



AFRH-GULFPORT

Flag Day - Long May She Wave

By Melodie Menke | Volunteer Coordinator
 Photos by Becki L. Zschiedrich | Public Affairs

Flag Day is a most inspiring sight at AFRH-G. Our country's flag flying high in the breeze from the Gulfport Fire Dept. ladder truck. The colors shimmering in the reflecting pool. We listen to the Ragged Old Flag poem being recited and watch our nation's heroes stand proudly with our volunteers, the Navy Construction Battalion 133, the Running Roos. They honored Old Glory in its finest tradition – "United We Stand."



AFRH-WASHINGTON

National Memorial Day Parade

By Chris Kelly | Public Affairs Officer
 Photos by Jack Beck & Martin Cody | AFRH-W Residents

AFRH-W residents served as honored guests at the National Memorial Day Parade on Monday, May 28. With the theme "Spirit of '45," the parade was organized by the American Veterans Center and World War II Veterans Committee. It featured a moving timeline of American military history, and saluted all who have served and sacrificed in service to our country. AFRH-W residents featured in the parade were Martin Cody, Corrine Robinson, Norma Rambow, Jack Beck and Bernard Roberts.



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AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by the *AFRH Communicator* staff for journalistic style and length. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.

Serving Washington, D.C. and Gulfport, Mississippi

AFRH is not just a place to live but a place to live more. Our model retirement communities are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment. **Eligibility:** Military veterans from each service branch can live at AFRH. The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

- who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.
- who are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of a service-connected disability incurred in the line of duty in the Armed Forces.
- who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of injuries, disease, or disability.
- who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to:

AFRH, PAO/Marketing, #584

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

Visit us on the web at: <https://www.afrh.gov>



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



The Joint Commission
<http://www.jointcommission.org>

**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.
<http://www.carf.org>



AFRH-W Veteran Highlight – Donald Marsh

By Christine Baldwin | Librarian



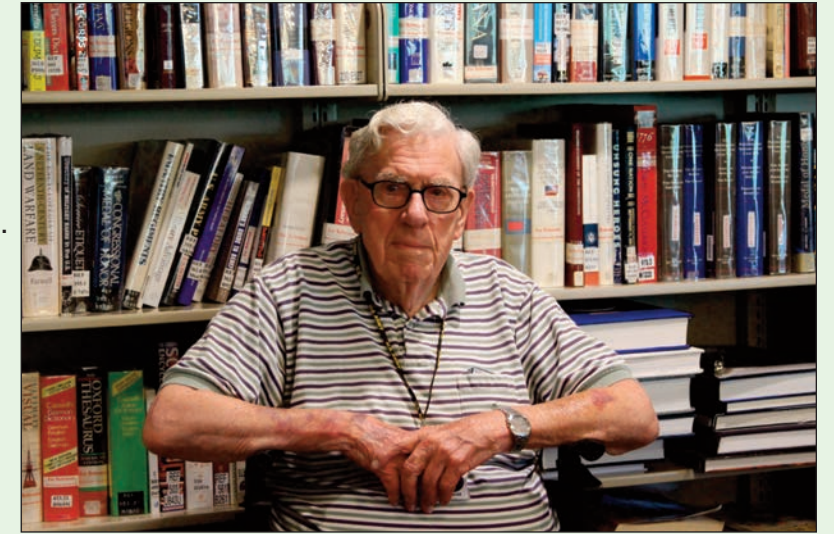
Donald Marsh was born in Colorado, but moved to California as a child. At 14, he moved back to Colorado to finish school. He then got a job working for the city of Denver on the first IBM punch card tabulating machines. All of his peers had been in the U.S. Navy Reserves, but they switched to the U.S. Army. So Don joined the Army. After basic training in Camp Cooke, California, Don went to Japan and then was in one of the first units sent to Korea. After six months and a tragic accident at home, he was given a hardship discharge and left the Army.

Don worked in the Denver Sheriff's office, but due to the low pay, he switched to the Denver Police Department and then later to the San Fernando, California Police Department. But he soon realized he was better off in the service and rejoined the Army. After being stationed at Fort Ord, California, Don thought he would like to go the France. But he was denied this tour and was sent to Germany instead. This ended up a good thing because Don met his future wife there. After a tour at Fort Lewis, Washington, Don was sent to Vietnam. But after a leg injury, he was medevac to California for six months. He then served on the AWOL Apprehension Team at Presidio, California.

Next he was stationed at Heidelberg, Germany with the 529th MP (Honor Guard) Marching Unit; ironic since he was walking with a limp. When the first sergeant saw him, he was not happy, since Don obviously couldn't march. Both persevered, however, and Don was assigned the job as

Cannon Signaler. One time during a march, when the Russian chief of staff from Berlin came, and Don was signaling to the canon, it "accidentally" blew the Russian flag off its pole. The 529th ended up very good to Don, promoting him twice during the tour. In fact, he and the 1st Sergeant became friends for life! Don also served on security detail with the Soviet Military Liaison Mission (SMLM). This included escorting the Russians when they wanted to shop. Once they were told that a bomb was in their vehicle. Don requested that he be able to search the vehicle and was asked "what if you find a bomb?" "I would call in the bomb experts," he replied calmly. Fortunately, no bomb was found. At this point, they were receiving three to four bomb threats a day. Don was also able to go to Thailand, a tour that allowed his wife to go with him. It was back to Germany, where he ended up retiring from Manheim in 1979 as a master sergeant.

Don stayed in Germany, where due to the many classes that he had taken in law enforcement, he was able to teach for Central Texas College. He also worked as a security specialist at missile and ammunition sites. Don came to AFRH-W earlier this year and was recently honored at the Army Birthday celebration at Fort Belvoir, Virginia as the oldest soldier present.



AFRH-G Resident Highlight – Sandra Joiner

By Lori Kerns | Librarian



Sandra "Sandy" Joiner is the oldest of three daughters born and raised in Brunswick, GA. Her parents would take the girls to the nearby beaches every weekend. Once the family bought a boat, they expanded their love of the water to skiing on the river. Growing up, Sandy always enjoyed playing sports and looked forward to lettering when she went to high school. She was very disappointed when she learned her high school decided to stop the girls' sports program. Luckily, they allowed the girls to play intramural sports giving her the opportunity to play softball, volleyball, and basketball. As a child, she also enjoyed playing cowboys and Indians, cops and robbers, and soldiers. She enjoyed playing soldier so much that she always dreamed of serving in the military.

After graduating high school, Sandy began to work for a doctor as a respiratory therapist. The doctor tried to convince her to go to college and come back to work for him. Instead, she decided to live out her dream of serving in the military. During this time period, women were not allowed to join until they were 21 years old. They were allowed to enter if they were 18 if they had their parents' permission. Sandy's parents granted her that permission.

She had initially talked to the recruiter and asked how she could be sent to Vietnam to serve. The recruiter advised her to become a medical corpsman. However this advice turned out to be incorrect because at the time, women medics were not allowed to serve in the field. Women also had a one-year period to serve before receiving orders to work overseas. She still chose to become a medical corpsman. In July of 1969, the twenty-year old set out for U.S. Army basic training at Fort McClellan in Anniston, AL. When she graduated basic, she had gotten an advancement and was promoted to E-2. Her first assignment took her to Fort Sam Houston in San Antonio, Texas for training to become a 91A10 medic. Because of her respiratory therapy experience, she was referred to a colonel who decided that she was suited best to work in that field.

Her next assignment was for Walter Reed Army Medical Center in Bethesda, Maryland. There was one other female respiratory therapist working with her. She soon discovered that she and her coworker were the only two females working in that field for the Army, an honor that Sandy's hometown newspaper published. She stayed at Walter Reed for about two years before taking a short break so that she could reenlist to change her MOS (military occupation specialty) to 76 Yankee. Her new assignment was to begin training in supply. During the weapons training, she was sent home because women were still not allowed to handle weapons. Once her training was complete, Sandy worked for a year and a half as a supply clerk in the WAC (Women's Army Corps) Company.

She was sent back to Fort McClellan again for a WAC leadership course. Here, she was chosen to become a drill sergeant. She attended drill sergeant school and was sent back to work at McClellan in the WAC Expansion. After three years, she was reassigned to military police school. Still assigned to McClellan, she worked for the military police as an NCO (non-commis-

sioned officer) for students in correspondence courses. Wanting a change of pace, she looked into an opening with CID (Criminal Investigation Division) in Panama. Once her records were reviewed, she was accepted into the command but got sent to Hawaii instead. According to Sandy, "it was a hardship tour, but someone had to do it!" She was assigned to Schofield Barracks in Hawaii to work as an admin NCO for the next three years. Her next orders were to report to Indiana University of Pennsylvania to work with the senior ROTC. She was here for another three years until receiving a duty assignment to work for the IG in Fort Gillem in Forest Park, Georgia. She also served back at Fort McClellan as a first sergeant for the 3/48 Infantry Battalion. By 1989, Sandy had served over 20 years and had earned the rank of an E-8 first sergeant. She retired from the Army on January 1, 1990 receiving several commendations, such as a Meritorious Service Ribbon with a Silver Oak Leaf, Army Service Ribbon, NCO Leadership Ribbon, Drill Sergeant Badge, and more. She also left the Army as an expert with a rifle and marksman with a pistol. According to Sandy, the highlights of her career were serving as a drill sergeant and first sergeant.

Upon her retirement, Sandy lived in Anniston, Alabama and sold insurance for about a year until she started community college. She earned an AAS degree and began working at a hospital until she came across an ad looking for a medical/lab tech. She applied and got a job working in the quality control department for a water-bottling plant. She stayed with the plant, running the quality control department for 15 years until she decided to retire altogether. She stayed active in her retirement by volunteering at her church. She took part in the creation of a summer camp for underprivileged children. This camp is still in operation today. She was the mascot lobster (costume and all), for the church's inaugural lobster fest, held to raise funds for Habitat for Humanity.

Sandy always knew about AFRH, especially since she taught about the home as a drill sergeant. After seeing her sister's struggles in taking care of their parents, she decided she did not want to be a hardship to her or anyone else. She decided to apply to AFRH-G because the coastal area reminded her of her hometown in Georgia. She applied for AFRH-G but was placed on a two-year waiting list. She got a call about an opening in AFRH-W and decided to move there in April 2017. Sandy lived at the DC Home for one year until she took advantage of an opening at the Gulfport campus. She hit the ground running when she arrived at AFRH-G in April by signing up to volunteer in the library and at the administration desk. She also enjoys her retired life by watching movies and sports. Her favorite sports to watch are football and fastpitch softball. AFRH-G would like to extend a warm, beachy welcome to Sandy!



Army officer discovers leadership “goldmine” at AFRH

By Robert W. Mitchell | AFRH-W Volunteer Coordinator
 Photos by Jack Beck | Resident Photographer

Catholic University Alumna and Army Lt. Col. Mary E. Card-Mina, Assistant Legal Advisor to the Office of Military Commissions-Convening Authority, shares her insights and experience during a recent volunteer activity here at AFRH-W.

AFRH-W: How does giving back to the military veterans at AFRH impact your service as a Soldier?

Card-Mina: Volunteering at the AFRH doesn't feel like giving back as I feel like I receive more than I give! Through each interaction with the veterans I learn so much about the military profession and their service. I ask the veterans directly about their leadership experiences and lessons learned and this clearly impacts my continued service as a Soldier. On a recent volunteer experience, I asked about leadership and was reminded of the basic truths of the importance of taking care of those under your watch and being discrete with your information and the information of others that is entrusted to you. While the decade might have changed, the lessons of leadership have not, and our veterans are truly the best teachers of leadership.

AFRH-W: What is the greatest take away for you after volunteering with our military veterans?

Card-Mina: Our veterans are a national treasure and living history. Many can recall wars that we read about in history books and they can bring those wars alive through personal stories of their own courage or courage they witnessed by others. They remember their service and generously share it with those who take the time to volunteer. It is a gift to volunteer and to experience living history and tales of courage mixed in with humor and drama and intrigue. A visit to the AFRH is far, far better than any book, movie, or podcast any day! A visit is revisiting a part of history through the eyes of a veteran and their recollections. Veterans have stories to tell and blessed are those who can hear them.

AFRH-W: How important is the Armed Forces Retirement Home to our currently serving military personnel?

Card-Mina: It is vital for currently serving military personnel to see and experience all the Armed Forces Retirement Home has to offer! It is something to look forward to as we age and to know that this too can be an option for our later years! Prior to my first volunteer service project with the Catholic University of America, and even though I am active duty Army, I didn't know about all that this beautiful and amazing home had to offer!



AFRH-W Memorial Day Ceremony

Story & Photos by Chris Kelly | Public Affairs Officer

President Lincoln's Cottage hosted the 2018 Memorial Day Ceremony at the United States Soldiers' and Airmen's Home National Cemetery. Event participants included AFRH-W Chaplain John Goodloe and residents Sheldon Shorthouse and Frank Lawrence. Many thanks to the staff from President Lincoln's Cottage and to AFRH-W's director of volunteer services, Robert Mitchell, for an outstanding program!



AFRH-G Memorial Day Ceremony

Photos by Becki L. Zschiedrich | Public Affairs



On May 25th AFRH-G held its annual Memorial Day Ceremony in honor of all who died while serving our country. Memorial Day is our nation's solemn reminder that freedom is never free. Please take a

moment to remember the true meaning of this holiday. It is to reflect and honor the fallen.

Franklin D. Roosevelt said, "Those who have long enjoyed such privileges as we enjoy forget in time that men have died to win them."



Rolling Thunder

Photos by Jack Beck | Resident Photographer

Our thanks to Rolling Thunder Chapter 2, New York - Staten Island, for stopping by to volunteer at our Memorial Day Barbecue on Friday, May 25! A great event! And a special thanks to AFRH-W resident photographer Jack Beck for these photos!

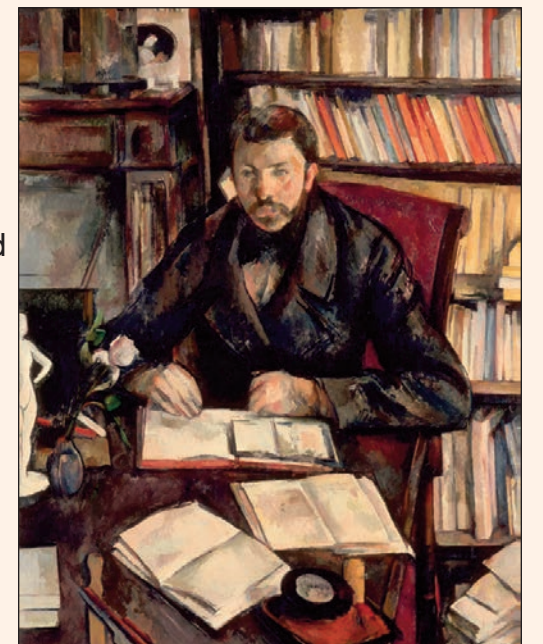


National Gallery of Art

Story & Photos by Kayla Bennett | Art Specialist

On Tuesday, June 11th, residents visited The National Gallery of Art to see the exhibition, 'Cézanne Portraits' by the French post- impressionist painter Paul Cézanne.

'Cézanne Portraits' is the first exhibition devoted to the famed post-impressionist's portraits from across his career. The exhibition explores the unconventional aspects of his portraiture, the role his portraits play in the development of his radical style and method, and the range and influence of his sitters. Rather than accepting commissions for portraits, Cézanne painted them as part of his ongoing experimentation as he searched for a pictorial language to capture his intense perceptions of the world. He rarely painted people he did not know; instead he portrayed himself, his family, his friends, art-world admirers, and working-class inhabitants of his native Aix-en-Provence with whom he felt an affinity. The exhibition brings together some 60 paintings drawn from collections around the world. They encompass his entire career and include portraits made in Paris, where he went to launch himself as an artist, and in Aix, which remained his anchor throughout his life and where he eventually settled permanently. Several paintings are exclusive to the National Gallery of Art's presentation, while some works have never before been exhibited in the United States.



Congressman presents resident with Vietnam book

Gulfport resident Tony Langdon was presented a copy of the Vietnam War 50th Commemoration book by Congressman Steven Palazzo at the VFW post 5699 in Ocean Springs, Mississippi.

Congressman Palazzo also wrote a personal note thanking Tony for his service in Vietnam.



AFRH-G Low Vision/Hearing Expo

By Lori Kerns | Librarian
 Photographs by Stevie Kerns

AFRH-G's second annual Low Vision/Low Hearing Expo was held in the Community Center on May 24, 2018. With over fifty residents in attendance, this expo was organized to provide residents with information on the low vision and low hearing services and equipment for which they may be eligible. The Gulf Coast VA Audiology Department, VA Blind Rehab Center, Keesler Air Force Base Audiology, MS Library Commission, and Sprint CapTel were all represented. The representatives from these agencies traveled from the Gulf Coast and Jackson areas to provide their services, which included hearing tests, hearing aid cleaning, and demonstrations. They even brought free gifts like shopping bags, ear plugs, pencils, and pens! Residents enjoyed the expo by visiting with the representatives, socializing among each other, and drinking refreshments.



From the AFRH-W Administrator



Just like last month's comments, there is still transition and change on the Washington campus. We continue to welcome new residents and staff here, including me, your new administrator. I was honored and thankful to learn a few weeks ago that I was selected from among the other candidates for this position. Since I was previously the wellness center manager for almost two years, I am not completely new to AFRH. Before coming to AFRH, I served 30 years in the Navy as a healthcare executive in various positions including commanding a hospital and leading various health clinics among other positions. I believe this experience will serve me well in my new role. I am looking forward to the challenges ahead and serving the residents and staff.

We had a busy month in June. Probably most noteworthy was the Washington Capitals winning their first ever Stanley Cup! The District went all out with a huge parade where thousands of fans flooded the Mall. We celebrated the Army's 243rd birthday with guest speaker CSM Faith Alexander; coin awards to our oldest Army Resident, speaker and most junior soldier; and a cake. And of course, there were continued celebrations in Defender's Inn. We also celebrated our hard working certified nursing assistants (CNAs) during CNA Week, starting it off with a CNA prayer and other activities throughout the week including a luncheon for each shift and trivia games. And finally, we hosted an industry day for prospective developers for our 80 acre parcel. We are all hopeful that in the near future there will be a wonderful re-purposing of that piece of property.

After what seemed like a long spring, we are getting some warmer weather which means our softball field is in use as well as our golf course. Residents are getting out to enjoy our beautiful compound and some of the activities that our nation's capital has to offer.

Finally, I would like to thank Mike Bayles for stepping up as the acting administrator during

the administrator staffing gap. As expected, he did a superb job managing the Home while also doing his "day job" as chief of healthcare services. Thanks Mike!

I am proud to be leading the dedicated staff while accomplishing the mission of this historic community. There is so much to be proud of at our Home and it begins and ends with our distinguished veteran residents.

Susan Bryhan

AFRH-W welcomes new Administrator

Chief Executive Officer Stephen T. Rippe announced the selection of Captain Susan E. Bryhan, U.S. Navy (Retired), to be administrator at the Armed Forces Retirement Home—Washington, D.C., effective June 10, 2018.

She has served AFRH—Washington as wellness center manager since July 2016 following a thirty-year career in the U.S. Navy. In her last Navy assignment, Bryhan served as executive officer and instructor at the Naval Leadership and Ethics Center in Newport, R.I. Other assignments included serving as commanding officer of Naval Hospital Oak Harbor, multiple leadership positions at Naval Hospital Great Lakes, officer in charge at David R. Ray Health Center, and director of administration aboard USNS COMFORT (T-AH 20).

A native of Red Lion, Penn., Bryhan received her Bachelor of Science degree in Finance from the Pennsylvania State University, as well as Master of Business Administration and Master in Educational Administration degrees from Old Dominion University.

Notes from the AFRH-W Resident Advisory Committee Chairman



Greetings from the RAC Chairman!

This month at AFRH-W we celebrated the US Army's 243rd birthday at two different venues. First, on June 8th in the Hall of Honors we had a guest speaker - CSM Faith Alexander from Fort Belvoir, Virginia, who along with the oldest AFRH-W soldier Ferris Dozier and the youngest soldier Sp4 Blevins helped cut the birthday cake. Then it was off to Fort Belvoir, Virginia for the official Army birthday celebration on June 14th. In attendance from AFRH-W were residents Christine Engle, Chuck Daniels, Lenny King, Lee Smith, Donald Marsh, Orville Groves and Sheldon Shorthouse. LTG (Ret) Mitchell H. Stevenson conducted the cake-cutting ceremony, along with LTG Darrell K. Williams, USA, director Defense Logistics Agency, Fort Belvoir, Va. and our own oldest soldier Donald Marsh. Happy 243rd Birthday to the United States Army!

This Month in History

-July 1, 1862 - President Abraham Lincoln signed the first income tax bill, levying a 3% income tax on annual incomes of \$600-\$10,000 and a 5% tax on incomes over \$10,000. Also on this day, the Bureau of Internal Revenue was established by an Act of Congress.

-July 1-3, 1863 Beginning of the Battle of Gettysburg during the American Civil War.

-July 2, 1776 - The Continental Congress in Philadelphia adopted the following resolution, originally introduced on June 7, by Richard Henry Lee of Virginia: "Resolved, That these United Colonies are, and of right ought to be, free and independent States, that they are absolved from all allegiance to the British Crown, and that all political connection between them and the State of Great Britain is, and ought to be, totally dissolved. That it is expedient forthwith to take the most effectual measures for forming foreign Alliances. That a plan of confederation be prepared and transmitted to the respective Colonies for their consideration and approbation."

-July 2, 1881 - President James A. Garfield was shot and mortally wounded as he entered a railway station in Washington, D.C. He died on September 19th.

-July 2, 1964 - President Lyndon B. Johnson signed the Civil Rights Act of 1964, prohibiting discrimination on the basis of race in public accommodations, publicly owned or operated facilities, employment and union membership and in voter registration. The Act allowed for cutoff of Federal funds in places where discrimination remained.

-July 3, 1775 - During the American Revolution, George Washington took command of the Continental Army at Cambridge, Massachusetts.

-July 3, 1976 - The raid on Entebbe airport in Uganda occurred as an Israeli commando unit rescued 103 hostages on a hijacked Air France airliner. The jet had been en route from Tel Aviv to Paris when it was hijacked by pro-Palestinian guerrillas. Three hostages, seven hijackers and twenty Ugandan soldiers were killed during the rescue.

-July 4, 1776 - The Declaration of Independence was approved by the Continental Congress.

-July 4, 1863- Vicksburg, the last Confederate stronghold on the Mississippi River, surrendered to General Grant and the Army of the West after a six week siege. With the Union in control of the Mississippi, the Confederacy was effectively split in two, cut off from its western allies.

-Birthday - July 5, 1801- Civil War Admiral David Farragut (1801-1870) was born near Knoxville, Tennessee. He is best remembered for his yelling "Damn the torpedoes, full speed ahead!" during an attack on his fleet by the Confederates.

-Birthday - July 6, 1747- Revolutionary War Naval Officer John Paul Jones (1747-1792) was born in Kirkbean, Scotland. He is best remembered for responding "I have not yet begun to fight!" to British opponents seeking his surrender during a naval battle.

-July 10, 1943 - The Allied invasion of Italy began with an attack on the island of Sicily. The British entry into Syracuse was the first Allied success in Europe. General Dwight D. Eisenhower labeled the invasion "the first page in the liberation of the European Continent."

-July 15, 1918 - During the Battle of the Marne in World War I, German General Erich Ludendorff launched Germany's fifth, and last, offensive to break through the Chateau-Thierry salient. However, the Germans were stopped by American, British and Italian divisions. On July 18, General Foch, Commander-in-Chief of the Allied troops, launched a massive counter-offensive. The Germans began a retreat lasting four months until they requested an armistice in November.

-July 16, 1945 - The experimental Atomic bomb "Fat Boy" was set off at 5:30 a.m. in the desert of New Mexico desert, creating a mushroom cloud rising 41,000 ft. The bomb emitted heat three times the temperature of the interior of the sun and wiped out all plant and animal life within a mile.

-July 19, 1863 - During the American Civil War, Union troops made a second attempt to capture Fort Wagner near Charleston, South Carolina. The attack was led by the 54th Massachusetts Colored Infantry, commanded by Colonel Robert Gould Shaw, who was killed along with half of the 600 men in the regiment. This battle marked the first use of black Union troops in the war.

-July 20, 1969 - A global audience watched on television as Apollo 11 Astronaut Neil Armstrong took his first step onto the moon. As he stepped onto the moon's surface he proclaimed, "That's one small step for man, one giant leap for mankind" - inadvertently omitting an "a" before "man" and slightly changing the meaning.

-July 22, 1934 - Bank robber John Dillinger (1902-1934) was shot and killed by FBI agents as he left Chicago's Biograph Movie Theater after watching the film Manhattan Melodrama starring Clark Gable and Myrna Loy. Dillinger was the first criminal labeled by the FBI as "Public Enemy No. 1." After spending nine years (1924-1933) in prison, Dillinger went on a deadly crime spree, traveling through the states of Indiana, Illinois, Ohio, Wisconsin, Minnesota and Iowa. He was reportedly betrayed by the "Lady in Red."

-July 25, 1898 - During the Spanish-American War, the U.S. invaded Puerto Rico, which was then a Spanish colony. In 1917, Puerto Ricans became American citizens and Puerto Rico became an unincorporated territory of the U.S. Partial self-government was granted in 1947 allowing citizens to elect their own governor. In 1951, Puerto Ricans wrote their own constitution and elected a non-voting commissioner to represent them in Washington.

-July 26, 1944 - The U.S. Army began desegregating its training camp facilities. Black platoons were then assigned to white companies in a first step toward battlefield integration. However, the official order integrating the armed forces didn't come until July 26, 1948, signed by President Harry Truman.

-July 26, 1945 - The U.S. Cruiser Indianapolis arrived at Tinian Island in the Marianas with an unassembled Atomic bomb, met by scientists ready to complete the assembly.

-July 27, 1953 - The Korean War ended with the signing of an armistice by U.S. and North Korean delegates at Panmunjom, Korea. The war had lasted just over three years.

-July 28, 1932 - The Bonus March eviction in Washington, D.C., occurred as U.S. Army troops under the command of General Douglas MacArthur, Major Dwight D. Eisenhower and Major George S. Patton, attacked and burned the encampments of unemployed World War I veterans. About 15,000 veterans had marched on Washington, demanding payment of a war bonus they had been promised. After two months' encampment in Washington's Anacostia Flats, forced eviction of the bonus marchers by the U.S. Army was ordered by President Herbert Hoover.

Sheldon Shorthouse



Cake-cutting ceremony for the U.S. Army's 243rd birthday, held in the AFRH-W Hall of Honors on June 8. From left to right CSM Faith Alexander, Sp4 Blevins and the oldest soldier Ferris Dozier.



At the Fort Belvoir celebration are from left to right Sheldon Shorthouse, Donald Marsh, Christine Engle, Orville Groves, Lenny King, Lee Smith and Chuck Daniels.

From the AFRH-G Administrator



With the start of hurricane season on June 1st let us all get prepared now, just in case. Everyone should have a hurricane plan in place. Keep all your important papers together in case you decide to evacuate and make sure you have bottled water and non-perishable food in your apartment. At AFRH-G we plan to shelter in place in the event of a hurricane. If you decide to evacuate on your own, make sure you have a destination plan.

This month has been filled with events. We held our annual pool party the evening of June 7th. Residents got in the beautiful pool to cool off with temperatures approaching 90 degrees. On June 14th we held our Flag Day Ceremony and Pastor Alan Smith, with Living Waters Church, was our guest speaker. This was such a nice and touching ceremony. The colors of the stripes and the 50 stars representing each state in the union always remind me of how blessed I am to live in a country that affords me the freedoms to live the wonderful life I lead. There is nothing better than watching the flag of the United States of America flying atop a flag pole against the backdrop of a gorgeous, cloudless, blue sky.

On the afternoon of June 14th we also celebrated the 243rd Birthday of the United States Army. Our Chief of Healthcare Lt Col Debora Joiner U.S. Army (Ret) was the emcee and CPT Steven D. White was our guest speaker. CPT White was also our youngest Army active duty in attendance and he cut the cake along with the oldest AFRH-G resident in attendance, Vernon Bourdette. Thank you to our recreation staff for doing such a wonderful job putting both of these events together.

I encourage all residents to participate in the Annual Resident Satisfaction Survey on July 16th through July 19th. Resident Services will also be passing out the updated resident guides at the exit of the Dining Hall on these dates and residents

can pick up the information to fill out the survey online. There will also be volunteers in the computer lab to help residents who do not have a computer. Please take the time to fill out this survey because your input means a lot to us. Whether you are totally satisfied, not satisfied or have suggestions, we want your input. We would like to get a panoramic view of how residents feel.

I would like to thank Phil Ford for his dedication to the AFRH-G and for serving as our RAC Chair. We appreciate all that you did for the residents and you will be missed.

With the start of summer and the heat wave going on in South Mississippi, consider taking a dip in our beautiful salt water pool and remember to stay hydrated.

Thank each of you, our defenders of freedom, for serving our country. God bless you and God bless America!



Jeff Eads

AFRH-G Army Birthday Celebration

By Becki L. Zschiedrich | Public Affairs

Happy 243rd Birthday to the U.S. Army! On June 14th AFRH-G held a birthday celebration in honor of the Army in the Community Center. Chief of Healthcare Lt Col Debora Joiner U.S. Army (Ret) was the emcee. The cake was cut by the AFRH-G's oldest Army resident in attendance Vernon Bourdette and the youngest Army active duty in attendance, who just happened to be our special guest speaker CPT Steven D. White. Thank you to all our incredible volunteers who assisted in making this celebration such a success.

Army's motto is "This We'll Defend." Defend remains our Army's main mission.



Notes from the AFRH-G Resident Advisory Committee Chairman



Greetings,

For the past few months I am sure it has been noticed that the tenor and tone of the monthly article I pen has been, most unfortunately, less than amicable towards management. Management, as I use the term, are those employed by AFRH or in a supervisory role of AFRH above the campus level. The strong, vivacious, mutually inclusive rapport I have had with the administration, and for that matter all campus personnel has never wavered.

I had the opportunity to sit with COO Jim Branham and (new) Deputy COO John RisCassi on Monday June 4th from 1600 to 1730. I came away from that meeting, for the first time in months, feeling that perhaps the light at the end of the tunnel is not an oncoming train but rather the sun's rays of a new dawn beginning to appear for the AFRH.

I felt that an at-best modicum of decent rapport with management was beginning to actually bear fruit and become one of mutual trust and respect. The "mutual" part of the last sentence is to me the most important. As the COO said in last month's Communicator, "We do hear you." I genuinely believe that to be true. Management does want what is best for the AFRH while balancing how to continue "operating as usual" within the new fiscal reality of a budget that is not balanced and has not been balanced for a few years.

Based on the entirety of the conversation and putting it all together rather than dissecting bits and pieces I truly felt Mr. Branham was letting me (on behalf of the residents) know that our voices do matter and our sentiments are of importance to them.

While not being promised anything in particular, I sensed that changes to the announced fee increase will be soon announced as well. I have absolutely no perception of exactly what changes will come forth but realized as I digested the meeting further that any change to "THE ANNOUNCEMENT" (of the fee increase slated for October 1, 2018) could only be beneficial to residents. I am hopeful that my perception is correct and the resolutions offered by the residents considered and perhaps some even used. Will it be "phasing in," "reduced percentage of income," "increase of the .50 to a 1.00" (or perhaps a graduated "contribution" based on rank or time in service), "grandfathering of current residents," or other suggestions is anyone's guess as I write this on June 5th. I absolutely believe some change to the announced fee increases will occur prior to implementation.

I am about to change gears and hope you are sitting down because I have caught your attention. I had an unfortunate medical occurrence requiring hospitalization on May 31. During my hospital stay I had time, for the first time in a loooooong time, to really lie back and contemplate my future. I mentioned in my column of April that I am going to do what everyone currently a resident should be doing. Carefully analyze my personal financial situation, future (or present) needs or wants, and make a decision if I want to continue to be a resident or relocate. As you read this, (most of you have already learned) I decided to relocate. It was with a very heavy heart and a not so insignificant amount of tears. My plans are to stay local, get my house (medically and financially) in order and be able to come home to the AFRH in the future, sooner rather than later. I need the space and time to heal, reorganize many aspects of my life as it pertains to my monthly cash outlay, and strengthen my bonds of my family (blood as well as the one I became a part of and created over my adult life).

I hope that the trust and home atmosphere of the AFRH soon becomes repaired and turns out to be stronger and more comforting for my brother and sisters in arms. I tried to leave the AFRH a much better Home than I found it, and unfortunately events well out of my control leaves me to believe that may not have occurred. Hopefully in short time I will see, sense, and feel that indeed the AFRH transformed into a better, stronger and more viable place for all of us; those that stay and weather the financial and management changes and those who felt they had no choice but to leave and come back later.

I have always said I am available 24-7-365. That is not changing. Write me at sphilipford@hotmail.com, or call me at (337) 348-2345 as I will reply and look forward to keeping in touch to those brothers and sisters in arms I have lived with, as well as ones I have met over the past five years while a resident at AFRH. I wish you all the best.

Phil Ford

P.S. I purposely did not put the retired military title of our COO and Deputy COO as we all know we leave rank at the gate. I wholeheartedly feel they concur with that thought process and do not feel in any way disrespected that I used their names only. Please give them a chance to prove to you that they truly desire to be a part of the AFRH family that so many of us are or have experienced and hopefully will experience again, soon. Godspeed to all of us as we journey forth knowing the endeavor at hand can be complex and arduous if not convoluted, but with much chance of success.



AFRH-Washington

Fluid technique painting class

Story & Photos by Kayla Bennett | Art Specialist



On June 1st, 2018 we continued our painting class series with paintings inspired by the fluid painting technique. Fluid painting is the process of using acrylic paints with a runny or thin consistency, designed to flow and spread easily without sacrificing color intensity. Fluid acrylics are ideal for pouring or dribbling paint, rather than applying it with a brush. This technique often yields abstract paintings that reminded many of the residents of a galaxy or body of water. Abstract art is art that does not attempt to represent external reality, but seeks to achieve its effect using shapes, forms, colors, and textures. This form of painting is messy, fun and easy to learn.



Special book donation from the DAR

By Christine Baldwin | Librarian

Photo by Carolyn Haug | Public Affairs

A very special donation of 300 books was brought to the library by the Alabama and Mississippi delegation of the Daughters of the American Revolution (DAR). All of the authors, such as John Grisham and Harper Lee, were born in these two states. These brand new books served as centerpieces for the annual DAR breakfast held in Washington, D.C. this year. Patty Turner, MSSDAR

2nd Vice President was instrumental in setting up the donation. Both of the states' regents Nancy Folk and Cynthia McNamara, were also present.



Intergenerational bowling with Norwood Middle School

By Carol Mitchell | Recreation Therapy

On Monday, May 21st the Recreational Therapy Intergenerational bowling league with Norwood Middle School held their bowling championships. The students were paired up with a resident at the start of the school year and bowled together once a month until the end of May. This bowling program has been an exciting yearly program for 15+ years. They are an awesome group of youth volunteers for AFRH-W!

2018 Norwood Intergenerational Bowling Finals

- 1st Place - William Black (Resident)
Craig Hollander (Norwood)
- 2nd Place - Erwin Springer (Resident)
Jack Holland (Norwood)
- 3rd Place - William Frederick (Resident)
Daniel Lustbader (Norwood)



It's not what you forget, it's what you remember that counts

By Linda Bailey CTRS | Recreation Specialist

Photo by Jack Beck | Resident Photographer

As people age, they often worry about how often they cannot remember where they placed something, or a name or word that will not come to mind. According to the National Institute on Aging, forgetfulness is a normal part of aging. People tend to worry that forgetfulness is the first sign of dementia, but there are other reasons for increased forgetfulness. Side effects of medications, depression, vitamin deficiencies, or infections are a few. These factors can be treated, and the frequency of forgetfulness reduced.

While we often worry about forgetting, few people take the time to examine, and give themselves credit for, all of the things that they remember. We had several events this month to test what people remember with trivia. To mark the beginning of baseball season, we held baseball trivia. How many players can you recall from their nicknames, or their photo? Thirty-five of the forty players mentioned by nickname or photo were guessed. Jeopardy has categories as diverse as presidential quotes, homophones (words that sound the same but are spelled differently) fine art, weather, basketball, and flowers. Almost every Jeopardy question was answered, if not by one of the three players, then by someone in the audience.

Challenging your mind is one of the ten ways listed by the Alzheimer's Association to keep your mind sharp. So don't avoid trivia games because you think you might have forgotten the answers. Joining in may keep your brain sharp longer.



Book page flowers

Story & Photos by Kayla Bennett | Art Specialist

Have you ever wondered what to do with your old unwanted books you have in the corner? Instead of throwing them away, you can upcycle them into things you want to keep around the house. On May 24, 2018 residents gathered in the Artist Colony to create handcrafted roses from repurposed books. The petals were all cut out by hand, curled, and then assembled piece by piece. Each flower is unique and was created with love.



Ceramic whistle

Story & Photo by Kayla Bennett | Art Specialist



The whistle is an ancient folk instrument attached to cultures around the world. According to The Whistle Shop website, historians believe the small, hollow-pitched sound-making object originated in ancient China around 2500 B.C. when Chinese watchmen blew into acorns to alert of an

approaching enemy. Other early whistles were made from bones and clay. As an early whistle-making material, clay remained a valuable and durable source for whistle makers into modern day. Ancient Aztecs, as early as the 12th century A.D., created whistles and flutes out of clay. Artisans also used wood and bamboo but clay had a special significance. To the Aztecs, clay represented the singing mother earth. The Aztecs played the "Dead Whistle" in death ceremonies when an important leader died. They carried the body through the streets where 100 or more "dead whistle" blowers played. The intention of blowing the clay whistle was to communicate with the spirit-world and prepare the souls for the afterlife. During the month of May the residents of AFRH Washington created their very own clay whistles. They were created by combining two pinch pots a mouthpiece and a beveled edge at the base of the windpipe. These whistles were glazed and each have their own unique pitch.

Invitation to dance always appreciated

Story & Photo by Linda Bailey CTRS | Recreation Specialist

Our residents received an invitation to attend a dance sponsored by the Daughters of the American Revolution at the Annandale American Legion Post 1976 on Saturday, June 16th, 2018. Members of the Legion joined our residents for this event. Soon after we arrived, the dance floor was almost never empty. At one point in the afternoon, every resident who attended was dancing with one of the ladies from the DAR or American Legion, leaving several Legion members sitting at the bar looking on without any dance partners. In addition to the music, our hosts provided lunch, drinks and a gift bag to each guest. This is just one of the thoughtful occasions that the DAR has supported to show appreciation for the residents of the home.



Beauty in blooms

By Marine Robbins | Recreation Therapy Assistant

With the help of Ms. Catharine Deitch and Mr. Bill Fowler (and a special shout out to Mr. Fred Layman for ceramic help!), AFRH-W's Assisted Living areas are soon to be vivified with greener spaces! Pouring new planters and vases, decorating ceramics, and planting climbing flowers and succulents, these residents have been active in the process of brightening their home. Outside, we've planted clematis, morning glories, zinnia, moonflowers, nasturtium, and pea vine which will hopefully cover the walls of the old bank in colorful blooms. Inside, we are working on some new planters to include aloe vera, vibrant grafted cactus, rose echeveria, and miniature pine. Spring is the season for planting!



AFRH-Gulfport

Beat the heat

By Carol Davis | Recreation Assistant
Photos by Lee Corban | Recreation Services Supervisor

The heat is back in South Mississippi, so it is always a perfect time for a pool party! Residents spent time in the pool, consumed some snacks, sang karaoke, and enjoyed socializing with friends on Thursday, June 7th at AFRH-G.



Mystery tournament

By Dennis Crabtree | Recreation Specialist



Recreation held its Fifth Mystery Tournament. There were 11 residents who participated in the Mystery Tournament. The Mystery was "quarters." Residents were given instructions on how to play. The way to win was to get through the double elimination bracket with the highest score for points. There could only be three winners for this tournament. First place was Ernie Fowler, second place was Doris Denton, third place was Frank Baker and fourth place was Mike Longwell.

Cooking with Recreation

By Dennis Crabtree | Recreation Specialist

On June 19, 2018 recreation had its sixth activity called Cooking with Recreation. The recipe for today was apple toffee hand pies. The main ingredient was Gala apples. The pie crust was cut into 12 3-inch round circles. Toffee bits, sugar, lemon juice, butter and cinnamon were added to the pie crust to make the filling. Gerry Gorsky, Marion Wolke, Debra Smith, Donna Rogers and Andy Anderson could not wait to dig into those apple toffee hand pies. Stay tuned for next month's dish with Cooking with Recreation.



The ice cream ladies

By Melodie Menke | Volunteer Coordinator

If you volunteered twice a month for eight years at the Ice Cream Socials – how many scoops of ice cream would you have scooped? The answer: A lot!

Our community volunteer Mrs. Yorda Hay brought along Mrs. Helke Brumm, Mrs. Linda Godsey and Mrs. Joan Miller when she started volunteering and they haven't stopped yet. They recently recruited Mrs. Dale Lambert into their sweet scooping group. Affectionately known as the Ice Cream Ladies, they have their own set-up and know who gets what flavor and notice when certain residents don't show up in their line.

On Monday June 18, they were surprised with a thank-you of new aprons. Neatly embroidered on a navy blue apron in bright lime green – the letters stand out - just like our Ice Cream Ladies.



Gifts of Gratitude - WWII portraits

Story & Photo by Milton Williams | Art Specialist

Gifts of Gratitude is a community project. The purpose is to further recognize and honor our veterans and to help our youth become aware of the service and sacrifice veterans gave to our country. Julie Quirk and Leslie Dubroc, who both teach art at Jefferson Parish Schools in Louisiana, are having their art students paint portraits of our military veterans. In June, Julie came over to meet with several WWII veterans to offer them an opportunity to be included in this worthy project. The portraits will be displayed at the World War II Museum in New Orleans. She will be coming back to AFRH-G next month to extend an invitation for all our veterans to participate. By the way, Julie has demonstrated and taught watercolor



classes for our residents and her son, Barry Quirk, is our wellness center physical therapist. How neat - a perfect example of partnering to give our retired veterans a healthy, inspiring and adventuresome life in their later years. Y'all think about being a part of this portrait project and remember art is an adventure.

Antibiotic Stewardship - How you can help?

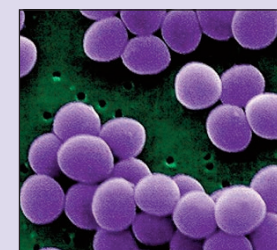
By Amanda Herold RN, SWOC | Infection Preventionist AFRH-G
Photograph by Food Science

The days of being prescribed an antibiotic for any type of sickness, have come and gone. Today as a world community we are faced with the ever growing issue of antibiotic resistance. Each year the World Health Organization creates a list to let the world know which organisms are the most antibiotic-resistant. Currently the ones you may be the most familiar with are: Pseudomonas A. (pneumonia, urinary tract infections), and Staphylococcus A (Skin infections). So what can you do to help?

A great way for you to help stop antibiotic resistance is to ask your provider the following questions:

1. Do I really need an antibiotic?
2. Can I get better without this antibiotic?
3. What side effects or drug interactions can I expect?
4. What side effects should I report to you?

Always remember if you are prescribed an antibiotic to complete them as ordered.



The new line of protection against Shingles

By Brandon Kinchen, RN BSN | Clinical Nurse Supervisor

SHINGLES Shingles is the results of the varicella zoster virus. The varicella zoster virus is also known as the chicken pox and commonly occurs in childhood. The Centers for Disease Control and Prevention (CDC) cites that 99% of adults older than 40 years of age have been exposed to varicella zoster (chick pox) even if they do not recall getting the virus. Once someone is exposed to varicella zoster virus the virus can be dormant in the body for years and can flare up in adults in the form of shingles. Shingles is characterized as a very painful blistering rash and will usually occur in an area on one side of the body. The rash can vary in duration, but typically clears up within four weeks.

Per the CDC almost 1 out of every 3 people in the United States will develop shingles in their lifetime. The likelihood that one will develop shingles increases with age.

In February 2018, the Shingrix Vaccine was introduced as a new way to prevent the incidence of developing shingles. The Shingrix is different than previous shingles vaccines and has been shown to be more effective at preventing shingles. The Shingrix vaccine is a great way to decrease the chance of having shingles. Per CDC adults 50 to 69 years old who received two doses, the Shingrix vaccine was 97% effective in preventing shingles; among adults 70 years and older, Shingrix was 91% effective.

- The Shingrix Vaccine is recommended for most adults over the age of 50.
- The vaccine is given in a 2 dose intramuscular injection series. The second dose of the vaccine is to be received 2-6 months after the first dose.
- In order to get the Shingrix Vaccine, you must obtain a prescription from your Primary Care Provider.
- Although we currently don't have the vaccine at AFRH, you may check availability at the Biloxi Veterans Affairs Hospital and Keesler Medical Center Immunization Clinics.
- More information will be provided once AFRH receives the Shingrix Vaccine.

Basketball Free Throw Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On May 29, 2018 residents competed in the Basketball Free Throw Tournament at the Armed Forces Retirement Home in Gulfport. Doris Hopper was determined to get that basketball in the basket. Frank Baker waited for that rebound to come to him. Steve Crews took a break that he deserved. But there could only be three winners for that afternoon tournament. Wayland Webb took 1st place, Steve Crews took 2nd place, Frank Baker took 3rd place and Doris Hopper took 4th place.



Coast Chorale serenades residents

Story & Photo by Carol Davis | Recreation Assistant

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.



Gulfport residents celebrate 71 years of marriage

On June 5th Gulfport residents Harry and Jean Rhizer celebrated their 71st wedding anniversary. They were married on June 5, 1947. Congratulations Mr. and Mrs. Rhizer and Happy Anniversary!



GULFPORT

Drum It Up! One year anniversary

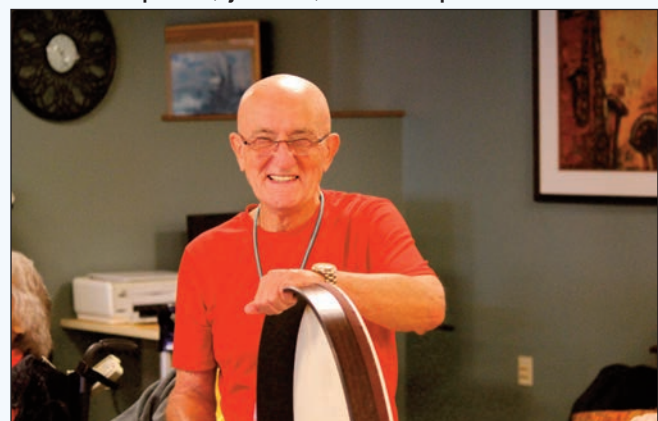
By Susan Bergman, MT-BC, Board Certified Music Therapist | Recreation Services
Photos by Becki Zschiedrich | Public Affairs



On Friday, June 1, 2018, residents from Allegiance, Valor, Loyalty, and Independent Living gathered for the monthly "Drum It Up" drumming group. Residents warmed up in order to shake, rattle and roll before exploring rhythms on various drums originating from Indonesia to the Middle East to Africa to Native American Indian. Residents quickly engaged by watching and listening for downbeats, rhythms, rumbles, and endings. With the theme of "Happiness," the main circle of peers divided into smaller groups of rhythms. Each group assigned themselves a phrase for their beats such as "Happy...Pappy," "Live It...Love It," or "One Day at a Time." The combined drumming matched perfectly as accompaniment for the singing of "Happy Days Are Here Again." The group continued with more songs, smiles, stories, and rhythms.

Did you know music therapy and drumming has been found to reduce blood pressure, relieve stress, increase relaxation, distract from pain, release emotions, synchronize the brain, improve memory, and boost the immune system? Just to name a few more of the benefits, music therapy and drumming can also help to connect people with others, to improve mood states, and to shift the mind in order to focus on the present. From the beginning to the end of the "Drum It Up" drumming group, residents identified noticing changes and reported, "more uplifted...more energized...more focused...happier...more relaxed...more comfortable...learned something new...wow, I didn't know that the music and drums could do that...very interesting." The science behind the reason is through research using MRI and PET scans of the brain, music has been found to release a chemical called dopamine that produces a feel-good state and plays a key role in setting a good mood.

As we reached our 1st Anniversary for the "Drum It Up" drumming group, we hope to keep the beat going. Thanks to Independent Living residents, Leslie Smith and Rick Eyman for their inventive bucket drums so that residents have easy access to music, IL resident volunteers for escorting healthcare residents to and from events, and the anonymous IL resident who donated the hand percussion that started this journey. We look forward to "Drum It Up" drumming again on Friday, June 29 @ 1000 in the Valor Hall Piano Lounge (2nd Floor D Tower). Please stop by to take a peak, join in, and drop a beat!



WASHINGTON

Hippocrates said, "Walking is man's best medicine"

By Marine Robbins | Recreation Therapy Assistant

This month at AFRH-W, the Recreation Therapy staff continued their Rock Walks program with painting and creativity to encourage all residents to stretch their legs in the warm summer months. We're proud to share that multiple collections have been discovered throughout the grounds! Attached are photos of collections painted by P.K. Knorr, John Baker, and the residents of the Scott building 3rd floor. They've been added to our garden for all to enjoy!

