted her a blanket, stitched in the image of DC's Sherman Building.

COO Steve McManus presented Sheila with the "Above and Beyond Award," a citation from the Secretary of Defense; citing her willingness to step in as Acting Administrator, and her care and concern for Residents.

Mr. McManus also pinned Sheila and gave her a certificate on behalf of the Agency, for her many years of service; and also presented her husband an award. Once Sheila took the mic, she decided to reference a Frank Sinatra song [My Way] and do things her way.

She gifted Administrator coins to special staff and shared fond memories of her time, reflecting upon how much she will miss coming to work for the Residents. Sheila now plans to move out west and enjoy plenty of golf with her husband, Carl.



Thank you Sheila for making a difference at AFRH!



Staying young, with a green thumb

Story and photos by Rebecca Newton, AFRH-W Public Affairs

Chester Mahaffey loves to garden. He's been doing it since he was six years old. He hails from Premier, West Virginia: a small, unincorporated community surrounded by the Appalachian Mountains, and known for its coal mines.

Gardening gave young Chester a way to not only make food, but also cultivate a long-lasting hobby. Now a Resident of AFRH-W, Chester grows turnips in the "All Veterans Garden" on the southern portion of campus.

According to the Centers for Disease Control and Prevention (CDC), moderate-intensity level activity, for 2.5 hours each week can improve your health in so many areas:

- can give you more energy and can help relieve arthritis pain and stiffness.

- can reduce the risk for obesity, high blood pressure, type 2 diabetes, osteoporosis, heart disease, stroke, depression, colon cancer and premature death.

The CDC considers gardening a moderate-intensity level activity. Chester considers gardening the fountain of youth. He says, "It keeps me young!"



Chester holding up his prize crop of the season.



Pumpkin squash are a popular harvest at AFRH-W.



Residents sign up for garden plots each season.

AFRH-G Activities

Walking challenge champion

By Rob Miller, Fitness Specialist
Photo by Becki Zschiedrich, AFRH-G Public Affairs

For the first time in the GREAT HISTORY of the Walking Challenge, we have a great Champion to rise up to the challenge and defeat the obstacles to walk 10,000 miles. This great champion is Lee Zimmerman, here in the Gulfport Campus. To put into perspective, 10,000 miles is 52,800,000 ft., and with an average stride length of 2.5 ft. this is converted into 21,120,000 steps approximately. Other examples of this distance are approximately from Los Angeles, CA to Cape Town South Africa, or 40% around the Earth's equator.

Mr. Zimmerman stated it took him about 4 years to accomplish this feat and wears a pedometer to count his steps and distances. The highlight of this journey was well over 2,500 miles over the past year. On average, Mr. Zimmerman says he walks about 6 to 7 miles per day, every day around the walking path on campus. He says his plan is to reach the highest goal of 30,000 miles and figures it will take until 2024 to do it. For his accomplishment, he has won a beautiful pullover fleece, and for 30,000 miles will win a Varsity leather jacket. So please congratulate Mr. Zimmerman on this accomplishment and please encourage him to keep on walking!

If interested in the Walking Challenge or any other challenge please contact Rob Miller at 228-897-4413 in the AFRH-Gulfport Fitness Center.



Lee Zimmerman takes his daily walk around the walking trail at AFRH-G.

Coast Guard Station Gulfport "Always Ready" to Help!

By Susan Bergman, MT-BC, Recreation Therapy Services

On Wednesday, January 13, 2016, residents were treated to some special guest volunteers from the United States Coast Guard. Coast Guard Station Gulfport is a multi-mission station which patrols an area stretching from the Biloxi Channel to the Pearl River with 52 miles of gulf coastline. The station crew and Coast Guard Auxiliary volunteers operate along the Biloxi and Gulfport coast along with Back Bay, Pass Christian bayous, Chandeleur Islands and the inter-coastal waterway. The Coast Guard can be seen regularly at AFRH and recently assisted with taking down holiday décor, tree decorations, and did a fabulous job putting up the Mardi Gras decorations in the community center. Smiles always surround the Coast Guard as seen in the Football Cookout pictures of residents, Joseph Zelenak and Warren "Pen" Penney. Semper Paratus = "Always Ready" = Thank You Coast Guard!



Coast Guard and "Pen" are all smiles at Football Cookout!



BMC McMurry reaches high to take down décor!



Joseph Zelenak is greeted by Coast Guard friends!

The game board of collaborators

By Milt Williams, Art Specialist
Photo by Jen Biernacki, Recreation Therapy Assistant

Jen Biernacki, our Recreation Therapy Assistant, has a game in mind for our Assisted Living Residents. Peter Gildemeister, one of our Woodshop Volunteers, takes on the "job" of cutting and piecing the wood game board together. It is a circle board that folds in half with 4 plate size holes equal distances apart for a bean bag to be tossed into the holes. Milt, our Art Specialist, assisted Peter and Jen will have the very Residents who will play the game paint the game board. Hmmm, full circle... anyway this has been a fun project and looks like it will be a great sporting event once completed.

Thanks to all for collaborating to make this happen. We look forward to the game results with the Residents.



Peter Gildemeister took on the job of creating the wood game board.

Snowflakes, snowflakes everywhere!

By Jennifer Briley, AFRH-G Volunteer Coordinator

The month of December was crazy in the Volunteer Coordinator Office and I would like to thank all my Resident, Community, and Military Volunteers for making our activities a blast to put on for our Residents. We had several special activities for the holiday month that would have been impossible to accomplish had it not been for all our volunteers. You may have all seen the snowflakes that starting showing up in mid-December dangling from the ceiling in the Community Center. There were 67 dangling to be exact, and that is all thanks to Milt Williams our Art Specialist, Doris Jones, Roy Persing, Donald Quatroy, Wolf Kiessling, Corena Wash, Marion Wolke, and Rick Eyman. Our Resident volunteers helped to make the snowflakes, paint the snowflakes, assemble the snowflakes, and then last but not least hang the snowflakes. What a fun project to get everyone in the holiday spirit. We hope you enjoyed them! Let's shoot for 100 snowflakes next year!



Resident Volunteers making paper snowflakes to decorate the Community Center for the holidays.



The finished product. Look!!! It's snowing.

Happy times, excellent music

By Rob Miller, Fitness Specialist

Happy Holidays to all and that brings some great musical shows. Throughout December AFRH has had the pleasure of the Gulf Coast Messiah Chorus Performance on Thursday, December 3, 2015. They performed a variety of songs that were done to perfection. On Friday, December 11, 2015, a group of carolers came to the AFRH. This group was from the Loving Care Montessori School. These youngsters brought out a lot of smiling faces performing some new carols and the classics. The most recent show was Monday, December 14, 2015. I am sure the residents of AFRH recognize this group, The Gulf Coast Community Band Yuletide Concert. If you like instrumental music, this was the one to see because of all of the instruments. Residents came and sang along to the music, with a great turnout, the concert was wonderful! Please continue to come out to these events and if you have any suggestions please let Recreation Services know about it. Happy Christmas and Merry New Year!

It was triple the odds

By Jen Biernacki, Recreation Therapy Assistant



Eva Downs (left) was the big winner of the day.

The Molly Marine Chapter LA-1, Women's Marines Association joined the Valor Hall Residents on 1/9/2016 for an exciting game of Bingo. The Molly Marines tripled the odds of winning for the Valor Hall Residents by being paired in teams of three.

Shouts of "Bingo" and laughter were heard down the Halls as excitement filled the air. "I've never won so much money," said Ms. Eva Downs: the big winner of the day. A special Thank You is sent to all for a fun day.



Thank you to the Molly Marine Chapter LA-1.

GULFPORT

AFRH-G holiday party and dance

By Dennis Crabtree, Recreation Specialist

This is another year of dancing and partying expected all night long leaving plenty of tracked sand foots on the floor for Residents, Staff and Guest to enjoy. The first impression on entering the room was how beautifully the community center was decorated from the snowfall from the ceiling to each one of the tables. The hors d'oeuvres were well received by all who came. Thanks to Dining Service for such a fantastic job.

Tropical dance levels remained relatively high on the dance floor with a brief break by Santa as another dance system arrived later in the night. A Well Done to All and To All a Good Night.



Robert Royce & Nola get out on the dance floor.

A personal touch for the holiday season

By Jen Biernacki, Recreation Therapy Assistant

TSgt Amanda Gallegos gathered donations through KAFB and Girl Scout Troop 3482 for at least 55 gift baskets for the Healthcare Residents. The gift baskets had a special touch to personalize for each Resident on Valor Hall, Loyalty Hall and Allegiance Hall that included books, socks, candy, ornaments, cards, calendars and toiletries. TSgt Gallegos along with several volunteers for KAFB and a member of the Girl Scout Troop 3482 spent a little special time with each Resident to present the gift basket, visit and reminisce. Thank you to all that have brightened the holiday season.



Mr. Walt Hutchins receiving his gift basket.



Holiday door decorating contest

By Jennifer L. Briley, AFRH-G Volunteer Coordinator

On December 21st 2015, three of our community volunteers judged the Resident Doors that entered the Holiday Door Decorating Contest. The competition was fierce as tons of holiday cards, knick-knacks, wrapping paper, garland, and twinkly lights adorned the entry ways to 20 Resident Doors. In a very close race, the winners were finally chosen and the awards were announced at the Ice Cream social on December 28th in the Community Center.

The winner of Tower A, Bill Sanders.

The winners were:

- | | |
|-----------|----------------------|
| Tower A | |
| 1st Place | Bill Sanders, A325 |
| 2nd Place | Sally Blythe, A818 |
| 3rd Place | Mike Longwell, A407 |
| Tower B | |
| 1st Place | Edward Farrell, B307 |
| 2nd Place | Bobby Harris, B203 |
| 3rd Place | Johnnie Allen, B725 |
| Tower C | |
| 1st Place | Marion Wolke, C528 |
| 2nd Place | Eva Downs, C426 |
| 3rd Place | P.J. Johnson, C722 |



The winner of Tower B, Edward Farrell.



The winner of Tower C, Marion Wolke.

Jingle Bell sing-along

By Jennifer L. Briley, AFRH-G Volunteer Coordinator

There was a new holiday event this year; the Jingle Bell Sing-Along. On December 22nd AFRH-G invited the "Family" to gather around the fireplace (yes we had a fireplace), and sing their favorite songs from holidays past, plus a few new songs. The tables were dressed in red with poinsettias and light; as the family showed up Mrs. Stephanie Fetcho and her Daughter Ashtin (Biloxi High School Air Force JROTC), handed out caroling books and the Dixie Line Dancers were ready to dance the day away to all the great music. Santa sent his little helpers from the Jack and Jill Clubs of America to sing with our Residents and hand out gifts. A merry time was had by all who attended.



The Dixie Line Dancers getting jiggy with it!



David Sampson has a good laugh.

WASHINGTON

Winter poetry event

By Christine Baldwin, Librarian

On a chilly day in January, a group of AFRH-W residents enjoyed a wide range of poetry and recitations by fellow residents. The afternoon started with a 2 thoughtful poems written by Resident William Sornice titled "Unlucky Tree" and "The Wind". This was followed by two favorites that Keith M. Van Doren read "The Duel" and Rudyard Kipling's poem, "If". Next, Rick Walk gave an interesting historical background of and then read "The Snow Storm" by Ralph Waldo Emerson. Norma Rambow selection was about a dog that "Mama Wouldn't Let Her Keep". Then, Bill Opferman told about "Recessional" by Kipling and then gave a stirring rendition of the poem. Jim Kidd added three humorous poems that he had written, which made everyone laugh. Paul Grimes finished the program with a powerful Robert W. Service poem "The Passing of the Year". Cookies and punch followed, as residents shared their thoughts and ideas about the session.

Who wants a Root Beer Float?

By Amanda Jensema, CTRS

On a cold winter day in Washington, DC you would be surprised how many Residents were lining up for their Root Beer Floats! Every month on the 3rd Saturday, Recreation Therapy hosts an Ice Cream Social. For January we had Root Beer Floats, which are always a hit! Residents began to form a line as early as 20 minutes before we opened. They stated they wanted to be first so they wouldn't have to wait in line. Smart thinking! This event is always well attended by residents and is one they look forward to, even when the weather outside is FREEZING! We look forward to serving Ice Cream Sundaes in February!!!



A day at the races

By Amanda Jensema, CTRS

Photos by Rebecca Newton, AFRH-W Public Affairs

And they're off!!!! Recreation Therapy hosted a joint program with Recreation Services to put on a Horse Race for the residents in Washington, DC. Our four horses racing were legends Man O' War, Sea Biscuit, Seattle Slew, and our current 2015 Triple Crown Winner American Pharoah. They were all present for races held in the Community Center on the brand new track, built by staff Amanda Jensema, Carol Mitchell, and Sarah Kenan. The races were held like a large board game. During the course of the hour we were able to hold 5 races. Residents were able to place "bets" on which horse they thought would win the race. Once all bets were in for each race we had two rollers roll the dice to get the race started. The Jockeys and Rollers were employees Robb Webb, Sarah Kenan, Carolyn Haug, Constance Maziel, Nicole Chappell, Kristin Williams, Sheila Abarr, Ron Kartz, Ulysess Hamilton, and residents Brian Dowd and Chuck Felder. All traded off between being jockeys and rollers. At the end of the day, the winners with the most "money" were:

- | | |
|------------|------------------|
| 3rd Place: | Alma Wilson |
| 2nd Place: | Catherine Deitch |
| 1st Place: | Coleman Mays |

We would like to say thank you to all Residents and employees who attended this event and made it a huge success!



Resident Brian Dowd and Recreation Staff at the races.



Ombudsman Robb Webb and Sheila Abarr roll the dice.



Residents William Frederick, Alma Wilson, Edith Ellington, and Catherine Deitch.

Army JROTC visits DC

By Christine Baldwin, Librarian

LTC (Ret.) Burnette's Army JROTC's Class project was to visit the Armed Forces Retirement Home. Two cadets visited during the Martin Luther King, Jr. Holiday weekend and had the opportunity to meet several of the Residents, including Ed Davis, one the last survivors of the Pearl Harbor attack. The objective of the visit was two-fold. One to gather information about the history of the Residents for posterity and a second objective was to gather data for the Registry of the American Soldier at the National Museum of the U. S. Army. The registry provides an opportunity for anyone who served in the U. S. Army to have his or her name and service history placed on record at the museum. The museum will be at Fort Belvoir, VA and hopes to open in 2018. The group plans to come back in August with their Drill Team.