



AFRH-GULFPORT

Cruisin' the Coast

Story & Photos by Becki Zschiedrich, Public Affairs



On October 4th around eighty antique, classic and hot rod vehicles flowed through the gates of the AFRH-G. Residents were extremely enthusiastic when the cruisers started arriving. Each classic vehicle was striking and unique. Some of the paint jobs on these cruisers resembled fine art. This is an event that the residents look forward to every year. It was so much fun to watch all these vehicles, some dating back to the 1930's, cruise by and blow their cow horns. Some of our car passionate residents were even offered rides by the "Cruisers" and actually went "Cruisin' down the Coast.

Cruisin' The Coast® comes to the Mississippi Gulf Coast every October for one full week. It is known as America's Largest Block Party. It all started in 1996 as a festival to celebrate antique, classic and hot rod vehicles. Over 7,900 registered vehicles were registered this year, and that number does not include the number of vehicles that were not registered. It was exciting to go back in time and witness thousands of antique, classic, and hot rod vehicles cruisin' the 30-mile stretch of beachside highway in and around Gulfport, Mississippi. Times have changed when it comes to automobiles, but it was fun to reminisce about how vehicles used to be.



AFRH-WASHINGTON

Tour of the U.S. Capitol

Story & Photos by Rebecca Newton, Public Affairs



In keeping with our resident focus, and promoting vitality, Public Affairs booked a special visit to another amazing historic monument. On October 13th, eighteen residents and three staff members travelled three miles up North Capitol Street, via bus, to the U.S. Capitol.

Upon arrival, the group was greeted by the special assistant to Congresswoman Eleanor Holmes Norton, and escorted

through the south entrance into a conference room where they would wait briefly for their private tour. Once it was time, they took a short walk to the House Floor.

There, Congresswoman Norton greeted everyone and gave a private tour/background of what happens on the House Floor, then posed for a group photograph. From there, the group toured the Senate Floor and gallery; then transitioned to the 580,000 square feet Capitol Visitor Center, stopping in the gift shop to purchase mementos.

After shopping the group split: half dined at the U.S. Capitol restaurant and the other half decided to eat bag lunches before heading to the theater to watch the thirteen-minute film, "Out of Many, One."

Following the film, we enjoyed a guided 45-minute tour (listening to the tour guide through headphones) covering Exhibition Hall, the Rotunda and National Statuary Hall where the "whisper spot" is located.

Once the tour concluded, residents expressed how it was one of the best trips they have ever taken!



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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 & personal enrichment.

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

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

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to:
AFRH, PAO/Marketing, #584
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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-W Veteran Highlight - Stephen Jennison

By Christine Baldwin, AFRH-W Librarian



Stephen Jennison was born in New York City 98 years ago. His father lost his job during the Depression, so they moved to upstate New York, when Stephen was a boy. His favorite memory then was when silent movies went to "talkies". After graduating from high school, Stephen went to work for the Daily Mirror. Unfortunately, it was the night shift, which he didn't like. However, Stephen always wanted to join the Navy. In fact, one time he got in trouble in elementary school and the teacher said "What are you going to do when you grow up?" Stephen replied "I am going to be in the Navy!" When the teacher told this to his mother, she replied "So, what's wrong with that?"

Stephen went to Boot Camp at Newport, RI in 1941. His first ship the USS GLEVES (DD-423) sailed out of Boston, MA with all new recruits. Stephen had joined before Pearl Harbor

and was stationed in Newfoundland. On that fateful day, he was fishing for flounder, when the announcement was made on the bombing. The question he and his fellow "tin can sailors" had was "Where in the world is Pearl Harbor?" It was then that they began running thousands of miles of convoys and became the 'Galloping Ghosts in the Atlantic Coast'. Stephen's next ship was the USS BELLEAU WOOD (CVL-24), an aircraft carrier sent to the Pacific Theater. After supporting the occupation of Baker Island and taking part in the Tarawa and Wake Island raids, they joined in the invasion of the Gilbert Islands. In 1944, Stephen was part of what is known as the "Marianas Turkey Shoot", in which they decimated the Japanese fleet with only minimum losses. After some other convoys and an overhaul at Pearl Harbor the BELLEAU WOOD assisted in the last stages of the occupation of Guam. Next Stephen went stateside to Norfolk, VA where he reenlisted. Then it was back onto aircraft carriers in the Pacific Ocean. Stephen finished up his 20 year military career in recruiting at Norfolk.

After retiring, Stephen worked in the U.S. Government with shipping and receiving supplies such as copper, lead, aluminum and rubber. He retired again and he and his wife moved to

Florida. Stephen had always belonged to the Fleet Reserve Association and a friend from the group asked him one day "when are we going to the 'Old Soldiers' Home?" Not then, but in 2002, after his wife had died, Stephen came to AFRH-W. He has one son and three granddaughters, who he is very proud of.



AFRH-G Veteran Highlight - Thomas Miller

By Lori Kerns, AFRH-G Librarian

Thomas Miller was born and raised in Cotton Valley, a small town located in the northwest portion of Louisiana. He is the second youngest sibling of nine children who grew up on a family-owned farm. Thomas didn't care too much for farming so as soon as he graduated high school, he joined the military.

He enlisted with the Army Air Corps in 1944 with the intention of becoming a pilot. While Thomas was in pilot training, D-Day occurred. As a result, the training was discontinued. He was sent on to B-29 flight engineer school. However, during the time of this training the Japanese surrendered. This training was discontinued, as well. Those enrolled were given the opportunity to either get out of the military or continue. Thomas decided to come back home.

He found himself a good job and met a girl, Iona. He and Iona married in 1946 and eventually had two children, a son and a daughter. Iona's parents moved to Gulfport, MS so she wanted to follow them. When the young couple got to the Gulf Coast, Thomas had a hard time finding a job. He decided to reenlist and got stationed at Keesler Air Force Base (KAFB), only one city over in Biloxi, MS. Next, he was sent to London where he began working in postal. After three years, he returned to KAFB in 1953 where he began administrative duties. In 1958, he was sent to work at TechTAF (Technical Training Air Force), which happened to be located on the same exact property that AFRH-G now sits. He stayed for two years and was sent back overseas to do a stint in Taiwan and another in Bangkok. In 1964, he returned back to KAFB. He was assigned as a first sergeant of the USAF 3401 Student Squadron. Again, he was right back on the same property where the home now resides. It was while stationed here that he decided to retire from his military career.

Thomas had bought a home in the Bayou View subdivision of Gulfport. He began working at the post office in Gulfport but did not care for it. Eventually he purchased a local business, Bayou View Gulf Service Station, which he ran for 13 years.

When Thomas' son was younger he was in the Boy Scouts. Thomas accompanied the troop on a hiking trip through Great Smoky Mountain National Park. He enjoyed it so much that he, along with the Scout Master and another friend, decided to hike the entire Appalachian Trail. After much research and planning, the trio decided to break the hike down in sections and finish each section one year at a time. Before the hikers began on their journey, they volunteered for a few weeks to maintain trails and build shelters, bridges, and trail ways. The first year they began their hike in Amicalola Falls, GA and ended a few weeks later in Fontana Dam, NC. During their hikes, they would either sleep in small tents or tiny shelters provided by the park. They would stop every couple weeks to restock on grocery supplies. The hikers had to keep very few supplies knowing whatever they kept had to be carried in their backpacks. Their backpacks typically weighed about 35-40 pounds and were

carried the entire duration of their trips.

The next year, they began their excursion where they left off in Fontana Dam and hiked to Virginia. The next year they began in Virginia and hiked a few weeks until they hit Bennington, VT. Beginning the following year in Vermont, the men made it to Berlin, NH. Their final year, the hikers started in Berlin and finally ended their astonishing accomplishment of an over 2000 mile trek through the Appalachian Trail.

Thomas lost his wife of 65 years in 2012. Living alone, he decided to visit AFRH-G. The grandfather of six (great-grandfather of four) was impressed enough to put his name on the list of potential residents. After a three-year wait, he moved in at the age of 91 and has now been a resident for about one year. He mostly spends his time at the home by volunteering in the Lord's Cabin and in the library. He also enjoys reading. AFRH-G is very happy to welcome Thomas as one of its newer residents.



From left to right Arvah McClendon, Thomas Miller, and Bob McGhee during their 2,000 mile trek through the Appalachian Trail.

Message from the Chief Operating Officer



campaigns were run.

Fall is in full swing, leaves are falling, as are temperatures. It is also election season, you cannot turn on the television or read a newspaper and not know we are in the midst of an election. As you all know, AFRH recently completed its election season, new Resident Advisory Committee Chairs were recently elected for both campuses. I'd like to congratulate Phil Ford, the new Chair for Gulfport and Sheldon Shorthouse, the new Chair for D.C. I'd also like to thank their competitors, Doris Denton and Patric Roberts. Really proud of how both

Would also like to take a moment to thank the previous RAC Chairs, Roy Cook in Gulfport and Marvin Archer in D.C. I believe they deserve a special note of gratitude as they both took the positions on an interim basis and absolutely hit the ground running! Their tenures may have been short but were extremely successful.

For Phil and Sheldon, now the hard work begins! I look forward to both Chairs working with Campus leadership towards our vision of being a retirement community committed to excellence, fostering independence, vitality and wellness for veterans, making it a vibrant place in which to live, work and thrive.

The Chairs will be unable to do their job without the assistance of all Residents and employees, theirs is a collective effort, we must all

work together towards not just their success, but the success of the home.

Communication is a significant factor in any organization's success and ours is no different. We must work through leadership to mollify arising issues, as an organization built on military heritage, we should all be familiar with the chain of command. Use of the chain of command is paramount to an organization's success. I have NO problems, let me reiterate, NO problems talking with Residents and employees but among my first questions will be..."did you talk to leadership?" On the flip side of that equation, leaders must lead, taking action(s) or having candid conversations with people.

Before I close I would like to take a moment to congratulate AFRH-Washington's Chaplain John Goodloe. Chaplain Goodloe recently received a PRESIDENTIAL Honor for his good works. An honor very well deserved, it is a privilege to have him on our team.

Enjoy the changing of the seasons and will see you around....

Dr. Timothy Kangas



Dr. Kangas and Agency employees outside the historic Sherman Building.

A Community of Resident Volunteers

By Melodie Menke, Volunteer Services, AFRH-G



As the Volunteer Coordinator at AFRH-G, one of my favorite quotes on volunteering is "Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in."

Our 90 Resident Volunteers, from all ages and different backgrounds, vote each day with their time and talent at AFRH-G. Together they ensure that our library stays open later; movies are played every night; bingo numbers are called; and courtesy calls are dialed for package pickups. Our thrift store is open for friendly, easy shopping and the clothing store is neat and orderly with bargains of free clothing for Residents. Pictures and videos are taken of events and edited to play on our Home TV. Ham radios are manned, computer labs are open with free classes and genealogy trees are explored for new family histories. Residents sponsor prospective new Residents answering their many questions and Resident Tour guides showcase the Home to active duty and community groups. Phone calls are

answered in the Lord's Cabin; vigils are held for their own, prayer circles pray and bible studies study and Residents volunteer their voices to sing in our choirs. Our Resident craftsmen ensure safety in the woodshop and our Resident artists teach new techniques of creativity. The swimming pool is monitored and bicycles are inspected for safe riding on the grounds. Residents escort others to medical appointments and lend a hand to those that need an extra one. Committees are formed, attended and ideas are exchanged. Guest and staff meal ticket monies are collected with a smile as our talented musician provides live music in the dining hall on birthday night. Our Resident Volunteers vote daily for AFRH-G to be one amazing community to work and live in.



Resident Sid Land receives a package in the package room from resident volunteer Dave Worrell.

Wellness Center staff offers flu clinic

By Susan Bryhan, Wellness Center Coordinator



In keeping with their name, on October 12 and 13, the Wellness Center Staff gave residents and staff their annual flu immunization. Getting an annual flu vaccination is the best way to prevent getting the usual symptoms of the flu which include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue and may also include vomiting and diarrhea and even death. Sometimes these respiratory symptoms signal an infected person, even those without a fever.

According to the Centers for Disease Control (CDC), people 65 years and older are at greater risk of serious complications from the flu as compared to younger, healthy adults because human immune defenses become weaker with age. During most flu seasons, people 65 years and older bear the greatest burden of severe flu disease. For this reason, we strongly encourage all residents, staff and family members to get vaccinated.

Besides getting an annual flu vaccination, other things to help keep you healthy during the flu season include practicing good health habits such as covering coughs, frequent hand washing and avoiding people who are sick. Always remember to seek medical advice as soon as possible if you develop flu symptoms as you may need to take an antiviral drug. Starting treatment as soon as possible will help you to avoid serious flu complications.

Another vaccination that should be considered for people who are 65 years and older is the pneumococcal vaccination which protects against pneumococcal disease. This disease can result in pneumonia, meningitis, and other bloodstream infections. Talk to your primary care doctor (PCM) or come to the Wellness Center to find out which vaccines are recommended for you. Also, if you missed the flu shot clinic, you can still get your vaccination at the Wellness Center.



Resident Patricia Moore receives her vaccine from nurse Tammy Davis.



Administrator Shaun Servais is ready for his vaccination.

GAH/VFW visit

By Matt Roberts, Recreation Therapy

On Saturday October 8th, AFRH-W hosted a national day of service for Give-an-Hour and Veterans of Foreign Wars focused on increasing awareness of mental wellness. Volunteers from VFW and GAH worked with staff and residents to tackle projects all across the Home. Librarian Christine Baldwin supervised teams, who organized and cleaned bookshelves in the library and the Sheridan building.

Members of Give-An-Hour visited with residents and Amanda Jensema in the Scott Building. Leadership from VFW and GAH met with the new Resident Advisory Council and hosted a series of wellness conversations in the Defenders Inn, where residents were served coffee, tea and cookies.

They also had the chance to meet country music star Chris Stapleton. In the afternoon, the two organizations conducted a raffle during bingo. In all, more than a hundred volunteers participated.



Ron Kartz, Chief of Resident Services, with GAH volunteers sharing the five signs of emotional pain.

From the AFRH-W Administrator



Fall is upon us at the Armed Forces Retirement Home – Washington! We have had a heckuva month doing our best to fulfill our never-ending service mission to veteran Residents. Following is a recap of some of the highlights: The annual Fall Fun Fest was held October 2nd. This event featured community interaction with Residents and stakeholders. The antique car show was a success despite a few early morning raindrops putting a small damper on participation. Representatives from the Creative Minds International Charter School, President Lincoln's Cottage, Walter Reed National Military Medical Center, People Animals Love, and a Resident Arts and Crafts sale were featured. The U.S. Army Old Guard Fife and Drum ensemble played at the historic bandstand before the U.S. Army Drill Team tossed rifles with bayonets through the air! In the afternoon, Residents enjoyed the sunshine, suds, and food provided by Friends of the Soldiers' Home. Fall Fun Fest was a major undertaking and my compliments to all the people who planned and executed a great event.

Later that week, we observed the United States Navy's Birthday on October 7th with a ceremony in the Hall of Honors. The service branch birthdays have traditionally been observed at the Home on the preceding Friday. The event was well attended by Residents and active duty sailors. It's always a big boost to see the men and women in uniform actively serving their country. Cake and punch was served immediately following the ceremony. Each quarter, management convenes to discuss Employee of the Quarter (EOQ) nominees. As determined by vote, the EOQ is awarded 8 hours leave and eligible for the AFRH employee of the year, as selected by our Agency Headquarters. Congratulations to Tammy

Davis, LPN from our Independent Living Plus (ILP) program. Tammy was instrumental in helping ILP achieve its accreditation during the September survey. Keep up the good work! Also this month, AFRH-W was the host site for the DC Cycle Cross Mountain Bike Race October 22 and 23. More than 1,000 participants were here, plus spectators, to race mountain bikes through a terrain course on the lower level of campus. Professionals, amateurs, and kids rode the challenging course during yet another successful October event. This marked their 10th annual race on the Washington Campus.

Lastly, in the spirit of continual process improvement and providing Resident Centered Care, consultants from The Joint Commission descended on D.C. for the annual Operational Assessment on October 24-25. Three programs were reviewed: Ambulatory Care Center, Nursing Care Center, and Home Care. The consultants provided valuable insight and education for how we can continue to have good quality care outcomes. This year has been full of surveys, and we have one more to go. My sincere appreciation to the dedicated care givers and support staff who continue to get the job done.

Shaun Servais



Mr. Servais presents Command Master Chief Willis with an Administrator's coin.

241st U.S. Navy Birthday Ceremony at AFRH-W

By Constance Maziel, Lead Recreation Specialist



On Friday, October 7th, 2016, AFRH-W celebrated the 241st U.S. Navy Birthday in the Scott Hall of Honors. The event was hosted by retired Navy Capt. Susan Bryhan (ret.), who shared exciting memories about her past in the military, while showing gratitude to all those who served. The ceremony was brought to attention as all participants joined together for the National Anthem followed by the Pledge of Allegiance. The event continued as Chaplain John Goodloe provided a heartfelt invocation which set the tone of the event.

The highlight of the ceremony was the honorable speech provided by the guest of honor, Command Master Chief Tyrone Willis. Command Master Chief Willis graduated from the Navy Senior Enlisted Academy, Class 146 and the

CMC/COB Course with the 9580 designation.

Additionally, he graduated from Field Medical Service School and earned his Enlisted Surface Warfare and Fleet Marine Force designations. He has served as the Command Master Chief at Naval Hospital Beaufort, South Carolina; and onboard USS ROSS (DDG 71) Norfolk, Virginia. He is currently serving as the Command Senior Enlisted Leader for Defense Health Agency, National Capital Region Directorate and Walter Reed National Military Medical Center.

The celebration proceeded with the traditional U.S. Navy Cake Cutting, honoring our oldest Navy sailor present, Stephen Jennison. The ceremony concluded with admiration to all those who served as every participant joined together to sing the U.S. Navy song, "Anchors Aweigh". A special thanks to the RAC Honor Committee, volunteers, and all those who served, for making the 241st U.S. Navy Birthday Celebration a success.

Hooyah Go Navy!



Full evacuation exercise

By Laura Fogerty, AFRH-W Safety Officer

Friday, October 14, 2016 beginning at 0800, all Independent living and Independent Living-Plus Residents were advised to evacuate the Sheridan building. The residents reported to the "area of safety" in the Community Center. The exercise lasted approximately one hour.

The purpose of such exercises is to provide residents and employees the opportunity to practice emergency readiness by safely evacuating, which is required by the Commission on Accreditation of Rehabilitation Facilities (CARF) and the Joint Commission (TJC), as part of our accreditation.

Prior to the evacuation, several focus groups were held to let residents know what to expect.



Protestant Chaplain John Goodloe receives Presidential Recognition

Story & Photo by Rebecca Newton, Public Affairs

Recently, Protestant Chaplain John Goodloe received a much deserved Presidential Recognition. As an unsung hero to the residents of the Armed Forces Retirement Home for over a decade, Chaplain Goodloe's dedication was recognized at the highest level. The President of the United States wrote these words:

Michelle and I offer our congratulations on this milestone in your spiritual journey. We pray that the cherished memories of this special occasion will always nourish your faith. May God continue to bless and guide you throughout your life. [signed Barack Obama]

Little did the President know, this "milestone" is more than meaningful, as it is the month of Goodloe's birth and the twenty-eight year anniversary of his church. He teared up as he was celebrated during the Employee Breakfast, reflecting on how amazing God is!



Chaplain Goodloe was recommended for this award by Dee Dee Chavers, Department of Veterans Affairs.

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



VFW and Give an Hour

On October 8, approximately 120 volunteers from the VFW, including B.J. Lawrence Jr. (Vice Commander-in-Chief) and volunteer group, Give an Hour came to AFRH-W, offering their time and efforts to lend a hand in sprucing up the grounds.

They also carved out time to sit and talk with residents, reflecting on their service. Country singer Chris Stapleton and Give an Hour president, Dr. Barbara Van Dahlen, shared the five signs of emotional pain: Personality change, agitated, withdrawal, poor self-care and hopelessness. Give an Hour is a nonprofit organization dedicated to offering counseling to troops and their families.

Fall Fest and Antique Car Show

On October 2, over 1,000 people attended the extraordinary celebration of the season, both on the upper part of campus and down near the driving range. The event was a huge success, and included: 57th Annual Antique Car Show, military displays, arts and crafts sale, petting zoo, PAL animal visit, Oktoberfest, fishing rodeo, golf tournament, car awards show, Model T Club display, tours, music, food trucks, pumpkin patch, bake sale, beer and Bourbon tasting.

Flu shots

If you haven't been vaccinated against influenza, stop by the Wellness Center and get protection against the virus.

History reflection

-October 1, 1979, after 70 years of American control, the Panama Canal Zone was formally handed over to Panama.

-October 3, 1863, President Abraham Lincoln issued a proclamation designating the last Thursday in November as Thanksgiving Day.

-October 19, 1781, British general, Lord Cornwallis, surrendered to General George Washington at Yorktown.

Volunteer opportunities

Remember, if you are able to volunteer here on campus, there are countless opportunities!

Sheldon Shorthouse



Sheldon accepts a check from the Model T Club on behalf of the residents.

From the AFRH-G Administrator



October was another busy month at the AFRH-G. Cruisin' the Coast came through the gates and put on roaring show of antique and hot rod vehicles for the residents. There was a constant stream of over eighty dazzling classic cars that drove through and delighted everyone who attended this yearly event. We also celebrated Oktoberfest with a wonderful German lunch. The Navy Birthday celebration was well attended and I would like to thank guest speaker, Captain Jeremy R. Hill, Commanding Officer of the newly commissioned Portland LPD 27, for supporting the AFRH by coming out and speaking and visiting with the residents. We also held our Quarterly Employee Meeting this month and announced the new Employee of the Quarter, Brandon Kinchen. Congratulations to Brandon and also to Jeanne Lipely and Dennis Crabtree for receiving honorable mention.

I am so looking forward to November. The 4th Thursday is Thanksgiving Day and that is just a few weeks away. As a citizen of these great United States of America I am so thankful for each resident of both homes for serving our wonderful country. I have been blessed to serve senior adults 20 years. But the greatest blessing is the past nine months I have been able to serve as the home administrator for the Gulfport residents.

But, more important than Thanksgiving is Veterans Day, Friday, November 11th, the day each of us can celebrate and thank our Veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. This will be a special day for me as we open the home to the community so they can participate with us as we honor the men and woman who reside at the Armed for Retirement Home-Gulfport. The recreation

staff has been busy planning and preparing for this special day. I am looking forward to the festivities and excitement this special day brings.

Jeff Eads



Mr. Eads presents RN Brandon Kinchen the Employee of the Quarter award.

Happy Birthday Navy!

By Melodie Menke, Volunteer Services AFRH-G
Photos by Resident Ron Persing

The 241st Navy Birthday was celebrated on Oct 13th, 2016 at AFRH-G with guest speaker Captain Jeremy R. Hill, Commanding Officer, PCU Portland LPD 27. Capt. Hill and his wife Cynthia with his officers and enlisted crew enjoyed talking with the residents. The NCBC Gulfport, SJA Office also attended celebrating with residents. The PCU John Finn DDG113 enlisted crew was onboard having the youngest seaman cut the cake with Navy resident Harry Gordon. All Navy personnel joined in for a rousing rendition of Anchors Aweigh. Fair winds and following seas to the crew of the PCU Portland and PCU John Finn as they leave the Gulf Coast next year.



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



Greetings and Salutations, I am humbled and appreciative of the support received during the recently held election. It is an honor to be elected to be the liaison for the resident's to the Administrator, Service Chiefs and other

entities as necessary to fulfill my duty. Two questions I have been asked since my arrival in Gulfport in December are: 1.) Will I run for RAC? 2.) Which campus is better? I will say trying to compare the Washington and Gulfport Campuses would be like comparing a grape to a watermelon; translated - it is like comparing two members of the same family that have vast similarities and some differences. There is no purpose served in comparing and contrasting members of a family as they should be treated equally and accepted for who (or what) they are. I'm leaving it at that and thank you for asking.

I want to express my sincere appreciation to Doris Denton. She ran a very spirited and dynamic campaign. Fortunately, as she and I agreed, we ran our campaigns in the spirit of openness and honesty, without resorting to negativism. I look forward to working with Doris as she continues her admirable efforts as Chair of the Health and Wellness and MWR Committees as she simultaneously represents her floor.

I'd be remiss to not thank Henry Gibson and Roy Cook for helping me "learn Gulfport". I am hopeful I can follow in their footsteps and successfully represent you as skillfully as they did. I would also like to thank Nancy Dickson. She has done a Yeoman's job at keeping the minutes, chairing a committee, and representing her floor. She has been invaluable as I learn my way around the RAC office.

Along those lines I want to thank the residents who have shown there is an extreme interest in what and how the RAC does as the primary "forum for ideas, sug-

gestions, recommendations and representation to AFRH management for the improvement of operations that affect the morale, safety and health of the AFRH Residents." Yes, your voice absolutely matters. Please know your Floor Representative, myself, or any of the other Floor Representatives are here to represent you. Do not hesitate to contact us in person, via a note placed in the RAC box in the mail area, a phone call or any other method. PLEASE put your name and contact information on any written communication so we can respond to you. Recently an anonymous letter has floated around campus. I have been asked more times than I can count what the RAC intends to do about its contents. Simple answer: nothing. A significant amount of information is needed that is not present in the letter, and because it is anonymous there is no way to communicate with the sender to obtain further information. The RAC and I will not shy away from asking the tough questions; but it will be done in a non-adversarial manner. Both the RAC and management have the same end goal; keeping the AFRH the premiere retirement facility for veterans that it is. Can there be enhancements? Absolutely! Is everything perfect? No. There will be times the RAC and management will respectfully agree to disagree. At this time, I'd wager there will be significantly more agreements.

If you have suggestions or items you'd like me to address in this column please take the time to let me know. I gave up mind reading a long time ago!

Highlights of the October RAC Meeting:

Minutes of August 9, 2016 approved unanimously

Committee Reports:

Food Service: Minutes of last meeting in mail room. Faye Jefferson is the new Committee Chair.

MWR: Pool Party on 14th.

Health and Wellness: Current tub room and Spa rooms are locked and no access provided to residents. (See requests for Administrative Reply.)

Technology: Computer group continuing to meet regularly

Memorabilia: Policy of home appears to remain that items may be hung in alcove of each individual room at that occupant's discretion. Items in Common Area Hallways must be approved through Memorabilia Committee. Common areas on respective tower floor should have items agreed to by majority of residents on floor (preferably at a floor meeting) then presented to Memorabilia Committee for approval. (See requests for Administrative Reply.)

Old Business

-Shuffleboard resurfacing and stenciling is currently being discussed by Recreation Services.

-Coins for sale in Thrift Shop

-Flag for AFRH-G

New Business

-Floor Representatives were requested to hold a meeting and discuss the 23 items brought forward at the Open Forum of 9/27/2016. Upon polling only 10 of the floor Representatives signified they had held the meeting and covered all 23 questions. This item was tabled until November meeting.

-Twelve (12) items made by motion for Administrative Reply

Requests for Administrative reply

The following items were by unanimous consent of the assembled RAC and an administrative reply is requested:

-Determine a method to allow guests of residents to have a cup of coffee and other beverages, and also ice cream at Ice Cream socials.

-Holiday Meals be served on the date of the actual holiday.

-Request the Chief Financial Officer come to Gulfport and have an open forum with residents to discuss the numerous changes in policy made without resident input. (i.e. When a visitor comes to our house why can't they have a cup of coffee, cold drink, or ice cream at an ice cream social, etc.)

-Consideration to move all vending machines located 'behind Spiros' into Spiros (to include Coffee Machine, drink machine, snack machine, newspaper, etc.)

-Window in laundry room of 7A be repaired. It has been broken for a number of months.

-Request a town hall or focus group to discuss changing some of the channels on Senior TV not watched for channels of greater interest.

-Agency Directive 13-07 issued in September 2013 does not cover usage of pool and spa at AFRH-G. It is requested that a policy be developed to allow resident usage of Tub and Spa room(s) to take an occasional bath, use the foot bath, or deep sink to color their hair. It is further requested that the input of the RAC Health and Wellness sub-committee be received during development of said policy.

-Can microphones be purchased that can be held naturally by the user instead of necessitating they be held almost directly in front of mouth?

-What is the status of a Flag for AFRH-G?

-Can AFRH-G RAC Coins be sold in the Thrift Shop?

-When will a decision be made and the shuffleboard court be resurfaced and/or stenciled?

-Request made for a Directive or SOP creation to guide Memorabilia Committee's operation.

Appointments

Floor representatives for A4 (Arnie Burgdorfer), A8 (Robert Piotrowski), C8 (Nancy Dickson) appointments ratified by unanimous consent.

Ombudsman

Master Chief Wise reports 13 formal complaints with 12 resolved for the past year.

Chairman's closing comments:

-Response of resident's to attend floor meeting seems to be increasing. The list of 23 items distributed on 9/27 that resulted from RAC Forum will be brought forward for action at meeting of November 8. Floor Representatives who held the floor meeting and were prepared were thanked for their dedication in representing their floors. It is encouraged that any Floor Representative that has not received input on the 23 items from their floor residents to please do so prior to November meeting.

Meeting adjourned at 10:25 AM.

Phil Ford



Residents congratulate Phil Ford.

AFRH-W Activities

Courage from the heart book talk

Story & Photo by Christine Baldwin, Librarian

Glenna C. Orr came to the AFRH-W to share her new children's book "Courage from the Heart" with residents. This intergenerational book deals with the interaction of Louise, a retired nurse in the U.S. Navy Corps, and a mother and her two young children. The story details the career of Louise's aunt, who was a nurse serving in the Philippines during World War 2. With meaningful illustrations, this book serves as a history lesson, not just for children, but anyone who reads it. The comments and questions from the residents that followed her presentation were precise, genuine, and so familiar to all who were in attendance.

Glenna, a career public school teacher and reading specialist, has worked in the Department of Defense Dependents Schools (DoDDS) schools, among other places. During her research for the book, Glenna worked with resident Norma Rambow, who afterwards gave an endorsement. After the talk, Glenna gave each resident a signed copy of her book.



Glenna Orr with Norma Rambow and Jo Colvard.

Fall into poetry

By Christine Baldwin, Librarian

On the first evening of fall, a group of AFRH-W residents enjoyed a few moments of poetry and recitations in the Scott Theater. It started with two poems written by resident William Sorince 'The Wind' and 'Oak Tree'. After a brief introduction of the history of his poem, Bill Opferman read (with an Australian accent) 'And the Band Played Waltzing Matilda'. Next, Ernest Janes recited some humorous poetry from Cassius Clay before he fought Sonny Liston in the early 60's. The poem 'Beauty' was read by Martin Cody. New resident John Orr brought his favorite book and read 'For Whom the Bell Tolls'. Robert Webb lightened the mood by reciting a humorous poem 'The Parson'. A wonderful reading of the powerful "The Parson's Son" by Paul Grimes finished the official program. What a wonderful variety of poetry!

Autumn Art Fair

By Lori Thompson, AFRH-W Art Specialist

Photos by Rebecca Newton, Public Affairs

On October 2nd, during the Antique Car show, residents set up tables for the annual Autumn Art Fair. Manning the tables were Ron Bennett, Marvin Flood, Jo Colvard and Lewis Burkett. They were in charge of selling various residents' ceramics and fused glass pieces, as well as their own arts and crafts. We all appreciate your efforts and applaud your success! Thank you also to our Librarian, Christine Baldwin, for helping the crafters. And a hearty thank you to all who purchased some of their beautiful wares. Our next public art fairs will be at the Greenbelt American Legion and the AFRH-W Holiday Fair, both are in early December.



Jo Colvard sold items she knitted.



Residents Marvin Flood and Ron Bennett sold ceramics they made.

Recreation Therapy Mexican Fiesta

By Carol Mitchell, Recreation Therapist

On Friday, September 23rd the Healthcare and Independent Living Residents of AFRH-W had an afternoon of fun! The Recreation Therapy department hosted a "Mexican Fiesta" in the Scott Community Center. Residents were treated to a strolling Mariachi band, a Margarita and Mexican beer bar, a roving fresh guacamole cart, and Mexican dips and salsa.

Residents enjoyed mixing and mingling with each other and the St. John's students who volunteered to assist with the program as waiters/waitresses. The Residents expressed that the event was "Muy Bien!"



The strolling Mariachi Band serenades residents.

A day at the races

By Amanda Jensema, CTRS

Photos by Steve Briefs

And they're off!!!! Recreation Therapy put on a Horse Race for the residents. Our four horses racing were all past Triple Crown Winners! Racing were War Admiral, Secretariat, Seattle Slew, and American Pharoah. They were all present for races held in the Community Center on the one year old track. A total of five races were run during the course of the hour. Residents were able to place "bets" on which horse they thought would win the race. Once all bets were in for each race we had two rollers roll the dice to get the race started. The jockeys and rollers were employees Amanda Jensema, Carol Mitchell, Chris Baldwin, Susan Bryhan, Shaun Servais, and resident David Kaetzel. All traded off between being jockeys and rollers. At the end of the day, the winners with the most "money" were:

- 1st Place: Al Brotski
- 2nd Place: Corrine Robinson

We would like to say thank you to all residents and employees who attend this event and made it a huge success!!!! We all look forward to our next race!



Capturing leaves before they all fall



By Lori Thompson, AFRH-W Art Specialist

The "Crazy Artists Club" has gone leaf wild during the last two club sessions. It all began with a relief printing experiment using leaves. (Relief printing is when you print a raised surface: think rubber stamps.) We rolled out ink over leaves and printed them. We also rolled ink over the leaves to get their outlines, and had great results combining the two methods.

At our latest club meeting, leaves, grass, twigs and stones were placed on paper and Tyvek (for our book makers) and spray painted. The items were then rearranged and applied a different color of paint. The process continued building subtle layers, until the artist felt it was completed. Once dry, the pieces can be framed as is or they may be written, printed, drawn or painted on. Other printmaking projects we will explore this fall/winter are: intaglio prints (incised lines are printed, not the raised surface), collograph prints (think embossing, but much deeper) and silk screening.



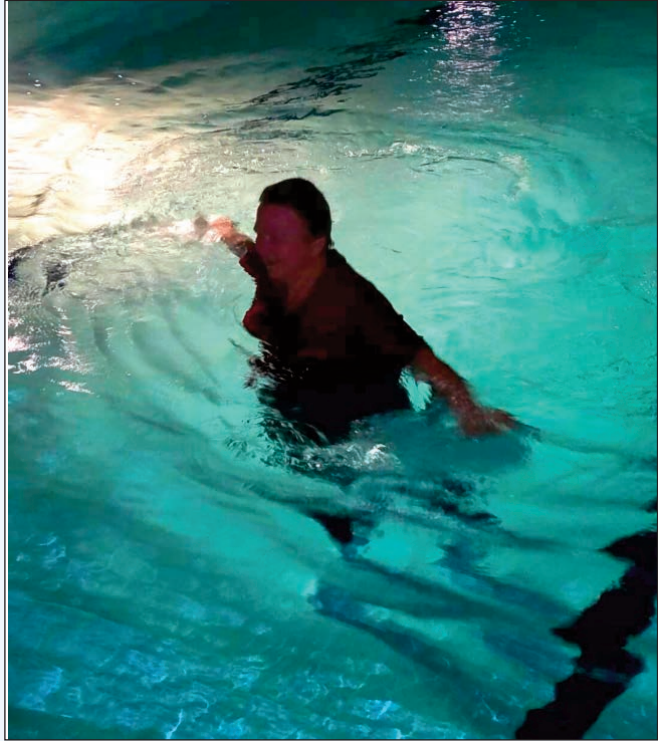
Steven Briefs and Carol Mitchell wear sombreros.

AFRH-G Activities

Annual Fall Pool Party makes a big splash again

By Dennis Crabtree, Recreation Specialist

Music from the 50's and 60's plus requested music played by DJ Billy Hughes was a big hit at the Annual Fall Pool Party. Residents and guests were seen dancing and socializing throughout the night. The weather was perfect and there was not a cloud in the sky to put a damper on this pool party. This year there were hamburger sliders, miniature hot dogs, egg rolls, wings, poppers, desserts and refreshments. Fiddler's Green was there at pool side supplying adult beverages to the residents for a small price.



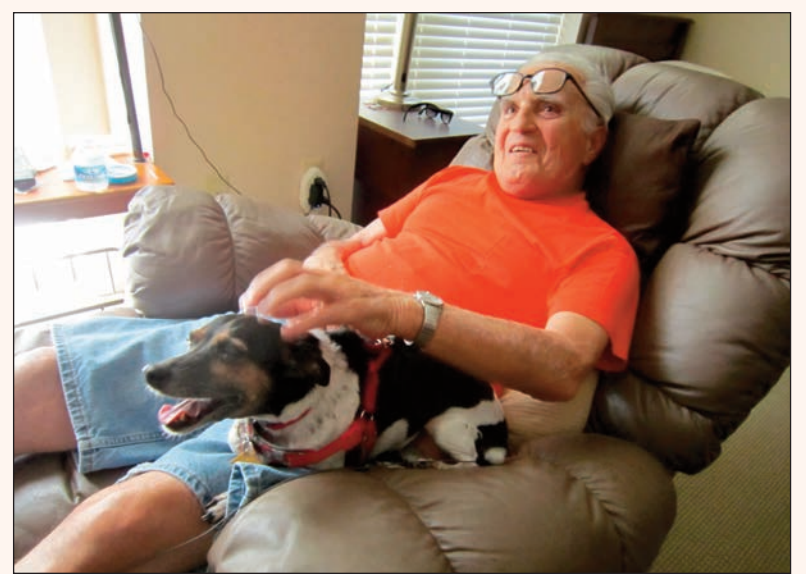
Festive Fall photos

By Susan Bergman, MT-BC, Recreation Therapy Services

September and October were filled with exciting events for Valor, Allegiance, & Loyalty Halls. The highlights are pictured below with Frances Scott weeding the Valor patio garden, Tony Ortolano visiting with Curtis Jackson and Sassy, Clarence "Mac" McGee serenading with classic country favorites, and the Coast Guard visit to the Ice Cream Social Meet and Greet. From ice cream socials to Birthday Dinners to Current Events, the month will conclude with a trip to Keesler Air Force Base and Pops Brothers Popsicle stand Friday October 21, 2016.



Frances Scott enjoys her green thumb on the patio.



Tony Ortolano is all smiles with pet visitor, Sassy!



Robert Royce listens to Clarence "Mac" McGee.



Ice Cream with Edward Farrell, Maynard Howard and the Coast Guard.

Pull out the snowballs again! October is even hot!

By Jen Biernacki, Recreation Therapy Assistant

This summer the residents of Valor Hall and Loyalty Hall enjoyed a variety of methods to stay cool as the temperatures made record highs. During the summer, residents enjoyed a snowball flavored with either grape or strawberry. A snowball is ice crushed fine like snowflakes with thick sweet flavored syrup poured all over the ice like a slushy, but so much better. A topping of condensed cream may be added to the delicious refreshing snowball if it's not sweet enough, or just enjoyed with the flavored syrup. With record highs in October, the snowballs will soon be another hit.



Jackie Haslam enjoys a strawberry snowball.

The Gilder Toss - a new game

By Jen Biernacki, Recreation Therapy Assistant

As the Fall Games begin, Valor Hall and Loyalty Hall have a new fall game this year called the "Gilder Toss" after Peter Gildemeister, the carpenter behind the game creation. Mr. Gildemeister, cut and pieced together the wood game to bring an idea for the future Fall games. Gerry Gorsky shared her painting talents to design and paint the board for the completion of the Gilder Toss board. With colors of red and blue, the board has quite a professional appearance. On Tuesday October 18, 2016, Loyalty Hall played the first ever "Gilder Toss" game. "I like this game," stated Lois Hogan, Loyalty Hall Resident, "I want to make one in each circle. I don't want to miss," she added. A sincere appreciation to all that made this idea come true.



A cherry filled morning

By Jen Biernacki, Recreation Therapy Assistant

The American Heritage Girls returned to the AFRH-G for a morning social with our Valor Hall and Loyalty Hall Residents. The girls created a modified version of Cherries Jubilee with ice cream, cherry pie filling and whipped cream. "This is delicious," stated Lewis Wehunt, "I need some more," he added. Most residents asked for seconds as the dessert was a sure hit. As the residents enjoyed eating the dessert, the girls conversed with both sides sharing stories and answering questions. What a great day. Thank you to the American Heritage Girls for sharing your talents.



GULFPORT

“This is the life – fishing with feet up”

Submitted by Susan Bergman, MT-BC, Recreation Therapy Services
Photos by Resident Jack Horsley

With a forecast right on schedule, September 30, 2016 was a beautiful day. Residents from Allegiance, Valor, and Loyalty Hall traveled to the pier and picnic shelter at Fort Maurepas Park in Ocean Springs, MS. With fishing poles, live shrimp, and military friends, residents began getting bites which landed many catches of the day – speckled trout, saltwater catfish, croaker, and yes – even a rock and a large cluster of oyster shells. After building up an appetite, residents headed across the street for a delicious picnic lunch provided by dining services. Waiting a little later for lunch, Hobert “Woody” Wood said, “This is the life” and continued fishing with feet up setting an example of true relaxation and enjoyment. With a perfect view of the sparkling water and clear blue skies, Resident Volunteer Ed Farrell was able to get the kite flying on the fishing pole for all to see. We thank the AFRH Community, Residents, and Keesler Air Force Base 81st Communication Squadron Volunteers for a day filled with sun and fun.



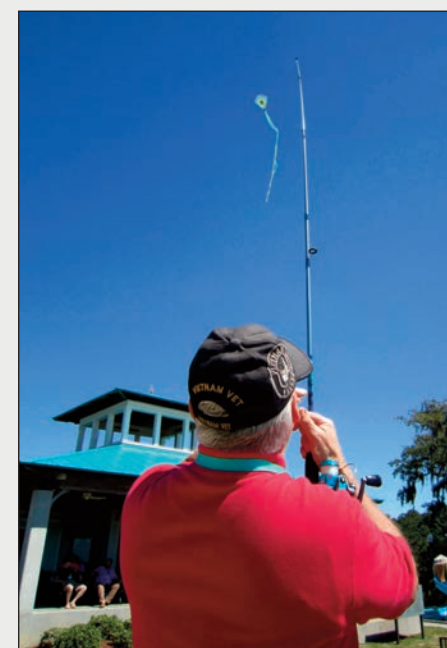
Hobert “Woody” Wood fishing with feet up!



Susan Bergman catches fish and smiles with Joseph O’Carroll.



Marvin Heth and SrA Cristian Boneberger.



Edward Farrell kite fishing.

WASHINGTON

Fishing in autumn

By Sarah Kenan, Recreation Assistant

What a day we had on Wednesday, October 5th when we went fishing! The weather was perfect, mild and sunny, so we loaded up our bus and visited the fishing pond located right on our AFRH-W campus. In addition to fishing the recreation staff prepared grilled hamburgers, hot dogs, potato salad, strawberries, and cupcakes for all to enjoy. Everyone agreed that the worst part about fishing is cutting up the worms to put on the hook. Other than that we had fun catching catfish, bass, sunfish and listening to music. Carol Mitchell read the newspaper with residents while others enjoyed socializing with each other.



Recreation Assistant Sarah Kenan and resident Joseph McHale.



Catherine Deitch hooks a fish!



Recreation Therapist Carol Mitchell and resident Edith Ellington.