



Armed Forces Retirement Home

Communicator

Gulfport, MS & Washington, DC

VOLUME XIII NUMBER 5

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AFRH-WASHINGTON

Memorial Day 2016 at AFRH-W

Photos and story by Rebecca Newton, Public Affairs

Armed Forces Retirement Home, in coordination with President Lincoln's Cottage, celebrated Memorial Day at the United States Soldiers' and Airmen's Home National Cemetery. Ron Kartz, Chief of Resident Services served as the Master of Ceremony for the event.

The U.S. Army Military District of Washington's Old Guard performed a Presentation of the Colors. Honorees and special guests walked through a Patriot Guard Flag Line comprised of Virginia Patriot Guard volunteers. Chaplain John Goodloe led the audience in prayer and singing of the National Anthem.

Callie Hawkins, Associate Director for Programs at President Lincoln's Cottage, shared a memorial account of President Lincoln walking the USSAH grounds during the time of war. Roderick Gainer, Chief Curator Arlington National Cemetery followed with the staggering number of lives lost.

Rodney Ross, Representative of Illinois State Society read General John A. Logan's General Order No. 11, in which he proclaims, "Let us, then, at the time appointed, gather around their sacred remains and garland the passionless mounds above them with choicest flowers of springtime; let us raise above them the dear old flag they saved from dishonor; let us in this solemn presence renew our pledges to aid and assist those whom they have left among us as sacred charges upon the Nation's gratitude,--the soldier's and sailor's widow and orphan."

The Wreath Laying at General Logan's Mausoleum was carried out by AFRH-W Resident Ed Davis, Ralph Mayville, veteran of the Devil's Brigade and members of the Canadian Army's 1st Cav. Veterans.

The ceremony concluded with guided tours of the cemetery, courtesy of Michelle Martz, Coordinator for Programs at President Lincoln's Cottage and Curtis Harris, Marketing and Membership Coordinator for PLC.



Resident Ed Davis prepares to lay the wreath.



Ralph Mayville prepares to lay the wreath.



Soldiers of the Military District of Washington's Old Guard present the "Official Colors."



Honorees Ed Davis, Resident and Ralph Mayville, lock hands while being saluted.



Resident Ken Fowler shares a moment with Ralph Mayville.

AFRH-GULFPORT

AFRH-G pool party

By Sean Campbell, Lead Recreation Therapist

Photos by Sean Campbell & Ray Ross

Gulfport residents enjoyed music, food, & fun at the annual AFRH-G Pool Party. For the first hour, residents and guests feasted on delicious Sliders, Hot Dogs, & Ribs while relaxing by the pool listening to great music. Several guests even slipped into the pool for a nice swim to help celebrate kicking off the summer at the pool party.

As the sun began to set, the party was kicked up a notch by a Gulf Coast Band, "The Vital Signs". Despite the ironic name for a band playing at a retirement home, the band's fun and reminiscent music kept toes tapping and the dance floor full. The happy crowd at this year's party was recognized as the biggest one yet, and the beautiful weather, great music, and delicious food are all to blame.

Recreation Services sponsored the event with fantastic support from Fiddler's Green and Dining Services. Fiddler's Green provided a wet bar and the local Navy Seabees assisted with serving food. The AFRH pool is open 7 days a week from 0600-2200 but is closed for cleaning and maintenance on Monday, Wednesday, Fridays from 0600-0900.



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AFRH COMMUNICATOR

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

Serving Washington, D.C. and Gulfport, Mississippi

AFRH is not just a place to live but a place to live more. Our model retirement communities are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.

Eligibility: Military veterans from each service branch can live at AFRH. The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

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

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH, PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400. Visit us on the web at: <http://www.AFRH.gov>

ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

AFRH-Gulfport waiting time for residency is 27-29 months from the date of application approval.

AFRH-Washington has no waiting time for residency.



The Joint Commission
www.jointcommission.org

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



AFRH-G Veteran Highlight

By Lori Kerns, AFRH-G Librarian



Leonard A. Priel, the fourth child of seven siblings, was born in 1933 on a dairy farm situated on the southwest corner of the state of New York. He and his family were responsible for milking 60 head of cattle, twice a day. Leonard attended elementary school in a one room school house until he went on to high school in Springville, NY. During high school, he played the trumpet and bass for the school marching band.

After graduating, Leonard began working for Bethlehem Steel Corp. Once the steel workers began talking of strikes, he decided to join the Air Force. He was sent to basic training at Sampson Air Force Base in NY. After basic, he attended auto mechanics school in Cheyenne, WY. However, he would never use this training while in the Air Force. Instead, he was trained in Madison, WI to work on steam turbine and diesel generating power plants. During the eight-week course, he and his fellow classmates lived in Milwaukee, WI in a WWII penitentiary. They used the former office spaces as bedrooms. Once he completed his training, Leonard was sent to French Morocco

and assigned to a six-man radio communications site to work as the generator maintenance operator.

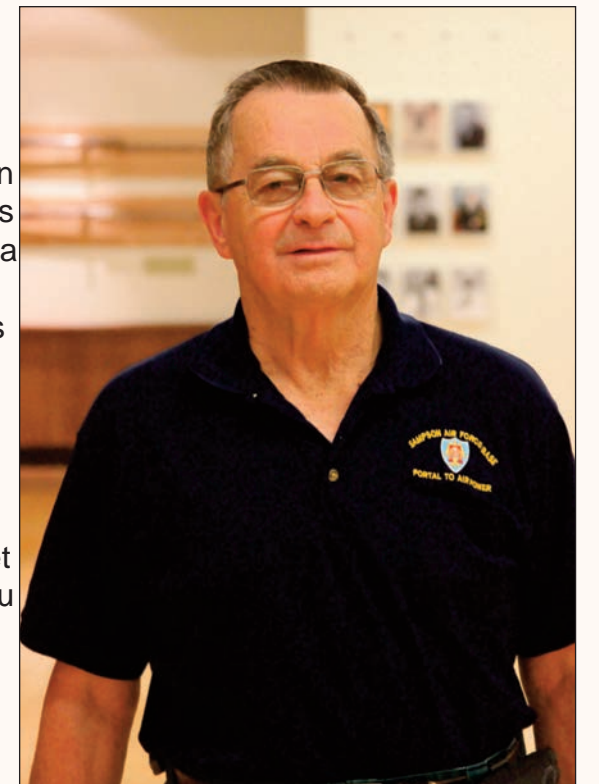
Leonard's next duty station was in California at Castle Air Force Base. Here, he was assigned to the flight line aircraft ground equipment maintenance. This is where he went through many different types of training like hydraulics, ground heaters, aircraft engines, and jet engines. While in California he met a "sweet young lady" named Andy Jane. The couple got married and left the West Coast when he got transferred to Westover Air Force Base in Massachusetts to work in standby generator maintenance.

In 1960, he was deployed to Johnson Air Force Base in Japan. He was assigned to the 1st MOB (mobile communication unit) where he worked in generator maintenance. Then, for the next few years, Leonard was sent to Vietnam, Thailand, and then reassigned to the Philippines as part of the expeditionary forces to set up mobile communications. While in the Philippines, his first child, a daughter, was born. The young family got transferred back to California where they only stayed for 11 months. His duty at Travis Air Force Base was cut short as he had been chosen, because he was in the top 1% in his career field, to work at Andrews Air Force Base in Washington, DC. The move was hectic as his wife was expecting their second child, a son. Once at Andrews, Leonard was assigned to Presidential Wing 89th Special Air Missions where he worked with Air Force One and other aircraft for the President. He stayed at Andrews for ten years working for Presidents Kennedy, Johnson, and Nixon. In the meantime, his second son was born. In 1973, Leonard finally retired from the Air Force.

Upon retirement, Leonard decided to attend preacher school in Texas. He became a part-time

preacher for the next 20 years while working full time in Lubbock, TX as a school maintenance supervisor. He decided to retire from the school and his preaching career and went to Alaska. Here, he began another career working for the state parks. Leonard and Andy Jane decided to sell their home to live in an RV as he continued working for the national forest. Sadly, he lost his wife after the couple had been married for 55 years. Over the years, the couple's children have provided them with four grandsons, three granddaughters, five great-grandsons and one great-granddaughter.

After 15 years with the state parks, Leonard decided to move to AFRH-G. His selling point for moving to the home was that the rooms are bigger than his RV and he wanted to enjoy the camaraderie. He still enjoys travelling and will spend most of this summer visiting family for birthdays, reunions, and anniversaries. Living in the home, he spends much of his time as a Movie Host with at least two screenings per week. He's definitely a valuable asset to AFRH-G as he's always happy to volunteer. His sweet demeanor is one you cannot miss!



AFRH-W Veteran Highlight

By Christine Baldwin, AFRH-W Librarian



AFRH-W is very fortunate to have Ray and Edna "Jo" Colvard as Residents. It wouldn't have happened normally because Ray was born in North Carolina and Jo in Illinois. But Ray enlisted in the U.S. Navy, at the age of 17, to start his military career and ended up at the Naval Station, Great Lakes, IL. After Jo worked 3 1/2 years in a physician's office, she decided to help in the War effort and joined the U.S. Army as a WAAC in Chicago, IL. They met at a restaurant over drinks, began talking, and then decided to go to the Art Institute the next day. They could only meet during weekends.

Then Ray got transferred to Norfolk, VA, and they could only communicate by mail. When they decided to get married in 1946, and realized how difficult it would be to coordinate a North Carolina/Illinois wedding, they

decided on the spur of the moment to elope in Waukegan, IL. The rest they say is history and next month they will be celebrating their 70th anniversary!

Ray stayed in the Navy for twenty years, serving in U.S. ports and on Destroyers. Jo had left the Army during the war, after a stint filing paperwork in a military hospital. They later adopted a son and were able to stay together most of his career. On one of Ray's tours of duty in Washington, DC, Jo worked with the U.S. Forest Service. Both became active in the Scottish Rite organization, while in California. Ray received both a BA (University of California, Santa Barbara) and a Master's Degree (San Diego, CA) in Higher Education. He taught history aboard Navy ships in the PACE (Program for Afloat College Education) program. Ray retired as a Chief Petty Officer. He then taught in San Diego high schools and retired again after another twenty years.

Ray and Jo came to the home 23 years ago. They enjoy taking trips, going on elder hostel tours and even went to Europe through a program at the Pentagon. Both have been very active here at the AFRH-W. Jo participated in the Arts & Craft department and Ray wrote articles for the predecessor of "The Communicator" called "The Bugler" for many years. One of the most memorable stories that Ray captured was in September 2000. It dealt with the Osage Orange tree that sits alongside the Lincoln Cottage. Ray's article contrasted the reverence that is inspired by the monster tree in relation to the "awe inspiring" President Lincoln. Thank you, Ray and Jo for being such a vibrant part of AFRH-W!



Ray and Jo Colvard enjoying life today at AFRH-W.

Message from the Chief Operating Officer



Hello! It is an honor to write my first article as Chief Operating Officer! I am humbled and honored to have been selected for the position. A little about myself:

Prior to being selected to join the Armed Forces Retirement Homes I served the citizens of the State of Michigan for over 20 years in multiple capacities, with the last 7-years being as a Regional Healthcare Administrator for the Michigan Department of Corrections. During my tenure as a Regional Healthcare Administrator I was responsible for providing direct oversight for the provision of comprehensive healthcare services to over 20,000 inmates located within 23 prisons spread across the lower half of Michigan.

I also served as the Trauma Coordinator for the State of Michigan, where I led the effort to create and implement the first statewide all-inclusive trauma system for Michigan. I developed and established the administrative rules to regulate the provision of trauma care for 158 hospitals, over 700 Life Support Agencies, and 65 Medical Control Authorities.

I was employed as a member of a Provisional Reconstruction Team for the U.S. State Department in Iraq in 2007/2008. I was appointed as a senior advisor leading the Essential Services/Infrastructure team, in this capacity I was responsible for the oversight of an Essential Services/Infrastructure team on a Forward Operating Base in Baqubah, Iraq. I served 9 years as a combat medic in the Michigan Army National Guard as a member of the 107th Engineering Battalion.

I officially became COO, 18 April, and have tried to get out and about and meet Residents and staff, so I may have already met many of you. Strangely one of the questions I've been repeatedly asked is "how long do I intend to be here?" My continued response is as long as you'll have me! I intend to be here for at least 20 years!

From recent Town Halls and All Hands, I've gotten several other questions, let me try to answer some (questions summarized and in bold):

"Why is there a difference in the services at AFRH-G and AFRH-W?" Answer: We strive to provide similar services at each Campus, we have identified Massage Therapy as an area lacking synchronization. Jeff Eads, AFRH-G Administrator, is working with the AFRH-W staff to provide similar services in Gulfport."

"There are issues with the Resident Fund directive. Why has it not been revised since 2009?" Answer: The Resident Fund directive has been revised and is pending coordination between our General Counsel and the Unions.

"There is discrimination in the parking at AFRH-G. Why do we have so many spots reserved for hybrid vehicles?" Answer: To be in compliance with the Americans with Disabilities Act and Leadership in Energy and Environmental Design (LEED)," parking has to be nearest to the entryways. Handicap comes first by law, and the LEED comes next per the standards we are required to meet in Executive Order 13693. This is an initiative for people to purchase and drive fuel efficient cars. Not discriminatory, simply being compliant.

"What's going on with the Trust Fund?" Answer: Trust Fund solvency is an issue and we continue to work with our DoD leadership for a way-ahead. I can tell you from recent meetings at the Pentagon, we are all on the same page in our desire and commitment to ensuring AFRH continues to serve our Veterans for years to come.

I will be getting out and about in both D.C. and Gulfport. I hope to meet as many Residents and staff members as possible. Again, I am honored to be here.

Dr. Timothy Kangas



Gulfport Administrator Jeff Eads, COO Dr. Timothy Kangas and Executive Officer Chuck Hollings.



Dr. Kangas conducts his first Town Hall Meeting in Gulfport.

Resident generates spectacular art from woodturning

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



Eighty year old Vietnam veteran Bill Kyzer has been working with wood since he was fourteen years old. His love of wood started in the top loft at his grandparent's log house where his uncle did fine finish work in Scobey, Mississippi. The first item he made was a telephone stand with a chair carved out of red cedar. "I loved the work enough to pursue it 67 years ago", he said.

While he was in high school he asked his grandmother if he could cut down a walnut tree on her property because he wanted to make a round single pedestal dining room table for his mom. He used cross cut saws to cut the tree down, then sent the logs to the saw mill where they made lumber.

At 21 Bill joined the United States Air Force and finished tech school at Keesler Air Force Base in 1957. He served two tours in the Vietnam War, each lasting a year. When asked about his time in Vietnam his response was, "It kind of left you wondering." After the war he worked as an instructor teaching international Morse code at Goodfellow Air Force Base in San Angelo, Texas.

After Bill retired from the Air Force on August 31, 1976 he worked for Sears, and later started working for a picture framing company. Next, he was in charge of the Housing Maintenance Department at the University of Southwestern Louisiana (USL) in Lafayette, Louisiana. He retired from USL after 10 years. Bill has a daughter, who still lives in Lafayette, Louisiana.

Bill mainly does woodturning now. The origin of woodturning dates to around 1300 BC when the Egyptians first developed a two-person lathe. A lathe is a machine for working wood or metal, in which the piece being worked is held and rotated while a cutting tool is applied to it. Woodturning is a form of woodworking that is used to create wooden objects on a lathe. It differs from most other forms of woodworking because the wood is moving while a stationary tool is used to cut and shape it. Many sophisticated shapes and designs can be made by turning wood. Bill has turned over 500 bowls, has given at least 250 bowls away as presents, and has also sold some.

One of the reasons turning has become a popular hobby is the end result of a high quality and elaborate piece of art. Mr. Kyzer will work on one bowl for over ten hours. When asked what he liked about creating art out of wood Bill replied, "I enjoy woodturning because it gives me freedom of choice to express myself in wood. I find the lathe is the most versatile machine made. You can create anything you want to. You can make a stick or a piece of art, and I like making art."

Bill moved into AFRH-Gulfport on July 15, 2015. Most days you can find Mr. Kyzer in the wood shop at AFRH-G where he is dedicated to the art of creating artistic forms in wood turned bowls. You can also view some of his magnificent pieces in the Art Display Room. Bill was asked what he thought about the AFRH and he said, "I love it, that's the only way I can describe it. It is everything that I had hoped to find. Having a wood shop is an added bonus to living at AFRH-G!"



This vase was made out of Hackberry with accents.



One of Mr. Kyzer's favorite pieces (above) is made out of Live Oak Burl.



Mr. Kyzer engraves on the bottom of all his designs.



Mr. Kyzer creates a bowl on the lathe in the Wood Shop.

From the AFRH-W Administrator



Dear AFRH-W Residents, employees, and friends:

Last month I wrote about the weather during the month of April only to be dismayed by May records for cold and rain. As we put May 2016 in our rearview mirror, I would like to take this opportunity to catalog a few of our important events here at the Home.

We welcomed our new Chief Operating Officer, Dr. Timothy Kangas PhD, during a COO Town Hall the first week in May. It was a nice chance for the Residents and staff to hear from our new leader. The feedback received from the Town Hall was very positive and I'm personally looking forward to learning more.

That same week we hosted a team from the United States Senate Committee on Homeland Security and Governmental Affairs. We provided a briefing and tour to the committee

members who were present. They also stuck around to enjoy lunch with the Residents in our dining hall.

On May 10th and 11th, a volunteer crew from the Coast Guard did yeoman's work beautifying our fishing pond recreation area. My sincere compliments and best wishes go out

to Ernie on his upcoming retirement. Ernie has been part of this crew and has been instrumental in leading the group, coordinating the volunteers, and making a visible difference at the ponds for current and future Residents to enjoy for years to come.

The annual Resident pro golf tournament was held May 19th during a brief break in the rain. The event may be a swan song for the 9-hole course which unfortunately is operating on borrowed time and is scheduled to close September 30, 2016. I remain hopeful that a funding solution can be found as the course is a true asset to retirement living on our campus.

I would like to personally invite any family members or friends who follow this newsletter to the annual Fourth of July fireworks celebration. The Home has a uniquely advantageous vantage point to see the Washington, D.C., fireworks display. July 4th is one of only three events during the year when we open the grounds to the public. Book your airfare or train tickets now! Celebrating the birth of our nation is as fitting an occasion as there is for sharing time with and honoring our retired military veterans. Hope to see you here!

Shaun Servais

AFRH-W celebrates National Recognition Day for Nurses

By Jennifer M. Smith RN BSN, Director of Nursing
Photo by Charles Hollings, Executive Officer



Clara Barton, a nurse who founded the American Red Cross in 1904, famously stated, "I may be compelled to face danger, but never fear it, and while our soldiers can stand and fight, I can stand and feed and nurse them."

Nurses Day was originally celebrated on May 12 in honor of Florence Nightingale, a British Victorian icon who was known to be the founder of modern Nursing. In 1982, Ronald Reagan signed an official proposal to designate May 6 as "National Recognition Day for Nurses". The American Nurses Association (ANA) expanded the holiday in 1990 to National Nurses Week May 6 – May 12.

AFRH celebrated National Recognition Day for Nurses on May 6, 2016 with a delicious cake, snacks accompanied by lively conversations. It is difficult to coordinate a celebration or any get-together because it involves gathering nurses from seven separate areas over a 24 hour period. This year in order to be staff-centered and still take quality care of our Residents, we adjusted the time for the celebration to 7:30 AM to include both night and day shift. There was another cake at 3:30 PM to include second shift and those that were not able to attend in the morning. In the true spirit of teamwork in nursing, the nursing staff took turns attending and also brought back cake for those that were not able to leave the floor.

AFRH nursing staff bring years of experience from many different nursing backgrounds. It is all of our collective experience that help us to be a team. I wonder what the grand total would be if we added up all of the years of experiences each of the Nurses have at AFRH. Education and obtaining a nursing license is just the beginning of building the foundation of best nursing practice. The experience a nurse acquires from working with fellow nurses through the years truly defines the heart and skills of a nurse. A true nurse takes what they have learned on difficult days and applies the knowledge to the future. Real life experiences are just as important as what we have learned in our nursing books. I am proud of all the nursing staff at AFRH each and every day. I hope we continue to use our collective years of experiences to help mentor and teach each other so we are able to focus on patient centered care and grow as a nursing team. Happy Nurses Day to all of the nursing staff at AFRH!!

Reading Buddies finishes with a flourish

By Christine Baldwin, Librarian

After three months of meeting every Wednesday during lunch, several Residents of the AFRH-W finished their Reading Buddies program with children from the new Creative Minds International Charter School. The students are from Kindergarten – 5th grade. The Residents guided the youth with his/her reading or just read to the child while he/she ate. A Certificate of Appreciation was given by the Chief of Resident Services, Ron Kartz, to each participant in a ceremony at the Home. Residents participating were Earl Tourgee, Joe Nesnow, Linda Hardy, Norma Rambow, Frank Lawrence, David Kaetzel, and Michelle Busch. The program will start again in the fall with another grade being added to the school. A special thanks to Creative Minds International Charter School staff Robyne Davis, Aura Matias and Emily Ramirez.



Resident Linda Hardy and her Reading Buddy Llogan Coleman really hit it off!



Resident Earl Tourgee and his Reading Buddy Joshua Weiner celebrate the completion of a successful partnership.

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



Lyrics of an old song stated "Who'll Stop the Rain." It's been close to 20 days, give or take and still the sun is not making an appearance. The residents of AFRH-W are getting "cabin fever" and want the sun to reappear so they

can enjoy what is left of spring.

Dr. Kangas, our new COO, held his first Town Hall meeting. He was welcomed and very well received by the residents. We look forward to having a good understanding and working relationship with him on all matters that concern both the residents and the

AFRH-W.

It's "budget time." We will be looking at every possible detail very closely. We need to manage expenditures of our funds more wisely. Our Resident Fund needs money and we have to find ways to raise it. Difficult choices will have to be made "across the board," yet remembering to keep the needs of our residents first and foremost in mind.

The Spring Fling was a huge success even though the rain dampened some of the scheduled activities. Many of our residents participated in this event and fun was had by all. In the future, many activities are scheduled. They include the famous softball games between the residents and staff. Look forward to these games beginning in the month of June (if the rain decides to go away) and be sure to come out and support your favorite team.

The bowling alley is still open between 1:00 and 4:00 pm. "Shoot Outs" are still being held on Tuesdays between 1:30 PM and the

GEICO Tournament will be coming soon, so contact Roberta for details. The Art Show at the Lincoln Cottage and the adjoining Gazebo is presently being held. On Memorial Day we will hold a cook-out. In essence, there is something planned for everyone to participate in.

Stan Stewart, Jim Kitt, Dr. Linda Hardy and David Pauling ventured to Andrews Air Force Base to speak to young Airmen. They were very well received and the audience enjoyed their speeches about their careers. Another event such as this is planned for the future. These residents proudly represented AFRH-W.

Historical Events

-1607: 1st permanent settlement. It was located in Jamestown, Virginia.

-1796: The Smallpox vaccine was developed by Dr. Jenner.

-1937: The Golden Gate Bridge opened.

-1992: The 27th Amendment was ratified which

prohibited Congress from giving itself pay raises.

Marvin Archer



Marvin stands with Ralph Mayville, veteran of the Devil's Brigade and fellow Resident Ed Davis, a Pearl Harbor survivor.

AFRH-G Administrator



Greetings, May is always a special month because we have a very special day to remember, show respect, and honor the brave men and women who DIED while in service to our country. They paid the ultimate sacrifice and are missed by spouses, children, parents, extended family, friends, and their comrades every day of the year. Memorial Day encourages other Americans to reflect on their sacrifice.

May has also been a special month for me. I was able to attend the rededication of the bench located along the walking path on the east side of the campus for Doris Jones on May 12th. Doris dedicated this to all personnel, past, present, and future of the burn unit at Brooke Army Medical Center, Fort Sam Houston in San Antonio, Texas, who care for our critically burned warriors.

Our nursing department also celebrated Nurses week by having different themed days

and many participated by wearing an outfit for the theme of the day. I was highly impressed by Debora Joiner wearing clothes and a wig for "Back to the Future" day. If you look closely you can find the picture in this edition of The Communicator. Debora is a good sport and a great Director of Nursing.

I also had the pleasure of having two Resident artists; Gerry Gorsky and Ray Eckert decorate my office this month with a few pieces of their incredible art work. Gerry and Ray also jointly worked on a painting that incorporates a section of a golf course which includes a green, numerous azaleas, and various trees. It is currently displayed in the hallway near the art studio and I am hopeful this painting will find its way to my office.

We found out during our recent Town Hall Meeting that our RAC Chairman, Henri Gibson, is leaving the Home due to personal reasons. It was good to hear Henri will re-apply to come back into the AFRH as soon as he can. Henri worked persistently as the advocate for the Residents and he will be missed by many, including me, as he is the only RAC Chairman I have had the pleasure of working with. I wish you nothing but the best, Henri, and I look forward to

your return.

The Armed Forces Retirement Home's new Chief Operating Officer, Dr. Timothy Kangas, visited the Gulfport Home from May 9th through May 12th. Dr. Kangas held a Town Hall Meeting for the Residents and he also held two separate All Hands Meetings with employees of the Home. I believe with Dr. Kangas' extensive background and education, the agency is in very good hands as we strive to meet both our vision and mission of person-centered care.

In regards to person-centered care the Home has been preparing for several months for our accreditation visits from The Joint Commission (TJC) and the Commission on Accreditation of Rehabilitation Facilities (CARF) to re-accredit our Home, both D.C. and Gulfport, for our Independent Plus and Home Healthcare programs. The surveyors of both commissions will utilize established standards, based on evidenced-based practice, to ascertain our compliance. Each member of the team involved has been working diligently and will continue to do so throughout the summer months as we prepare for our surveys in late August and September. We look forward to the challenge as we continue to meet the standards set forth by both commissions.

To the Residents at both Homes, I want to thank you for serving our country and for choosing to make the Armed Forces Retirement Home the special place it is.

Let us all reflect on this Memorial Day to honor all the men and women who lost their lives for our freedom. "I'm proud to be an American, where at least I know I'm free. And I won't forget the men who died, who gave that right to me."

- Lee Greenwood

God bless America!

Jeff Eads



Resident artists Gerry Gorsky and Ray Eckert paint scenery of a golf course, which will eventually be displayed in Mr. Eads office.

Resident's artwork chosen for coastal theme

By Milton Williams, Art Specialist

Resident artists Gerry Gorsky, Ray Eckert and Barbara Folk's, paintings of marine and coastal subject matter were recently chosen for display at the offices of the Department of Marine Resources (DMR) in Biloxi, Mississippi. Photographer, Steve White, came to the Gulfport campus and took high digital format photos of the art works so they could be printed on canvas, which is called a Giclee print. This process was created for fine art digital printing and prints can be made upon request and can be made in various sizes. DMR is getting some beautiful pieces of art and folks from all over our state and country will get to view their artistic expressions of our coastal environment. Thank you to Gerry, Ray and Barbara for your excellent works of art. We are glad more people out in the community will get to view them. We hope to see and hear more of your art adventures.



Mississippi's First Lady Deborah Bryant visits WWII Resident at AFRH-G

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

WWII veteran Mary Nelson left a message with the Mississippi Governor's office for the First Lady a couple of months ago. Mary wanted to let First Lady Deborah Bryant know about the campaign she started. Mary decided when she turned 90 that she needed to make a difference with the life she has left, so she started the "Forget Me Not" campaign. Her "Forget Me Not" campaign honors female veterans who lost their lives while serving our country. Her goal is to increase awareness of the dedicated women who have served in our military and those who will serve in the future. To promote her project, she has met with the Biloxi Veterans Administration, Gulfport Mayor Billy Hewes, and now Mississippi's First Lady Deborah Bryant. She hopes one day when someone finds a Forget Me Not on the side of the road or in a public place they will immediately think of the women who died in combat or served in the military.

When First Lady Bryant heard about Mary's campaign she knew right away that she had to meet her. Last week Deborah Bryant came to the AFRH-G to see Mary Nelson. The First Lady presented Mary with a Governor and First Lady coin, which said "Thank you for your service" and a hand crafted cross. Deborah spent quality time with Mary Nelson and also viewed her garden, which is on the grounds at the AFRH-G. Mary gave the First Lady seeds so she could plant Forget Me Not flowers around the governor's mansion in Jackson, Mississippi.

Mary said the First Lady was very helpful and wrote her a very nice letter after her visit. When Mary was asked about the First Lady of Mississippi visiting her she said, "I was very surprised. She takes a great interest in her husband being the governor and she also takes an interest in the people out in the community. I felt honored that she was interested in my campaign".



First Lady of Mississippi Deborah Bryant knew she had to meet WWII Veteran Mary Nelson.

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



If ever I had to write a more regrettable column this is it. I have been the RAC Chairman here in Gulfport for 20 months and it has been one of the most rewarding jobs or position (except when I was an Army Recruiter) that I

ever had. But because of unfortunate circumstances that involve my Significant Other I am resigning my position as RAC Chairman and leaving the Home for a while. I will be moving to Maryland in order to help take care of her. This was not an easy decision for me because I feel that there were some things I left unfinished. I love the Home, I love the Residents, the Staff, the area, and most of all being RAC Chairman.

As RAC Chairman it was my honor to be an advocate for the Residents. Was it an easy job? No. I put in many long hours and attended many meetings. I investigated, resolved issues, and arbitrated. My main focus was always the welfare of the Residents. I hope I did a good job and I hope your next RAC Chairman will carry on with the same determination I had concerning the care and living conditions of the Residents and be able to work with the AFRH Council and Agency to keep this Home a place Residents can be proud of.

Before I go I wish to thank the Residents who support and have supported our Scholarship fund. This fund has provided a scholarship to one deserving graduating senior at Gulfport High since 1977. This year at the Gulfport High School award ceremony it was my privilege to bestow three scholarships (one \$4,000, and two \$1,000) on three deserving students. Our community has supported us so much

that this scholarship fund is our way of giving back. Keep supporting it.

Now, I said I would be leaving the Home for a while, and by that I mean I will be coming back. And who knows I might

run again for RAC Chairman. Until then I will say "so long for now" and may the Good Lord watch over you and keep you safe. God Bless!!!

Henri Gibson



Henri speaks at Gulfport High School before he presented the scholarships.



Residents Doris Balfour (far left) and Henri Gibson (far right) present the scholarships to the Gulfport High School students.

AFRH-W Activities

Coast Guard pond project

By Carolyn Haug, Volunteer Services
Photos by Adam Reza, Admissions

This year marked the 12th year since the Coast Guard began an annual volunteer effort that quickly evolved into the annual Coast Guard Pond Project. On a soggy day in May, volunteers from the local CWOA, CPOA and CGEA chapters were busy mowing, planting, removing debris inside and around the ponds, painting, staining, replacing and adding posts and line. A little rain did not slow down our hard-working Coasties and their determination to have the ponds ready for use for our Residents.

The project concluded with special recognition of the volunteers who dug post holes, mowed all morning in the rain and attentively painted our wooden fish sculpture. Special recognition was also given to CWO4 William "Ernie" Ernestburg, who has coordinated the Pond Project over the last four years. Ernie is retiring this July and plans to hold his retirement ceremony here on Friday, July 29th. Thank you to our Coast Guard volunteers and Ernie for your dedication to our Veterans of the Armed Forces Retirement Home!



Recreation Therapy Ladies Day Tea

By Sarah Kenan & Carol Mitchell, Recreation Therapy

On Monday, May 9th the Ladies of AFRH-W enjoyed an afternoon tea. The event was held in the Scott Defender's Inn amid soft colors of lavender and fresh flowers. Music by famous female artists played softly in the background by our music man, Resident Ray Anderson. Upon entering, the ladies were greeted with sweet treats and a warm welcoming handshake. Residents were then seated at their tables where they could mix and mingle with each other.

To kick off the event a presentation was given on the assorted teas and then served by the Recreation staff. Resident volunteer, Sheldon Shorthouse, assisted with serving throughout the event. Also, during the program of The History of Tea, Tea etiquette, and Tea Trivia was given and demonstrated. The ladies were also given wonderful prizes for their knowledge on tea history. Special thanks to Food Services for providing a lovely assortment of finger foods to include miniature tea sandwiches. A good time was had by all the ladies. Resident Corinne Robinson came dressed in High Tea attire and we hope to follow suit next year at the Recreation Therapy Annual Ladies Day Tea!



Jo Colvard enjoys the Ladies Day Tea.



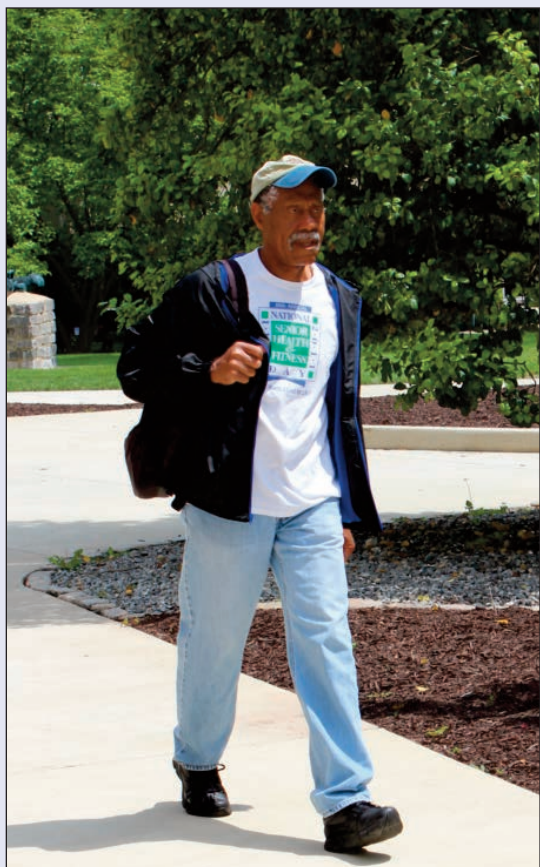
Constance Maziel and Sarah Kenan of Recreation, serve the Ladies.



Corinne Robinson brought out her best hat for the occasion.

A question about walking

By Resident George Wellman, AFRH-W Walking Club Member



How many steps are there in a mile? This is not an easy question. Everyone has a different stride. My stride is 32 inches, so it takes me approximately 2,000 steps for a mile. (To be exact, it takes me 1,980 steps for a mile) How do you calculate your stride? It is easy. First you take 20 normal walking steps and measure the distance traveled in inches. Next you divide the inches traveled by 20. This will give you the length of your stride. We know one mile is 63,360 inches. We can now calculate how many steps it will take you to walk a mile based on your stride.

Formula for your steps in a mile:
63,360 inches/ divide by your stride in inches= steps
Example using my profile:
63,360/32= 1,980 steps for a mile

AFRH-W arts, crafts and hobbies Spring into Summer!

By Lori Thompson, Art Specialist

Exciting events are occurring in the arts at AFRH-W! In preparation for our summer painting and computer graphics workshops, two van trips occur in May. On May 10th, Residents visited the Museum of Natural History to view "Nature's Best Photography W.S.R. International Awards." The exhibit celebrates the past 20 years of this internationally prestigious award. Everyone agreed it was the best nature photography exhibit they had EVER seen. On May 26, we will be visiting the National Arboretum to take nature photographs for upcoming workshops.

May and June classes include Ceramic Pouring, Pottery, Fused Glass – Beginning and Advanced, Creativity 101- where a different topic is introduced at each meeting! The ACH calendar also has regularly scheduled Assistance times; Residents may sign up for a block of 1-on-1 instruction time in the Artist Colony (painting, drawing, printmaking and book making) or in the Ceramic Studio (pottery, ceramics, glass, sculpture). June ACH van trips include: Bev's Ceramics-Haymarket, Baltimore Museum of Fine Art and Bluegrass in the Park-Arlington.

On June 8th, the "Crazy Artists Club" will hold its first open meeting in the Artist Colony. Residents can participate in a "create-along," enjoy light refreshments, and consult the muses. The club has even invited Van Gogh and Elvis. However, according to Mimi, only Elvis has responded so far.

Please check out the Arts, Crafts and Hobbies Bulletin Board in the tunnel for additional information on events/activities.

AFRH-G Activities

Resident and RN Doris Jones honored at bench dedication ceremony

By Julia Goode, Wellness Center Manager
Photos by Becki Zschiedrich, AFRH-G Public Affairs

May 12, 2016, Resident and RN Doris Jones was honored at a ceremony dedicating her bench located on the southeast corner of the AFRH campus. The American Legion was present honoring her with a certificate of recognition for her 42 years of service to that organization. Ms. Jones spoke of her experience as a nurse at Brooke Army Medical Burn Center during the Vietnam War and the history of Florence Nightingale. The event was attended by the AFRH Administrator, Nursing Staff, Residents and members of the American Legion Post 33.



Doris Jones sits on the bench she dedicated to the personnel of the Burn Unit at Brooke Army Medical Center.



The American Legion presented Doris Jones a certificate for 42 years of service to their organization.

Here's looking at you, Lady Liberty

By Milton Williams, Art Specialist
Photos by Becki Zschiedrich, Public Affairs

The Art Class has completed another fine painting of "Lady Liberty". This is the 2nd in the series and contains 16 canvas panels painted by 11 residents. It is 5'4" square and is displayed in AFRH-G front lobby entrance on the ground floor. Since this masterpiece is so large, the windows in the crown were the perfect size for photos of all the artists who worked on this amazing painting. This is truly a very unique "self-portrait". Thank you to all the Residents who participated in this awesome project and for your great team work and adventuresome spirit in taking up this challenge.



Corena Wash works on the Lady Liberty project.



Seated left to right, Ron Persing, Frances Scott and Eva Downs. Standing left to right, Milt Williams (Art Specialist) Bill Sanders, Ted Wesolowski, Barbara Folk, Jeff Eads (Adminstrator), Wanda Webb, Corena Wash, PJ Johnson and Gerry Gorsky. Not pictured are Ray Eckert, Clifford "Smitty" Smith, Fredi Van Pelt, Dianna Lamb and Frank Haney.



The windows in the crown were the perfect size for photos of all the artists who worked on this amazing painting

Answer to what is it?

By Milton Williams, Art Specialist

A Pine Cone cut in half by a lawn mower and vehicles rolling over many times on the driveway.



A beautiful day to reflect with remote control boats

By Susan Bergman, MT-BC, Recreation Services

On Friday, April 29, 2016, Hobert Wood, Catherine Dailey, Maynard Howard, and Dwyght Shelby enjoyed a beautiful afternoon by the outdoor reflection pond. They tested 3 remote control boats, practiced steering, and became battle ready. Before long, the boats were chasing and circling each other with near misses and attempted collisions. Several people watched from the rocking chairs at the main entrance while Independent Living Residents, Earnest Rousch and Frank Teal joined in to test out the boats, too.

Only the day before did Biloxi and Gulfport experience an "unprecedented weather event" with over 10 inches of rain falling in less than five hours including damaging hail, tornado warnings, flash flooding, and a state of emergency declared for the City of Gulfport. With teamwork and safety preparations, all remained safe and sound. We are truly grateful for a rainbow of a day after weathering the storms of life.



Hobert Wood shows off his skill!

Darts Tournament

By Dennis Crabtree, Recreation Specialist

On Tuesday, April 12, 2016 Residents were competing in the Darts Tournament in the Club Room. Ernie Fowler is looking for that Bull's Eye. Johnny Fuselier is also eyeing that Bull's Eye. Frank Baker is posing for the camera. Jerry Anderson is also looking for that Bull's Eye. There were four players that played in the tournament but there could only be three winners for that day. Ernie Fowler took 1st place, Johnny Fuselier took 2nd place and Jerry Anderson took 3rd place.



WASHINGTON Spring Fling 2016

By Carol Mitchell, Recreation Therapy

The rainy weather of the past two weeks finally let up for the Annual Spring Fling which was held on Saturday, May 7th. The event is hosted by the "Friends of The Home" which is a community based volunteer organization that provides volunteers for a wide variety of Home events and programs.

This annual event is open to the Community and Residents of the Home and takes place on the AFRH-W Golf Course driving range. The event was action packed with fun-filled

activities including: a live band, a George Washington University ballet team performance, a nature walk, awesome food vending trucks, and so much more! The Healthcare Residents attending enjoyed watching local kids playing, listening to the music, tasting the different foods, and the wonderful fellowship this event provided with the community.



Resident Services Chief Ron Kartz and Ombudsman Robb Webb were on hand to make sure the Residents enjoyed the event.



Residents enjoyed furry animals from the community.



Residents listened to great music and tasted many different foods.

Ice Cream Social at AFRH-W

By Constance Maziel, Lead Recreation Specialist

On Friday May 13th, the aroma of strawberry, chocolate, and vanilla filled the air as residents, volunteers, and guests joined together in the Scott Community Center for an Ice Cream Social. White and purple décor flowed throughout the room reminding most of spring time, while caramel sauce, whip cream, nuts, and cherries topped off the delightful event. DJ Billy White played "Oldies but Goodies" tunes as everyone enjoyed the special treat. Some stayed consumed with the delicious dessert, while others danced to the jazzy tunes! The Ice Cream was provided by the Walter Reed Brain Injury Study Group. The distinguished group of individuals introduced themselves and gave a special thank you to all the Veterans for serving this country. The group also helped serve the ice cream and enjoyed the decadent treat too! The event concluded with bright smiles and warm farewells as everyone made their way out of the joyous social occasion. A special thanks to the Walter Reed Brain Injury Study group, Jerry Carter, Sheldon Shorthouse, and all those who assisted in making the event truly sweet!!!



Sarah Kenan, Recreation Therapy, and Resident Ernest Janes are all smiles at the ice cream social.

GULFPORT

AFRH-G celebrate Nurse's Week

By Dala Weems, Medical Records



When each Resident journeys through their stay at the Armed Forces Retirement Home, it becomes very evident the important roles that our Nursing Staff plays in our daily lives. When you arrive and enter the Wellness Center, you are warmly greeted by the CNA who takes you back to the exam room where your nurse will go over your medications and get you ready for your appointment, which may vary with our wonderful Nurse Practitioner. If you have the opportunity to join the Independent Living Plus (ILP) program, your nurses come to your room to assist you with medications, or if

you need help with a shower, ensuring that you live independently and safely for as long as you are able.

Traveling up to Assisted Living on C-Tower you will note the caring Nurses and Nursing Assistants providing necessary medical care, and assisting our Allegiance Hall Residents with appointments, baths, and providing a listening ear after a long day. Visiting a friend on the Memory Support unit and Loyalty Hall, you may note how the Nurses and Nursing Assistants provide a structured safe environment, assisting residents with activities they enjoy, and feeding them their favorite meals. On Valor Hall, our Nurses and Nursing Assistants may be assisting a Resident as they walk down the hall, or hugging a grieving family member whose Long Term Care loved one will soon be taking their final breaths.

Behind the scenes, our Nursing Managers are ensuring that operations flow smoothly and that the Nursing Staff is ready for whatever AFRH throws their way in the event of a medical or weather emergency. Our Performance Integrator and Nurse Educator also play a vital role in ensuring that we meet rigorous credentialing standards provided by The Joint Commission and CARF. Our Director of Nursing displays strong leadership that makes sure we all work together to serve you, Our Nation's Heroes, with the dignity, respect, and honor that you have earned. Nurses' Week started in October of 1954, celebrating the 100th anniversary of Florence Nightingale's mission to Crimea. In January of 1974, Nurses' Day was proclaimed May 12, which was Nightingale's birthday. Over the next few decades it evolved into an entire week, dedicated to celebrating the Nurses that make a difference in our lives. This year we celebrated Friday May 6th through Friday May 13th.

Nurses' Week at AFRH started out on Friday, where staff donned our silly hats. On Monday we wore our favorite team gear. Tuesday we dressed for our favorite decade, and staff enjoyed a potluck with wonderful dishes, including fried chicken supplied by our Director of Nursing, and fresh fried green tomatoes cooked by Recreation's Susan Bergman. Wednesday was tropical fiesta day, and staff members took time out of their busy days to join residents on Valor and Loyalty halls for lunch. Thursday our Nursing Staff wore the traditional "Nursing Whites". We attended a special ceremony where AFRH's own Doris Jones was honored by the American Legion with a bench dedication. We wrapped up the week with a recognition ceremony in the Community Center where awards were given out, and Deborah Joiner, the Director of Nursing talked about being "Just a Nurse" and pride associated with wearing her "Nursing Whites".

