



AFRH-WASHINGTON

AFRH-W's Eugene Downs, the oldest living heart transplant recipient turns 92

By Christine Baldwin | Librarian

Happy 92nd Birthday to Gene Downs, AFRH-W, who is the oldest living recipient of a heart transplant (25+ years with his new heart!) and a great guy. Gene celebrated on July 21 with a dinner party for his friends.

Eugene "Gene" Downs was born in Chicago, Illinois. He was one of seven children. All of his brothers served in World War II; Eddie with the U.S. Army, Ray with the U.S. Marines, Dick with the U.S. Navy and Bob at the tail end of the war with the German Occupation with the U.S. Army. Eugene is the only one who made a career of 22 years in military service and he chose the U.S. Navy.

He started with ten weeks basic training at Great Lakes, Ill., and followed up with OGU at Camp Pleasant, Calif. Eugene served aboard the USS Honolulu (CL-48) after the ship had been torpedoed and had lost 90 feet of her bow at Savo Island. After extensive repairs, it was off to support the war effort with various bombardment missions, including Bougainville, Guam, Saipan, Rota, Green and Georgia Islands and other islands. For recreation between missions, Eugene joined the Boxing team (he was in the flyweight class) and the team went undefeated for two years.

In 1944, just off Mindoro, Eugene's ship and several others, including three destroyers, were caught in a typhoon. Eugene remembers 70-80 feet waves. "I was too scared to be sick," he said. A day and a half later, the ocean calmed and the fleet picked up about 200 survivors from the waters. Eugene also remembers while in the Philippines, a Japanese torpedo plane hitting them. He could see both pilots as they came in. It seemed to take forever, but in only a moment the torpedo was exploding. In total 70 men were killed. Another reminiscence, on a positive note, is one of Eugene's favorite memories. It was the day before the signing of the Japanese surrender. The water was as clear as glass and from the crow's nest he could see ships from horizon to horizon. He even took some pictures of this sight. Some of Eugene's other duty stations included Norfolk, and Newport News, Virginia; Jacksonville, Florida (where he attended fire fighter instructor school); and Great Lakes, Ill. (where he taught fire fighting at basic training). He was also in at the tail end of Guadalcanal and Iwo Jima and all of the Battle of Okinawa. Eugene also served aboard the USS Dixie (AD-14) during the Inchon Invasion in the Korean War. His last tours were goodwill tours of the Philippines and Japan.

After retirement, Eugene became the assistant manager of the Officer's Club in Bremerton, Wash. and later at Moffett's Field, Calif. for seven years. He then bought a bar in Mountainview, CA and added catering to his skills. Eugene then spent the next six years managing a bar he owned in Reno, Nev. It was at this time that he started having heart attacks and was given two years to live. He went to Sacramento, Calif. because he heard they had a good heart program and ended up having a heart transplant from a fifteen-year old youth named Jimmy Van Dusen. Jimmy's father was a Baptist minister and Eugene is still close to the family and likes to say, "I am the only Irish Catholic with a Baptist heart, so they call me Gene the Baptist." Eugene is now the oldest living heart transplant recipient and firmly believes in people participating in the organ donation program. He came to AFRH-W in 2015 after a friend reminded him about the place and the costs were getting more and more expensive in California. Eugene is active volunteering, along with Chuck Felder and Frank Lawrence, with groups that come in and need an orientation of the Home.



Happy Birthday Gene!
Photo by Chris Kelly | Public Affairs Officer

AFRH-GULFPORT

AFRH-G resident Joe Z. turns 100!

By Jen Biernacki | Recreation Therapy Assistant

Photos by Jack Horsley and Laurie Langley

On Sunday July 15, 2018, another extraordinary event happened at AFRH-G. Senior Chief Aviation Machinist's Mate, Joseph Zelenak, USN (retired), and a resident of Valor Hall, turned 100!

A birthday party began on the evening of Saturday July 14, with family then carried on into the next day with another celebration with residents of AFRH, friends and family on Valor Hall. The Saturday night celebration was a family event with great grandchildren, grandchildren and children ranging in ages from one to one hundred. The family spent time together enjoying each other, talking, playing the piano and drinking. Yes, there was some drinking but only for those who were allowed as this bottle of liquor was special, well beyond special to exceptional, well even more unimaginable... really a wonderful story that will be cherished throughout the Zelenak history for sure as well ours - who were allowed to experience, hear or read such a story... but here it goes...

On August 16, 1956, Joe returned from Malta in the Mediterranean on the USS Forrestal carrying a premium bottle of brandy and a shot glass in his belongings. Joe dated the bottle and the shot glass and said, "I am going to drink this bottle on my 100th birthday." He returned home and many years passed and Joe still had that bottle of brandy. He eventually gave the brandy to his daughter, Carol, for safe-keeping as he moved and downsized his home and lifestyle. As the years moved by and more years passed by and even more years passed, Carol too needed to downsize her lifestyle. She passed the bottle down to her daughter, Laurie Langley, Joe's granddaughter. As the years continued the bottled remained unopened waiting for that special day, now in the care of granddaughter Laurie. As his 100th birthday soon became a reality, his family arranged for a party and reunion to take place at AFRH-G to celebrate his centennial. His family came in from as far away as California. As the family was sharing their time together, celebrating his birthday, out came that bottle of brandy from Laurie's safe-keeping. Yes from 1956. And...yes all were very excited to see that bottle and all that could...took a shot from that 62 year old premium bottle of brandy...aged to perfection, just like Joe. A drink so smooth words do not describe how good it was. The best drink anyone in that room will ever have the privilege to taste. A toast to Joe was made and the cork replaced with some of that very special brandy still left in that 62-year-old of bottle of Brandy.

"I guess it is really something to turn 100," Joe stated. His celebration continued with yet another party with fellow residents, friends and family. With the help of one of his great grandchildren, Joe cut his cake. Singing, horns and chatter filled the room as butter pecan ice cream and cake was served to all to enjoy such a memorable day.



Joe Zelenak in the Hall of Honor at AFRH-G.
Photo by Becki L. Zschiedrich, Public Affairs



Joe cuts the cake with his great grandchildren on his 100th Birthday.
Photo by Jack Horsley, Resident Photographer



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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

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**AFRH-Gulfport and AFRH-Washington
currently have no waiting time for residency.**

A CARF-CCAC Five-Year Term of Accreditation was
awarded to the Armed Forces Retirement Home.
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AFRH-G Resident Highlight – Raymond “Ray” Ross

By Lori Kerns | Librarian



Raymond “Ray” Ross was born in Philadelphia, PA., in 1940. He lived there until the age of seven when his family moved to New Kensington, PA. His father abandoned his family soon after, leaving Ray’s mother to raise Ray and his two sisters. Being raised by females would prove to be influential later in his life by giving him the ability to relate to a female’s emotions with more ease.

As a child, Ray was a poor student. The school officers eventually told his mother that they would no longer pick him up to go to school. They were frustrated because no sooner would they drop him off at the front door, he would find his way to the back door and leave. At age 17, he was still in the 9th grade. His sister, who was three years younger, was sitting behind him in class on the day he decided to enlist in the military. Ignoring the fear of flying he still possesses to this day, he joined the Air Force. He had always wanted to work on airplanes because they had fascinated him. Despite a lack of education, he ended up serving 20 years, primarily as an

instrument auto pilot and avionics repairman. For about four years, he served with Air Force recruiting working in public relations and advertised for half the state of Pennsylvania. The last three years of his career, he was stationed in Las Vegas where he had risen to the rank of first sergeant. He retired in the area where he worked on one of his greatest accomplishments, beginning the first Toastmasters Club in Las Vegas for which he served as president for two years.

During his Air Force career, Ray was fortunate enough to find his soulmate, Audrey. The couple had the perfect marriage along with six children, four girls and two boys. Their eldest son, Ray, served in the Army but sadly succumbed to wounds received when he served as part of the U.N. Mission in Kosovo. Ben, his other son, just recently retired from a 20-year Air Force career. His daughters, Melissa, Rhonda, Angela, and Audrey have also made their father proud with their own successful careers.

After retiring in Las Vegas, Ray had taken his family and settled in Hampton, Virginia. Before his retirement, Ray had owned several businesses which included an engraving service and car detailing. He also dabbled in the solar and energy business and was eventually hired through the University of Virginia to teach home energy workshops to the public. This also brought him to open an energy audit business. Once his wife told him that she felt their family needed a more steady income, he found a civil service position working for the Army as an avionics specialist. He worked at Fort Eustis, Virginia with Cobra helicopters, then on a top secret computer at Fort Monroe, Virginia. He switched jobs to work with the Navy Depot in Norfolk, Virginia as a shop supervisor.

The Navy learned that he had electronic experience along with a top secret clearance so they offered him the opportunity to become qualified to work with their nuclear program. Upon his qualification, he began working on electronic equipment in a nuclear reactor room. An opportunity arose to move to NAVAIR (Naval Air Systems Command) headquarters in Maryland to become the calibration supervisor for the entire command. He spent his last years as a civilian working with NAVAIR building the largest intranet site the Navy had at that time. In 1999, Ray combined his military and civilian services into one retirement. That young man who hated school eventually earned two college degrees and had two successful careers, all while supporting and raising his large family. Ray came to the conclusion that earlier in life other people can control who you are. However, as you grow older you make the decisions of who and what you are.

After retirement, Ray decided to help one of his daughters who owned an internet business in Destin, Florida. He videoed the first virtual reality tour that was ever posted on the internet. Unfortunately her business slowed so she had to lay him off. In 2006, Audrey, Ray’s soulmate and wife, passed away. Two years later, he made the decision to move to AFRH-W in DC. When the home in Gulfport reopened, he relocated and has been a resident since. He loves AFRH-G’s residents and staff. Always a free spirit, he struggles with some of the restrictions on his life but knowing that “love is a sacrifice” he gladly accepts them for his children. He enjoys his time at the home, by volunteering and sharing his humorous personality with residents and staff. Ray has decided that his next journey will have him throw his hat in the ring to become RAC Chairman for AFRH-G. In his words, his “future is yet to be written” but this will probably be his last hurrah if he wins. After that, God willing, he’ll jump into his fire engine red Mustang convertible, put the top down, and drive off into the sunset for his next adventure.



Photos by Becki L. Zschiedrich, Public Affairs

AFRH-W Resident Highlight – Catharine Deitch

By Christine Baldwin | Librarian



Photo by Barbara Bradley, Public Affairs

Catharine Deitch was born in Pennsylvania in 1919 and vividly remembers the day in 1929 when the banks closed and the Depression started. Her family had cultivated 28 acres of corn, wheat, raspberries, strawberries, asparagus, etc. and they had apple, cherry and black walnut trees. So they never went hungry! Commercial feeds such as Purina Chicken Feed made their bags out of material, which was a yard square piece of printed flower designs. It was folded in the middle and sewed on a loop stitch machine, in which if you pulled the first stitch, it automatically unraveled and you had 1 square yard of pretty material from which her grandmother made underwear, blouses and dresses.

Catharine was married on December 3, 1941. They were on their honeymoon in an Oceanside cabin in Daytona Beach, Florida when the news of the Japanese attack on Pearl Harbor was broadcast on the radio. Catherine’s husband picked up a broom, put it over his shoulder, started marching around and said to me “America is going to war.” They returned to Pennsylvania, rented an apartment in Harrisburg, Pennsylvania and started to get their affairs in order. Since Catharine’s husband was about to be drafted, she decided to enlist. Her active duty date began at the end of December 1942 and she traveled on a troop train

to Daytona Beach, Florida, arriving just as the whistles were blowing to welcome the New Year, 1943. Since her husband’s date to report for duty was later in January, he was able to stand on the train platform and wave “goodbye” to his wife. He joked about that for many years.

Catharine served first in the WAAC until August 1943, then served in the WAC to the end of November 1945. After basic training at Daytona Beach, she was assigned to Boston, Mass., where she worked in the orderly room. From Boston, she was sent to Bradley Field, Conn. and later Fort Oglethorpe, Georgia and from there on a troop train to Riverside, Calif. to prepare for overseas assignment. One of the women who sailed with her was Miriam Rivkin, who also lives at AFRH-W. They had not seen or heard from each other until Catharine arrived at AFRH in 2007 – almost 63 later. Great reunion!

After zigzagging across the Pacific Ocean to avoid being sunk by enemy submarines, Catharine arrived at Bombay, India in October 1944. They then flew to Calcutta, India on C-47s and sat in bucket seats. They were driven up a branch of the Ganges River and lived in a huge jute mill, which the Army had converted for their headquarters.

The women were clerical workers, telephone operators, trainer specialists, cooks, medical staff, etc. They were offered the opportunity to see India and Catharine visited the Taj Mahal, saw Mt. Everest, and Darjeeling in West Bengal. She returned to the states in November 1945 and was discharged.

It was Thanksgiving Day and Fort Dix, New Jersey served them a feast! Her Army service afforded Catharine the opportunity to sail all the way around the way around the world and she has always been thankful for this opportunity!

Catharine and her husband reunited at Gettysburg, Pennsylvania, where they raised a family and became a part of that historical place. Her husband loved taking people on the battlefield and giving them tours. Some of the people that Catharine was able to meet there were Dwight D. Eisenhower, John F. Kennedy, (with Jackie and Caroline) and David Brinkley. Catharine came to AFRH in 2007.

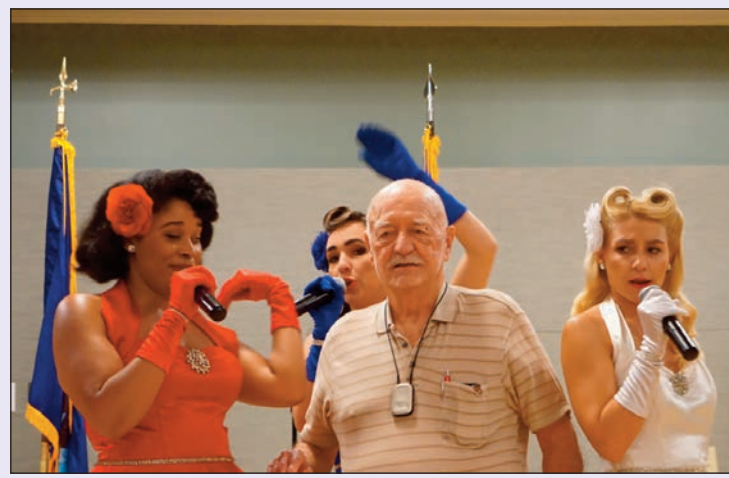
The Victory Belles steal the hearts of residents at AFRH-G

By Sean Campbell | Recreation Specialist & Susan Bergman, MT-BC | Recreation Services
Photos by Jack Horsley | Resident Photographer

The New Orleans WWII Museum's signature singing sensations, the "Victory Belles" once again visited the Armed Forces Retirement Home in Gulfport on July 5th and left residents with big smiles on their faces. The Belles interacted with residents and some lucky gentlemen even donned an imprint of a lipstick kiss from the performance.

The Victory Belles stopped by the Gulfport campus to perform while on their way back to New Orleans from a July 4th show in Florida. The Victory Belles always pack a full house in the community center. They sang nostalgic pieces from days gone by and many of the big band era favorites. They also did a salute to the Armed Forces. After visits and photographs with independent living residents, the Victory Belles visited residents on the upper levels of care, where they sang in the dining areas and room-to-room for each individual, expressed their appreciation for their military service, and uplifted the mood of many, many residents who were unable to attend the performance in the community center. Many thanks to the WWII Museum and the Victory Belles for bringing us all so much joy with your remarkable performance and for making this event happen each year.

Thank you also to resident Charlie Jenkins, who assisted in escorting the Victory Belles through healthcare and to Fiddler's Green, and resident Jack Horsley for the wonderful photographs.



Vettes for Vets at AFRH-G

Photographs by Ray Ross & Tony Langdon | Resident Photographers

On the 4th of July residents witnessed many beautiful, new and old, Corvettes in front of the building. For the last two years the Gulf Coast Corvette Club has stopped by AFRH-G on the 4th of July and stayed to have lunch with the residents. We look forward to seeing these stunning vehicles every year.



RT Independence Day celebration at AFRH-W

By Carol Mitchell | Recreation Therapy
Photos by Marine Robbins | Recreation Therapy Assistant

What better way to have a party, when your birthday is on the 4th of July, like residents Charles Venne and Sandy Intorre then spending it with 95+ family, friends, volunteers, employees, and fellow residents outside on the Scott 3 Terrace celebrating our country's Independence Day! The Scott 3 Terrace has one of the best views in DC for the national firework display. Residents from all levels of care were treated to hot dogs & shrimp skewers on the grill, soda pop, water, beer, watermelon, and tasty cupcakes. A lively music playlist was created for the night by Recreation Therapy Assistant Marine Robbins. Door prizes from recreation therapy were also provided for Independence Day trivia. It was a fun-filled night for all capped off by an awe-inspiring fireworks show! Looking forward to next year!



Independence Day cookout at AFRH-W

By Linda Bailey | Recreation Therapy & Constance Maziel | Lead Recreation Specialist
Photos by Jack Beck | Resident Photographer

It was all Stars and Stripes as residents, guests and volunteers convened at the AFRH-W Independence Day Cookout on Friday July 2nd. Bright sunshine and extreme temperatures brought the cookout indoors. However, the fun did not stop as everyone came out to celebrate the upcoming 4th of July weekend! On the menu for the event was barbecued shrimp, hamburgers, half smoke sausage links, spicy cheese half smoke sausage links, baked beans, corn on the cob, potato salad, and everyone's favorite desserts- watermelon and brownies. Of course a cookout would not be complete without ice cold beer, which the residents enjoyed at the beer station, hosted by our very own RAC Chairman Sheldon Shorthouse! The highlight of the event was the performance by the Three of Clubs band. The live band performed a mix of old-school funk, American classics and so much more! The eclectic flavor of the Three of Clubs brought some residents to their feet, as they sang and danced to the music. As the afternoon came to an end, everyone thanked the band for their stellar performance and stated that they looked forward to next year's Independence Day cookout! Special thanks to the volunteers and the Three of Clubs band, for making the Independence Day cookout a success!



From the AFRH-W Administrator



July has been a busy month! As I continue to get settled into my new role at the Home, I've had wonderful help and guidance from residents and staff. The most important thing I've learned is that our residents are the best marketers of AFRH. I am planning to get together a marketing group and now I am convinced I need to look no farther than the residents.

The month began with a bang with our traditional Independence Day celebrations on the compound hosted by Friends of the Soldiers Home (FOSH). The evening concluded with a bird's eye view of the spectacular DC fireworks. It was a wonderful day for all. There have also been many great trips for our residents this month. Probably the most moving was one organized by the chapel to Lancaster, Pennsylvania to see the Sight and Sound show "Jesus." The group ate a delicious Pennsylvania Dutch family style meal on the way to the theater. Those who attended are still talking

about how inspired they were by the show. We've also had several resident birthday parties this month, hosted by the residents and their families. And lastly, we had a touching renewing of marital vows for a special resident and his bride with several of their children in attendance. I don't believe there was a dry eye in the room.

This month like so often, we had many visitors. We started out with a visit from Command Sergeant Major Troxell, the Senior Enlisted Advisor to the Chairman of the Joint Chiefs of Staff (SEAC), the most senior enlisted member of the US Armed Forces. He had an informational update briefing from our CEO and lunch with residents. It was a great visit! Other leaders who visited us were from Army Emergency Relief and the Acting Director of the Washington VA. Both visits were helpful for us to forge relationships going forward to benefit our residents.

One of the more fun visits was from Symphony Financial, who had staff members from all over the world here for their corporate charity event. They held various activities around the Home and distributed lots of gifts to residents.

We had two very inspiring visits this month. The First Baptist Church of Atlanta visited and shared their gifted voices as they sang patriotic and spiritual songs. There were about 75 in the choir, so you could hear them throughout the Scott building. Someone mentioned they thought they heard angels! With them came Lt Clebe McClary, a Marine who was gravely wounded in Vietnam. He shared his inspiring life's story. And finally, a delegation of officers from

the Korean Embassy came to show their respect and give thanks to our residents who served to keep their country safe from aggressors. They aired videos to demonstrate how far their country has come due to the efforts of their friends in the American military. They are truly appreciative of our country.

Our final visitor of the month was Ms. Lisa Hershman, the newly-appointed DoD Deputy Chief Management Officer (DCMO), who is working with our leadership to keep our Homes thriving and sustainable into the future. She was given a briefing by the CEO and tour of the compound to show her the rich heritage we have here at AFRH-W.

Not to forget our staff, we held our quarterly employee breakfast to honor their service to the Home and announce the Employee of the Quarter, Marvin Talley, who sets the example for all while working in Security. I was honored to present two 40-year service pins and two 30-year service pins to employees. What a statement of service! As summer moves on, I look forward to many more days spending time with and serving our distinguished veterans living here at AFRH-W.

Susan Bryhan



Congratulations to Washington's Employee of the Third Quarter, Marvin Talley.

Photo by Barbara Bradley, Public Affairs



Notes from the AFRH-W Resident Advisory Committee Chairman



This month at AFRH-W we celebrated our Nation's 242nd birthday with over 3,000 of our neighbors sponsored by the Friends of the Old Soldiers Home (FOSH). The 4th of July celebration was held down on the AFRH-W golf course driving range. The day started off with our own Waymon Lucas Jr. (aka Kool Guitar Hand Luke) strumming his guitar and playing great tunes for the crowd.

Next, was our own DJ Billy White (aka the Music Man) who had the crowd up and on their feet dancing most of the day, until the arrival of the Hortonville, Wisconsin High School Marching Band who performed a medley on patriotic songs to include Stars and Stripes Forever!

Then, it was time for the big fireworks show downtown on the National Mall which could be seen from the driving range! Happy Fourth of July to our Veterans!

This Month in History

-August 1, 1944 - Anne Frank penned her last entry into her diary. "[I] keep on trying to find a way of becoming what I would like to be, and what I could be, if...there weren't any other people living in the world." Three days later, Anne and her family were arrested and sent to Nazi concentration camps. Anne died at Bergen-Belsen concentration camp on March 15, 1945, at age 15.

-Birthday - August 1, 1779 - Star-Spangled Banner author Francis Scott Key (1779-1843) was born in Frederick County, Maryland. After witnessing the British bombardment of Fort McHenry on the night of September 13-14, 1814, he was enthralled to see the American flag still flying over the fort at daybreak. He then wrote the poem originally entitled Defense of Fort McHenry which became the U.S. National Anthem in 1931.

-August 2, 1990 - The Iraqi army invaded Kuwait amid claims that Kuwait threatened Iraq's economic existence by overproducing oil and driving prices down on the world market. An Iraqi military government was then installed in Kuwait which was annexed by Iraq on the claim that Kuwait was historically part of Iraq. This resulted in Desert Shield, the massive Allied military buildup, and later the 100-hour war against Iraq, Desert Storm.

-August 5, 1861 - President Abraham Lincoln signed into law the first Federal income tax, a 3 percent tax on incomes over \$800, as an emergency wartime measure during the Civil War. However, the tax was never actually put into effect.

-August 6, 1945 - The first Atomic Bomb was dropped over the center of Hiroshima at 8:15 a.m., by the American B-29 bomber Enola Gay. The bomb detonated about 1,800 ft. above ground, killing over 105,000 persons and destroying the city. Another estimated 100,000 persons later died as a result of radiation effects.

-August 6, 1965 - The Voting Rights Act of 1965 was signed into law by President Lyndon B. Johnson. The Act suspended literacy, knowledge and character tests designed to keep African Americans from voting in the South. It also authorized the appointment of Federal voting examiners and barred discriminatory poll taxes. The Act was renewed by Congress in 1975, 1984 and 1991.

-August 7, 1964 - Following an attack on two U.S. destroyers in the Gulf of Tonkin off North Vietnam, the U.S. Congress approved the Gulf of Tonkin Resolution, granting President Lyndon B. Johnson authority "to take all necessary measures to repel any armed attack against the forces of the United States and to prevent further aggression."

-August 7, 1990 - Just five days after the Iraqi invasion of Kuwait, President George Bush ordered Desert Shield, a massive military buildup to prevent further Iraqi advances.

-August 9, 1945 - The second Atomic bombing of Japan occurred as an American B-29 bomber headed for the city of Kokura, but because of poor visibility then chose a secondary target, Nagasaki. About noon, the bomb detonated killing an estimated 70,000 persons and destroying about half the city.

-August 9, 1974 - Effective at noon, Richard M. Nixon resigned the presidency as a result of the Watergate scandal. Nixon had appeared on television the night before and announced his decision to the American people. Facing possible impeachment by Congress, he became the only U.S. President ever to resign.

-August 13, 1961 - The Berlin Wall came into existence after the East German government closed the border between east and west sectors of Berlin with barbed wire to discourage emigration to the West. The barbed wire was replaced by a 12 foot-high concrete wall eventually extending 103 miles (166 km) around the perimeter of West Berlin. The wall included electrified fences, fortifications, and guard posts. It became a notorious symbol of the Cold War. Presidents Kennedy and Reagan made notable appearances at the wall accompanied by speeches denouncing Communism. The wall was finally opened by an East German governmental decree in November 1989 and torn down by the end of 1990.

-August 14, 1945 - Following the two Atomic Bomb drops and believing that continuation of the war would only result in further loss of Japanese lives, delegates of Emperor Hirohito accepted Allied surrender terms originally issued at Potsdam on July 26, 1945, with the exception that the Japanese Emperor's sovereignty would be maintained. Japanese Emperor Hirohito, who had never spoken on radio, then recorded an announcement admitting Japan's surrender, without actually using the word. The announcement was broadcast via radio to the Japanese people at noon the next day. The formal surrender ceremony occurred later, on September 2, 1945, on board the USS Missouri in Tokyo Bay.

-August 16, 1777 - During the American Revolutionary War, the Battle of Bennington, Vermont, occurred as militiamen from Vermont, aided by Massachusetts troops, wiped out a detachment of 800 German-Hessians sent by British General Burgoyne to seize horses.

-August 16, 1780 - The Battle of Camden in South Carolina occurred during the American Revolutionary War. The battle was a big defeat for the Americans as forces under General Gates were defeated by troops of British General Charles Cornwallis, resulting in 900 Americans killed and 1,000 captured.

-August 17, 1943 - During World War II in Europe, the Allies completed the conquest of the island of Sicily after just 38 days. This gave the Allies control of the Mediterranean and also led to the downfall of Benito Mussolini and Italy's eventual withdrawal from the war. However, the Germans managed to evacuate 39,569 troops, 47 tanks, 94 heavy guns, over 9,000 vehicles and 2,000 tons of ammunition back to the Italian mainland from Sicily.

-Birthday - August 17, 1786 - American frontiersman Davy Crockett (1786-1836) was born in Hawkins County, Tennessee. He was a farmer, scout and politician who perished at age 49 during the final heroic defense of the Alamo in San Antonio, Texas on March 6, 1836.

-August 18, 1920 - The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

-August 21, 1959 - President Dwight D. Eisenhower signed a proclamation admitting Hawaii to the Union as the 50th state.

-August 24-25, 1814 - During the War of 1812, Washington, D.C., was invaded by British forces that burned the Capitol, the White House and most other public buildings along with a number of private homes. The burning was in retaliation for the earlier American burning of York (Toronto).

-August 29, 1991 - Following the unsuccessful coup of August 19-21, the Soviet Communist Party was suspended, thus ending the institution that ruled Soviet Russia for nearly 75 years.

-August 31, 1786 - Shays' Rebellion began in Massachusetts as ex-Revolutionary War Captain Daniel Shays led an armed mob. The rebellion prevented the Northampton Court from holding a session in which debtors, mostly poor ex-soldier farmers, were to be tried and likely put in prison. Following this, in September, Shays' troops prevented Supreme Court sessions at Springfield, Massachusetts. Early in 1787, they attacked the Federal arsenal at Springfield, but were soon routed and fled. Shays was sentenced to death but was pardoned in 1788.

-August 31, 1997 - Britain's Princess Diana died at age 36 from massive internal injuries suffered in a high-speed car crash, reportedly after being pursued by photographers. The crash occurred shortly after midnight in Paris inside a tunnel along the Seine River at the Pont de l'Alma bridge, less than a half mile north of the Eiffel Tower. Also killed in the crash were Diana's companion, Dodi Fayed, 42, and chauffeur Henri Paul. A fourth person in the car, bodyguard Trevor Rees-Jones, was seriously injured.

Sheldon Shorthouse



Residents enjoyed the fine food and refreshments from the food trucks on Independence Day.



The Hortonville, Wisconsin high school marching band performed for residents on the 4th of July.

From the AFRH-G Administrator



I hope everyone had a Happy 4th of July. It's hard to believe that we are more than halfway through the year already. Even though the heat index has been over 100 degrees we still had exciting activities this month. On July 4th the Gulf Coast Corvette Club came out and celebrated and had lunch with our residents. The Vettes for Vets come out every year and the front lawn of AFRH-G looked more like a car show full of Corvettes, new and old. On July 21st the Navy Blue Angels put on a fantastic air show in Biloxi on the beach and residents were treated to the VIP section, where shade and cold drinks were provided.

I would like to thank each and every resident who filled out the satisfaction survey. We received 246 responses, which is 62% of available residents and I am very pleased with that. This survey was important for us to find out if we are doing a good job and meeting all of your needs. Our goal at AFRH is Person-Centered Care (PCC) and you, the residents, are why we are here. PCC is defined as the careful manner in which residents' needs are considered while developing proactive plans of care and delivering meaningful services. We are here to serve you as you have served us. Thank you again for taking the time out to help us help you!

As you may know the Resident Advisory Committee (RAC) elections will be very soon. I encourage any resident who is thinking about running to do so. Being a part of the RAC not only serves other residents but the RAC chairman is YOUR voice, so I hope everyone comes out to vote. Here are some important dates to remember:

- August 1 – RAC nominations begin. Residents who are interested can submit their name for nomination to our Ombudsman Paul Wise.
- August 31 – RAC nominations end
- September 6 at 1330 RAC Forum in the Community Center
- September 10 at 1200 – absentee ballots due to Master Chief Wise.
- September 11 – Election Day. You can vote for your RAC Chairman starting right after breakfast in the Community Center at 0800 and voting will continue until 1500.
- September 12 – I will announce the winner of the RAC Chair position in a Town Hall meeting in the Community Center at 1000. Please remember, this is your voice so get out and vote.

I would like to congratulate our Employee of the Third Quarter Tamico Perry. Tamico goes beyond her job by reaching out to doctors to coordinate appointments so that residents receive the care they need. She most recently worked with a resident's oncologist to ensure he received the care he needed. Per the resident, "Ms. Perry should be commended for the outstanding job she does. She schedules appointments on and off campus for residents in Assisted Living, Long-Term Care, and Memory Support. She also coordinates transportation and keeps our records updated. Her dedication is commendable and reflects great credit upon herself and the Armed Forces Retirement Home.

I would also like to congratulate Natalia Hornbuckle for receiving Honorable Mention for the Third Quarter. Natalia was assigned to Loyalty Hall as the staff nurse. While working she performed a "great catch" by identifying a pharmacy prescription error. Ms. Hornbuckle's knowledge helped to identify this error and alert staff to get the correct medication filled for the resident. Her actions demonstrate her understanding of resident safety, and further support our agency's mission.

As always, it is a pleasure serving as your Administrator. God bless you and God bless America.

Jeff Eads



Thank you to the Gulf Coast Corvette Club for spending the 4th of July with our veterans. Photo by Jack Horsley, Resident Photographer



Congratulations to Gulfport's Employee of the Third Quarter, Tamico Perry.



Residents enjoyed the air show featuring the Blue Angels on July 21. Photo by Becki L. Zschiedrich, Public Affairs

Freedom Ball 2018

By Becki L. Zschiedrich | Public Affairs

Photos courtesy of Crusaders for Veterans, Inc.

Thank you to Kevin Cuttill with the Crusaders for Veterans, Inc. for the ten tickets for residents to attend the Freedom Ball 2018 at the Golden Nugget Casino on July 14. The AFRH-G residents enjoyed cocktails and social hour followed by dinner, ceremony and dancing to live music. To learn more about this non-profit organization and how they help veterans, please visit their web site at <http://www.crusadersforveterans.com/>.

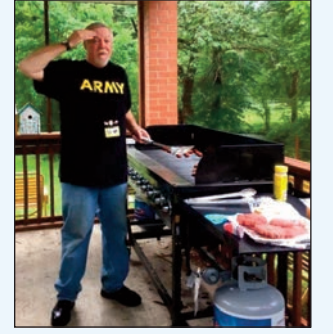
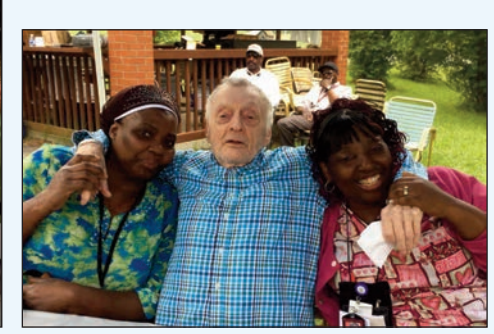


AFRH-Washington

Oh my Cod, it's fishing season!

By Marine Robbins | Recreation Therapy Assistant
Photos by Carol Mitchell | Recreation Therapy

With June came the first of many fishing trips at AFRH-W with little distance to travel! The residents at this campus have the benefit of fishing ponds located in a peaceful area of the property. On June 6th, we held a cookout at the grills right next to the ponds with the RAC Chairman, Sheldon Shorthouse, serving as grill master to provide everyone with burgers and hotdogs. With the big turnout, all the rods were put to use in the hopes of an evening fish fry! (Just kidding, all fish in the pond are designated as catch and release) YMCA volunteer, Walter, led us in a short exercise class while Carol Mitchell, one of our recreation therapists, kept us up to date on the most recent local and international news. The big winners of the day were resident Santo Dibella and our new recreation therapy supervisor, Annemarie Wilson, who caught the only two catches of the day! Overall, a fun day on the grounds of AFRH-W.



Celebrating good times with Long Term Care residents

By Ritza Reese, RN MS | Clinical Nurse Supervisor
Photos by Olayinka Tell | LPN

The West House on Long Term Care, Washington, D.C. came to life on June 20, 2018. Ritza Reese, the Clinical Nurse Supervisor began quarterly celebrations to improve morale and promote teamwork and positive relationships, by recognizing staff birthdays in March 2018. This celebration also included new employee recognitions and staff accomplishments, and included the residents, who are an important part of the team.

Staff helped to celebrate four birthdays from April and June, three onboarding new staff members, and one Certified Nursing Assistant obtaining her bachelor's degree. The residents also joined the celebration by showcasing their special talents through song and dance. We even had a special musical performance on keyboards from Mr. Anderson, while another 89 year old resident danced along.

Showing unit pride while wearing matching T-shirts, staff and residents enjoyed amazing culturally diverse foods. Different flavors were represented from American hotdogs and hamburgers to African jollof rice, Jamaican jerk chicken, curry chicken, and Asian pasta. Music and laughter could be heard throughout the facility, drawing others to join the celebrations. Soon everyone from housekeeping, safety, security, and staff from other sections were welcomed to the party to become part of the family. We cannot wait until the next quarterly celebration to show what amazing accomplishments Long Term Care will achieve in the future.



Don't be a summer bummer, get out and move!

Story & Photos by Marine Robbins | Recreation Therapy Assistant & Carol Mitchell | Recreation Therapist



July was a busy month.... especially the week of the 9th for the visiting student volunteer service group "Encounter." The students from St. Ignatius of Loyola School, based out of Maryland came and assisted with a variety of Recreation Therapy programs and entertainment. On their first day, Robert Mitchell, AFRH-W Volunteer Coordinator prepped the group with a tour and volunteer orientation. The students then kicked off their volunteer work week on the 11th with an ice cream social on the Memory Support Unit. During the program resident Waymon Lucas played live music on his electric guitar while singing songs from the past to the present. On the 12th the students visited and socialized with residents throughout the Home. On the 13th they assisted with a Memory Support & Long Term Care cooking group that included fried garlic buttered squash, vegetable salad, and a green bean casserole. The students assisted residents in chopping, mixing, and peeling cucumbers, tomatoes, green peppers, onions, and string beans. All the vegetables came from the Healthcare residents Scott 3 Terrace Gardens. The students then proceeded in assisting with the weekly RT Bingo



by escorting residents to, during, and from the event. Sadly, on Friday, July 14th, the "Encounter" students were on their last day... but it was a full day of fun-filled activities to make lasting memories for both residents and students at AFRH-W! Starting off the day which was beautiful, warm, and sunny, residents were guided by the students around the grounds to re-visit some of the old sites and monuments located on the historic campus. Following the leisurely stroll, several activity stations were set up to include painting and parachute fitness exercises. Proceeding all the activities and the departure of the awesome "Encounter" students, residents were ready for a delicious indoor picnic that included hamburgers, hotdogs, string bean casserole, watermelon, chips, water, and soda pop. Truly a wonderful week for residents, students, and staff!

RT Scott 3 terrace happy hour

By Carol Mitchell | Recreation Therapy
Photos by Marine Robbins | Recreation Therapy Asst.

The first RT Happy Hour of the season was held outside on the Scott 3 Terrace on June 26th. It was picture perfect night with wonderful weather, a beautiful scenic view of our



nation's capital, a free open bar provided by the awesome Capital Chapter Nam Knights and tended by our very own Resident Advisory Chairman – Sheldon Shorthouse and Sheridan Resident Paulette Knorr, delicious appetizers from the AFRH-W Food Services, volunteers from the community, music, good and bad jokes, and trivia. Residents from all levels of care enjoyed mixing, mingling, having a good time, and looking forward to the next RT Happy Hour.



Getting more out of your leisure time

By Linda Bailey CTRS | Recreation Specialist

LEISURE

We have a lot of things to do on the general recreation calendar here at the AFRH-W. But at times are groups are small, and we could certainly serve more people than are taking advantage of the opportunity to participate. People give many varied reasons they do not participate, but here are a few we hear often, and some reasons this should not be a barrier to enjoying your hard-earned leisure time.

- 1) "I never get invited to those things." If the event is on the recreation calendar, and you live at the home, you are invited. Just because you don't know the usual participants does not mean you are not welcome. Come down to where the event is happening, and we will introduce you to everyone.
- 2) "I enjoy shuffleboard/bocce/cornhole/basketball/horseshoes etc. but it was not on the calendar this week." You want to participate in an activity that requires equipment, but you and your friends want to do it when it is not on the schedule. Please come down to the recreation office, and sign out the needed equipment. Bring it back to us the next day. We want you to participate without us. This goes for board games too. Most of those are kept in the game room, but some are in the recreation office, and need to be checked out.
- 3) "I only play when there is a prize. Where's my prize?" Your prize for participating is increased mobility, positive use of leisure time, social engagement, a better mood, and so many other reasons to get involved. Spending time with others is one of the things that keeps dementia at bay, so that alone can increase your quality of life.
- 4) "I can't do those things, because I can't see or hear well enough." The employees of the recreation staff are experienced in adapting activities to overcome issues with hearing and poor eyesight. If we know you have issues with these things, we can adapt many of the recreation activities to include you. Some adaptations are as simple as seating you near a leader in a group so you can hear, or showing you how to do something instead of giving verbal directions. Some others are as involved as projecting onto screens so large images can be seen. But we can do both if we know you need changes to get involved.
- 5) "I used to get out to do things, but I just can't get around as much as I did anymore." If you feel you can't get around independently to take part in outings, check out the calendar to see what you can do within the home or on the grounds of the home. You might be surprised at what you are missing right here. And many of the physical activities we offer can also be done from a seated position.
- 6) "I don't want to participate, but I hear about what you do." Would you like to come out to an activity, and just watch? That is perfectly fine. And that is a social activity in itself.

Let's go Nats!

By Carol Mitchell | Recreation Therapy
Photos by Marine Robbins | Recreation Therapy Assistant

Wow! The residents of AFRH-W have been given the exciting opportunity to attend some great ball games at Nationals Park. The tickets are provided by The Fenwick Foundation, a non-profit organization, who keep the veterans of AFRH-W in their thoughts and hearts. On June 21 our Resident Baseball Crew enjoyed watching the Nationals narrowly beat the Baltimore Orioles 4-2 and on July 7th a new group of residents attended the Nationals vs. the Miami Marlins game where the Nats crushed the Marlins 18-4! Resident baseball fans look forward to attending another game on August 9th where the Nats go up against the Atlanta Braves. The Nationals are currently in 3rd place in the NL East. GO NATS!



AFRH-Gulfport

Use it or lose it

Story & Photo by Carol Davis | Recreation Assistant

It's true that we lose muscle mass as we age, but if we use and strengthen those muscles, the loss is significantly less than if we are sedentary. It's never too late to join our exercise class! The class meets in Room 1211 next to the fitness center on Monday, Wednesday, and Friday at 0900. It consists of stretching, chair and stand-up exercises and balance exercises. Also, there is a water aerobics class available on those same days at 1000. Use the fitness center, swimming pool, or walk around the track. Get up and get moving. Use it or lose it!



Houston has no problems here

Story & Photo by Jen Biernacki | Recreation Therapy Assistant

The Royal Pets have a new addition to their family. Houston is an eleven-year-old Cavalier King Charles Spaniel that has the energy of a two-year-old. Houston is a foster dog of Brian Mason and TJ Mareno that began visiting the healthcare residents in June with his fellow three dog brothers and dog sister. He caught on quickly to the visits allowing each resident to pet and share moments with him. With nothing to hold in his tongue, as he has no teeth, his blissful personality is easy to fall in love with. Houston was born to visit...no problem here with our Houston... just smiles and joy.



Mr. Gene VanHouten enjoys a visit with Houston.

Sweet sounds of Beth

Story & Photo by Jen Biernacki | Recreation Therapy Assistant

On Wednesday July 12, 2018 the healthcare residents came together in the Piano Room to "Make Noise with Jen," but instead were delighted to hear the sweet sounds of the piano played by Beth Cox, a community volunteer. With borrowed glasses, Beth played hymns, show tunes, oldies but goodies and every song sheet that was placed in front of her...there wasn't a song she turned down to play. She even sent the group on "A Jet Plane" - a John Denver classic. The residents fully enjoyed the music as many sang along, tapped their feet and hands and smiled from ear-to-ear as they listened to her talent. A special thank-you is sent to Beth for "making noise" sound so beautiful.



Volunteers clean wheelchairs, rolators & PMD's

By Darren L. Jones | Contracting Officer's Representative (ENVTL/CUST/REC)

I would like to take this opportunity to thank the members of The Gulf Coast Center for Nonviolence for partnering with The Armed Forces Retirement Home-Gulfport in July of 2018. We appreciate your community service effort by providing cleaning services for the personal mobility devices, wheelchairs and rollators owned by our nation's veterans. I also would like to give many thanks to our recreation department, the upper levels of care staff, our custodial staff and anyone who played a role in making this another successful event for the residents of AFRH-G. We look forward to partnering with The Gulf Coast Center for Nonviolence and other community partners in the near future. This is a very positive way to interact with our nation's heroes. Thanks again and the effort is appreciated!



Cooking with Dennis

Story & Photo by Dennis Crabtree | Recreation Specialist

On July 10, 2018 Recreation had its seventh activity called Cooking with Dennis. The recipe for today was Classic Strawberry Shortcake. The main ingredient was strawberries. Instead of using sponge cake the shortcakes were made from biscuits with heavy cream whipped up for the whip cream. Gerry Gorsky, Jerry Anderson, Fredi Van Pelt, Doris Jones and Claire Dimler-Smith could not wait to dig into those Classic Strawberry Shortcakes. Stay tuned for next month's dish with Cooking with Dennis.

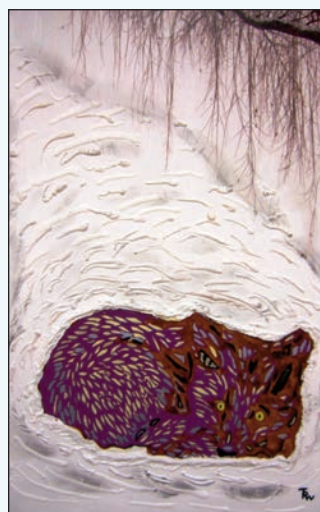


Ted Wesolowski and SOP's

Story & Photo by Milton Williams | Art Specialist

Ted's been quietly painting and developing his artistic talents throughout the years since he took up acrylic painting. His latest is the "Silver Fox in the Snow." He selectively painted the snow and the fox on a canvas that had a print of a tree branch with no leaves. We call these, Selective Over Painting (SOP). I would say he used his imagination perfectly to put the right touch of paint and subject with the tree branch.

Ted, keep them coming, this is a very neat art adventure.



Coast Chorale serenades residents

Story & Photo by Carol Davis | Recreation Asst.

Mississippi's award-winning Coast Chorale performed at AFRH-G. The group sang tunes from the past and several familiar patriotic songs. The Coast Chorale was formed in 1992 and is an all-volunteer group made up of singers from the Gulf Coast area. They have traveled to Italy and Austria and also performed at New York City's Carnegie Hall three times. Coast Chorale is under the direction of Allen Henson and is accompanied by Robin Young.



Eva Downs' landscape painting

Story & Photo by Milton Williams | Art Specialist

Eva Downs has finished her latest landscape painting, titled "The Four Seasons," one of her many master pieces. This one is filled with the colors we see throughout the year. She said that the painting needed a little jazzing up and I think she achieved it with, Yes... "FLYING COLORS." The next work will be a little bit smaller but with her delightful "pa-jazz" she puts into her art works. Thanks, Ms Eva, we look forward to seeing all your new works of art. Keep the painting adventure going, y'all.



Congratulations to Diane Snyder on her retirement. She worked for five years at AFRH-G as the Clinical Nurse Educator. We will miss you Diane!



Pictured from left to right Director of Nursing Beatrice Overby, Administrator Jeff Eads, Chief of Healthcare Services Debora Joiner and Clinical Nurse Educator Diane Snyder. Photo by Julia Goode, Wellness Center Manager