



AFRH-WASHINGTON

Defense Attache for the Republic of Korea visits AFRH-W

Story & Photos by Christopher Kelly | Public Affairs Officer

On August 31, AFRH-W hosted Brigadier General Pyo, See Woo, Defense Attache for the Republic of Korea, and honored guests from the ROK, who presented our residents with a special massage chair and leg massage machines - in gratitude for the service of American troops during the Korean War.

We are grateful for the continued friendship between our two nations, and our thanks to the Koreans for their continued thoughtfulness!



AFRH-GULFPORT

AFRH-G POW/MIA Ceremony

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

On September 21 we honored the memory of our fallen, missing and imprisoned comrades at our POW/MIA Ceremony in the Community Center.

Students from the White Rope program, a USAF Chaplain Corps – sponsored spiritual leadership development program at Keesler AFB attended, with TSgt Nikki Frontz narrating the script of the Fallen Comrade Table.

Technical training students from all branches of the service attended, as were KAFB 602 Training and Planning personnel, who assisted residents to and from the program.

Resident Senior Chief Keith Van Doren and resident Chief Roger Schulrud presented the old POW/MIA flag to resident Army SP6 nurse Doris Jones, and she accepted on behalf of the Boy Scouts to properly dispose of the flag.

After the remembrance ceremony, the technical students toured AFRH-G and had lunch with residents.



INSIDE THIS ISSUE

Page 2
Resident Highlights

Page 3
Gulfport Resident Turns 100

Page 8
AFRH-W Variety Show

AFRH COMMUNICATOR

Phone: 1-800-422-9988 Web site: www.AFRH.gov Email: Public.Affairs@AFRH.gov

Christopher Kelly - Public Affairs Officer
Carolyn Haug - Washington Public Affairs
Barbara Bradley - Washington Public Affairs

Becki L. Zschiedrich - Gulfport Public Affairs

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

Serving Washington, D.C. and Gulfport, Mississippi

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

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

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

AFRH, PAO/Marketing, #584

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



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

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



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

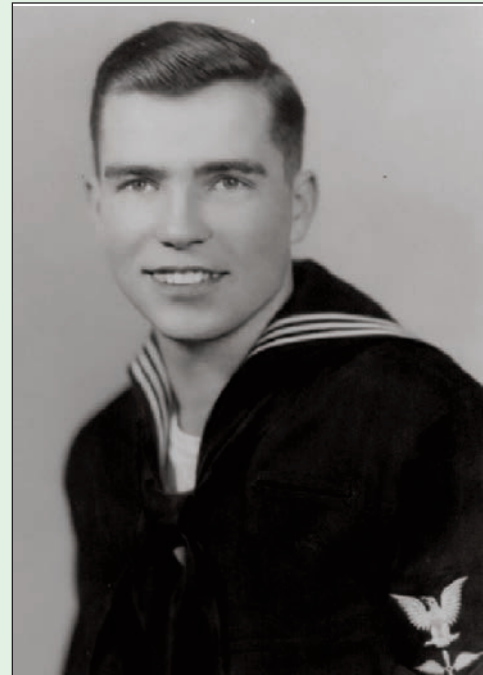
**AFRH-Gulfport and AFRH-Washington
currently have no waiting time for residency.**

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



AFRH-G Resident Highlight – Frederick “Pete” Petersen

By Lori Kerns | Librarian



In 1921, Frederick “Pete” Petersen was born in Cedar Falls, Iowa. His father, a Danish immigrant, was the first to start the family’s military heritage by serving in the Army during WWI. Pete and his four younger siblings grew up on a farm where they were relied upon to help with the daily responsibilities. Before going to school each day, he was responsible for milking the cows. The family also sold cream and hogs. They would also bring their chickens’ eggs to the grocery store every Saturday in exchange for their groceries. After graduating high school, Pete stayed to help on the farm for about a year before deciding to continue his family’s military tradition by joining the U.S. Navy.

In September of 1940 he set out for boot camp at Great Lakes, Ill. Around December the Navy sent about four or five companies to the battleships, but Pete had put in to attend Aviation Machinist Mate school instead. He got accepted and was sent to Pensacola, Florida marking the first time he had ever truly traveled. Once he completed his training, he was sent to Naval Air Station, Norfolk, Virginia to begin his job of modernizing the patrol planes. At this time, radar was new technology so he was responsible for helping to update these planes. His next

assignment was with the Aviation Advanced Training Unit. He received orders for Efate, an island in the South Pacific, to work on a carrier aircraft service unit (CASU). By this time, the U.S. was involved in WWII so his unit would take care of the squadrons that would come in so that they could get back out and fight. About a year later, he was sent to an aviation repair unit on Espiritu Santo, located in the same group of islands as Efate. He stayed here for six months before transferring back stateside to Naval Air Station (NAS) Alameda in California. He was discharged from NAS Alameda in 1946 and went back to his hometown where he began working as a carpenter’s apprentice.

In September of 1949, Pete decided to rejoin the Navy. He was sent back to NAS Alameda and was assigned to the athletic department where he took charge of the supplies. After a while, he went back to Aviation Machinist Mate school in Millington, Tennessee. He finished his training and was sent to Washington to begin working a six-month stint on the recommissioning of the USS Yorktown. His next assignment sent him to Miramar, California to begin working with the VF-121 Fighter Squadron. With this squadron, he was sent overseas to Hong Kong and Japan. When he returned to the States, he went to work at the gunnery range at Naval Air Station Fallon in Nevada to help with the equipment and

also maintain the shop. Two years later, he went back to Millington to work with Aviation Fire Control. Pete was bounced back to work with VF-121 in Miramar again before being assigned to more schooling back in Millington. It was here, at the age of 39, where he met and fell in love with Willoudeen. The couple married before he was sent to work with VF-103 Fighter Squadron in Virginia. After a couple of years of being stationed VF-103, Pete decided to retire from the Navy with 20 years of service.

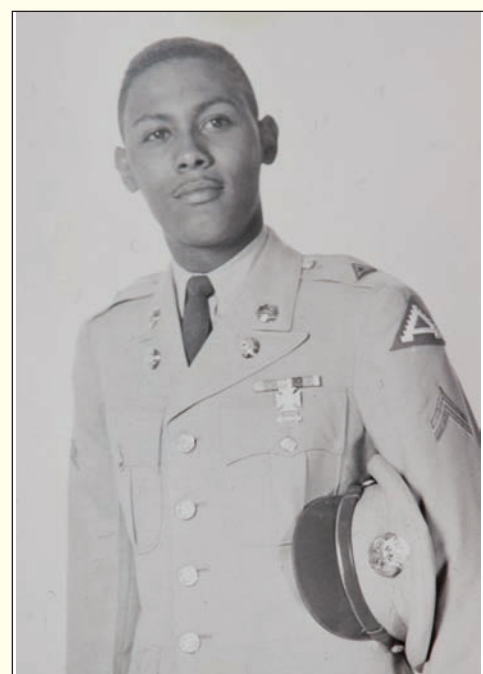
The couple moved to Jacksonville, Florida where he decided to begin a civil service career with the U.S. Postal Service. He worked with the USPS for 23 years before deciding to retire altogether at the age of 65. They were married for 45 years before Willoudeen passed away. They had four children with two continuing the family’s military heritage by serving in the Army. From their children, there are now ten grandchildren and fourteen great-grandchildren.

About six weeks after AFRH-G reopened in 2010, Pete moved into the home and has enjoyed living on the Gulf Coast ever since. At the age of 97, he stays active by taking part in the many bus trips that take the residents to different destinations as far over as Pensacola, Florida and as far up as Birmingham, Alabama. One of the most memorable times at the Home was last year when Pete reigned as AFRH-G’s Mardi Gras King. We would like to thank Pete and his family for their continuing service to our nation.



AFRH-W Resident Highlight – James Diamond

By Christine Baldwin | Librarian



James Diamond was born in Chicago, Illinois. His mother was part Native American and German and his Father was African American. In 1948, at the age of 16, he wanted to join the U.S. Marine Corps, but they said he was too small. He also asked at the U.S. Air Force, but was told the same thing. As he was leaving the recruiting area, a U.S. Army recruiter called him over. James was given a form to have his mother sign for when he turned 17 and three weeks later, he was in the Army. He took basic training at Fort Knox, Kentucky and was assigned to truck driving. He was stationed in Germany and for the next four years this was his MOS. He evened helped out with the Berlin Airlift.

James decided not to reenlist, but was called in by his sergeant and was told that he was extended by one year and was going to Korea! James was told that he would be a FO (forward observer), but quickly came to realize that he was a gofer. One day, returning with the coffee, explosions started around him. He ran and saw a tank and crawled under it. After everything got quiet, a door opened up above him and someone asked “How long have you been here?” James didn’t realize that during the bombing the tank had been hit by a dud, but the metal had hit him and he was covered in blood. After two days at the aid station, James told his company commander “I am not going to be killed as a gofer, send me to the front.”

James was assigned to the 2nd Infantry Division, I Company, 38th Infantry Regiment as a rifleman. He was sent to school to become a sergeant and out of 44 in the class, James ended up in the top five, which meant he would be automatically promoted. But unbeknownst to James, he had already received a promotion in the company. Therefore in a matter of weeks, James became a sergeant first class. He knew that he was going to have to earn the respect of his men, so James decided to put everything into his job and started volunteering for difficult missions. Pretty soon the soldiers began to think the world of James.

Next, James was assigned to Ft. Ord, California to teach the 50 caliber machine gun, but he wanted more. So he got leadership training and went back to Germany with the 1st Infantry Division, 16th Infantry Regiment. He was immediately sent to NCO school and then after graduating, the whole unit was gyroscoped to Ft. Riley, Kansas. James wanted to reenlist with the airborne, but after a freak accident, he ended up in a reconnaissance platoon with the 4th Armored Division. The next tour took

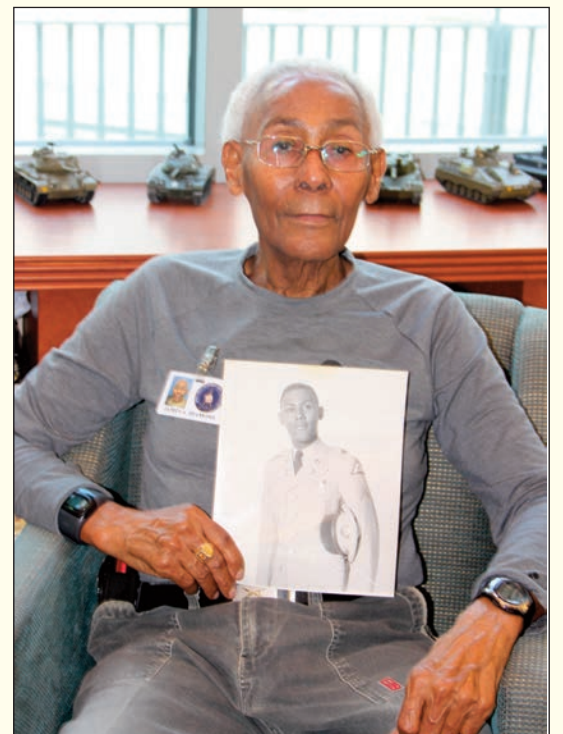
him to Ft. Hood, Texas for intelligence school. By 1961, James was at Ft. Myer, Virginia, where he marched in John Kennedy’s inaugural parade. He also gave a tour to some staff members of “Ebony Magazine”. After attending special warfare school at Ft. Bragg, North Carolina and studying Vietnamese at Presidio, California, it was off to Vietnam with the 3rd Ranger Contact Team. It was ironic that where James was located, no one spoke Vietnamese!

James was then assigned to Ft. Dix, New Jersey at drill sergeant school, where he was promoted to E-8. After more training at Ft. Benning, Georgia, it was back to Vietnam. It was here that James would receive the Distinguished Service Cross for the following event that happened on 6 February 1967:

“When the lead platoon of his company lost its platoon sergeant and three other men in an ambush by a Viet Cong company, First Sergeant Diamond immediately moved into the battle area to maintain the fighting effectiveness of his unit. While the Viet Cong were seizing weapons from the casualties lying on the field, he organized the friendly element and set up a base of fire which drove the insurgents back. Under intense fire, he moved to where the dead and wounded lay, covering and directing the evacuation from an exposed position. After all the wounded had been rescued, First Sergeant Diamond remained in his bullet swept location to guide air strikes into the hostile bunkers, although he himself was within range of the exploding aircraft shells.”

This medal was given to James later that month by then Vice President Hubert Humphrey. James was also awarded the Bronze Star. And by the way, there is a Patrol Base Diamond in Vietnam named in honor of James.

James last assignment was back home to Chicago, Illinois, where he taught ROTC. After twenty years he retired, but ended up teaching ROTC for the next 23 years. James had a friend from his Germany days that had lived at AFRH-W and James and his wife had visited him here. So when the time was right for him to come here, he did.

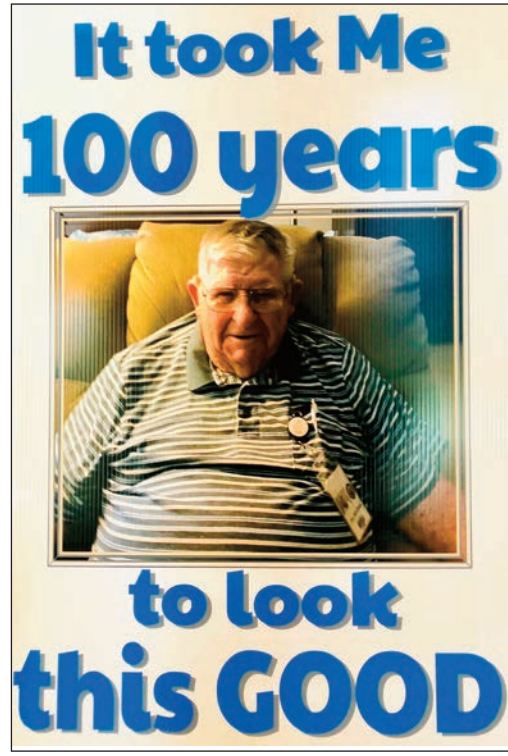
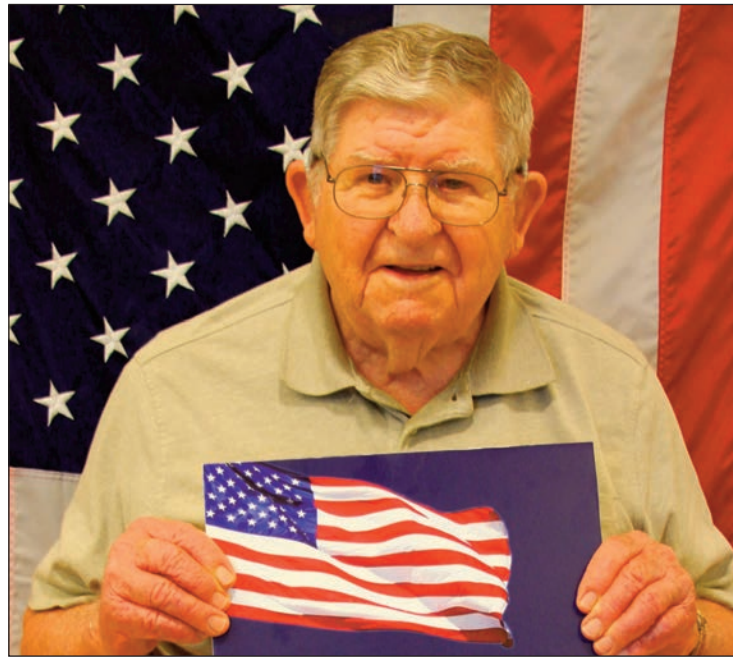


Happy 100th Birthday to AFRH-G Resident James Windham

By Becki L. Zschiedrich | Public Affairs



James Windham was born in Memphis, Tennessee on September 16, 1918. He enlisted in the Army on August 5, 1935 and served in WWII. He also served in the Air Force and retired as an E-7 on May 31, 1960. On behalf of everyone at AFRH-G we would like to wish Mr. Windham a very Happy 100th Birthday!



Navy Chief Selectees visit Gulfport

Photos by Tony Langdon | Resident Photographer



Navy Chiefs and Navy Chiefs Selectees from Belle Chase, New Orleans, Louisiana visited AFRH-G on 30 August 2018. Some of the Navy Chiefs Selectees served residents lunch in the dining hall. They visited with Navy retired residents and also received some words of wisdom from the residents.

AFRH-G Luau Luncheon

Story & Photos by Becki L. Zschiedrich | Public Affairs

Aloha! AFRH-G had a taste of the Hawaiian Islands in Gulfport, Miss. with a Luau Luncheon. Many residents and staff were dressed in Hawaiian shirts and dresses. Although we didn't have any hula dancers show up, there sure were a lot of appealing Hawaiian foods to choose from such as: Hawaiian shrimp salad, Hawaiian ribs, Hawaiian macaroni salad, Huli Huli chicken, daiquiris, fresh pineapple, coconut pie, Pina colada cake, pineapple upside down cake, a beautiful fresh fruit display and many other desserts. The fellowship among the residents and staff was fantastic. Mahalo to all who participated in making this such a delightful luncheon.



Navy Chief Petty Officer Selects volunteer at AFRH-W

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

Twenty-four of the U.S. Navy's finest service members from Explosive Ordnance Disposal Group Two (EODGRU TWO) stopped by the Armed Forces Retirement Home, Washington, D.C. (AFRH-W) to spruce up the campus and spend time with our distinguished military veterans.

The group, split into two teams, weeded the gardens on the both second and third floors of the Scott Building and scoured the upper pond for algae and debris. Following the day's activities, the group had lunch with residents and heard amazing stories about military life.

The day ended with a spectacular rendition of the "Anchors Aweigh" performed by the group on the steps of the Sherman Building. AFRH-W Resident John Orr (retired Navy veteran) applauded the performance.

The Aug. 29th visit to AFRH-W was part of EODGRU's community relations activity for its Chief Petty Officer Selects and their sponsors. The Selectees pinned their anchors on Sept. 14.



AFRH-W resident goes Gold/Silver in the Maryland Senior Olympics

By Christine Baldwin | Librarian
Photo by Barbara Bradley | Public Affairs



On Saturday, 15 September, AFRH-W resident, David Kaetzel, USN (RET), won first place in the 50 yard freestyle and placed second in the 100 yard (missed by 1 second) freestyle swimming events held in the Germantown Sports Complex. The Maryland Senior Olympics Organization, established in 1980, offers great competition and camaraderie for senior adults in age groups 50+,

i.e. 50-54, 55-59, 60-64, etc. There are around 100 events encompassing two dozen sports. Master Chief Kaetzel said, "The AFRH-W pool has been extremely valuable in training for the competition and I offer to help anyone who would like to learn to swim or advance their skills. The pool is open Mon. – Sat. from 0800 – 1600." By finishing so well, along with his medals, David will be receiving an invitation to the National Senior Olympic Games in June 2019 in Albuquerque, New Mexico. For more information about the Senior Olympics, visit www.mdseniorolympics.org

From the AFRH-W Administrator



It seems like summer just began, but the passing of Labor Day tells us otherwise. Now that we are in hurricane season, we had a scare that Hurricane Florence would come our way, but thankfully the heaviest part of the storm missed us. We did a practice drill just in case, so we could assure our residents and staff that we are ready if the worst did happen. We also held a fire drill in the Scott building and will be putting lessons learned into action. As usual, there are many and varied events on the DC campus.

We held the RAC election this month with three residents vying for the chair position. The votes were tallied and the winner was Billy White, a long-time resident and Navy veteran. I look forward to working with him. With that, it also means that I will no longer be working with Sheldon Shorthouse, our current RAC Chair. I would like to thank Sheldon for his two years of service

representing the residents. Sheldon put in lots of hours on behalf of his constituents and made a difference. I hope he continues to stay involved.

September also brings Navy Chief Petty Officer indoctrination season. We had many different Chief groups on the campus from as far as Norfolk, Virginia. Being a Navy veteran, I always smile when I get to see active duty on campus. We celebrated the Air Force birthday

with a ceremony and cake and held our usual birthday dinner for September-born residents. Since this month marks the end of the fiscal year, there were focused efforts by the staff to close out our financial records and prepare for next year. Our teams worked tirelessly in this endeavor.

Some of the more entertaining events this month included Funfest Fair Grounds and cookout with a live petting zoo. It was fun to see the animals! The biennial Variety Show showcased talented groups of both residents and staff who spent weeks preparing for the show. It is always amazing to see the hidden and not so hidden talent that exists among us. Thanks to all who participated!

Our final event of the month was our annual Fall Fest that included an antique car show, music, food, petting zoo and other entertainment. We work this event in partnership with the Friends of the Soldiers Home (FOSH) and the Lincoln Cottage and it is one of our three annual events open to the public and always a good time. In closing, I would like to recommend everyone (residents and staff) get their flu immunization this year. It is proven to be the best way to avoid getting sick, so if we all do our part, we will keep each other healthy throughout the winter. As always, I am honored to be the administrator of this wonderful, historic place.

Susan Bryhan

Notes from the AFRH-W Resident Advisory Committee Chairman



This month at AFRH-W I was voted out of office so this will be my last Communicator article. I would like to say thank you to all of the residents who came out and voted. It has been my honor and privilege to serve you as your Resident Advisory Committee Chairman for the past two years. I would like to thank our administrator Susan Bryhan. I will miss our Thursday meetings.

Thank you to all of the hard working staff members at AFRH-W. Without your dedication to the residents of our Home, we would have to go back 100 years to when the inmates did all of the hard work, to include the dairy operation of milking cows. Now I'm not going to be like the old soldier who just fades away! I still have a voice and it will be heard anytime a resident or staff members rights are violated!

And now, one last time, THIS MONTH IN HISTORY!

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

-October 3, 1990 - After 45 years of Cold War division, East and West Germany were reunited as the Federal Republic of Germany.

-October 5, 1813 - Shawnee Indian Chief Tecumseh was defeated and killed during the War of 1812. Regarded as one of the greatest American Indians, he was a powerful orator who defended his people against white settlement. When the War of 1812 broke out, he joined the British as a brigadier general and was killed at the Battle of the Thames in Ontario.

-October 6, 1973 - The Yom Kippur War started as Egypt and Syria launched attacks on Israeli positions on the East Bank of the Suez and the Golan Heights

-October 6, 1981 - Egyptian President Anwar Sadat (1918-1981) was assassinated in Cairo by Muslim fundamentalists while watching a military parade. He had shared the 1978 Nobel Peace Prize with Menachem Begin of Israel. He had signed an American-sponsored peace accord with Israel, but had been denounced by other Arab leaders.

-October 7, 1949 - The German Democratic Republic came into existence in East Germany. Dominated by Soviet Russia, it lasted until German reunification in 1990.

-October 8, 1918 - During World War I in the Argonne Forest in France, U.S. Sergeant Alvin C. York single-handedly took out a German machine-gun battalion, killing over a dozen and capturing 132. He was later awarded the Medal of Honor and the French Croix de Guerre.

-October 12, 1492 - After a 33-day voyage, Christopher Columbus made his first landfall in the New World in the Bahamas. He named the first land sighted as El Salvador, claiming it in the name of the Spanish Crown. Columbus was seeking a western sea route from Europe to Asia and believed he had found an island of the Indies. He thus called the first island natives he met, 'Indians.'

-October 13, 1775 - The United States Navy was born after the Second Continental Congress authorized the acquisition of a fleet of ships.

-October 13, 1792 - The cornerstone of the White House was laid by George Washington. The building, located at 1600 Pennsylvania Avenue, is three stories tall with over 100 rooms, and was designed by James Hoban. In November of 1800, President John Adams and his family moved in. The building was first known as the "Presidential Palace," but acquired the name "White House" about 10 years after its completion. It was burned by British troops in 1814, then reconstructed, refurbished and reoccupied in 1817.

-October 14, 1066 - The Norman Conquest began with the Battle of Hastings in which King Harold II of England, the last of the Saxon kings, was defeated and killed by William of Normandy's troops.

-October 14, 1947 - U.S. Air Force Captain Chuck Yeager became the first man to break the sound barrier, flying in a rocket-powered research aircraft.

-Birthday - Dwight D. Eisenhower (1890-1969) the 34th U.S. President was born in Denison, Texas. He served two terms as President, from January 20, 1953 to January 20, 1961. Nicknamed "Ike," he was a West Point graduate and career Army officer who became Supreme Commander of the Allied Forces in Europe during World War II. He held the rank of Five-star General of the Army.

-October 16, 1859 - Fanatical abolitionist John Brown seized the Federal Arsenal at Harpers Ferry with about 20 followers. Three days later, Brown was captured and the insurrection was put down by U.S. Marines under the command of Col. Robert E. Lee. Brown was convicted by the Commonwealth of Virginia of treason, murder, and inciting slaves to rebellion, and was hanged on December 2, 1859.

-October 17, 1777 - During the American Revolutionary War, British General John Burgoyne and his entire army of 5,700 men surrendered to American General Horatio Gates after the Battle of Saratoga, the first big American victory.

-October 17-25, 1944 - The Battle of Leyte Gulf, the largest naval battle in history, took place off the Philippine Islands, during World War II in the Pacific. The battle involved 216 U.S. warships and 64 Japanese ships and resulted in the destruction of the Japanese Navy including the Japanese Battleship Musashi, one of the largest ever built.

-October 19, 1781 - As their band played The World Turned Upside Down, the British Army marched out in formation and surrendered to the Americans at Yorktown. More than 7,000 British and Hessian troops, led by British General Lord Cornwallis, surrendered to General George Washington. The war between Britain and its American colonies was effectively ended. The final peace treaty was signed in

Paris on September 3, 1783.

-October 20, 1944 - During World War II in the Pacific, General Douglas MacArthur set foot on Philippine soil for the first time since his escape in 1942, fulfilling his promise, "I shall return."

-October 21, 1805 - The Battle of Trafalgar took place between the British Royal Navy and the combined French and Spanish fleets. The victorious British ended the threat of Napoleon's invasion of England. British naval hero Admiral Horatio Nelson was mortally wounded aboard his ship Victory

-October 22, 1962 - President John F. Kennedy appeared on television to inform Americans of the existence of Russian missiles in Cuba. The President demanded their removal and announced a naval "quarantine" of Cuba. Six days later, the Russians announced they would remove the weapons. In return, the U.S. later removed missiles from Turkey.

-October 23, 1983 - Terrorists drove a truck loaded with TNT into the U.S. and French headquarters in Beirut, Lebanon, exploding it and killing 241 U.S. Marines and 58 French paratroopers.

-October 25, 1854 - During the Crimean War, the Charge of the Light Brigade occurred as Lord Cardigan led the British cavalry against the Russians at Balaclava. Of 673 British cavalrymen taking part in the charge, 272 were killed. The Charge was later immortalized in the poem by Alfred Lord Tennyson.

-October 25-30, 1983 - The Caribbean island of Grenada was invaded by the U.S. to restore "order and democracy." Over 2,000 Marines and Army Rangers seized control after a political coup the previous week had made the island a "Soviet-Cuban colony," according to President Ronald Reagan.

-October 26, 1881 - The shoot-out at the O.K. Corral in Tombstone, Arizona, occurred between the feuding Clanton and Earp families. Wyatt Earp, two of his brothers and "Doc" Holliday gunned down two Clantons and two others.

-October 28, 1886 - The Statue of Liberty was dedicated on Bedloe's Island in New York Harbor. The statue was a gift from the people of France commemorating the French-American alliance during the American Revolutionary War. Designed by Frederic Auguste Bartholdi, the entire structure stands 300 feet (92.9 meters) tall. The pedestal contains the words: "Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest-tost to me, I lift my lamp beside the golden door!"

-October 28, 1919 - Prohibition began in the U.S. with the passage of the National Prohibition (Volstead) Act by Congress. Sales of drinks containing more than one half of one percent of alcohol became illegal. Called a "noble experiment" by Herbert Hoover, prohibition lasted nearly 14 years and became highly profitable for organized crime which manufactured and sold liquor in saloons called speakeasies.

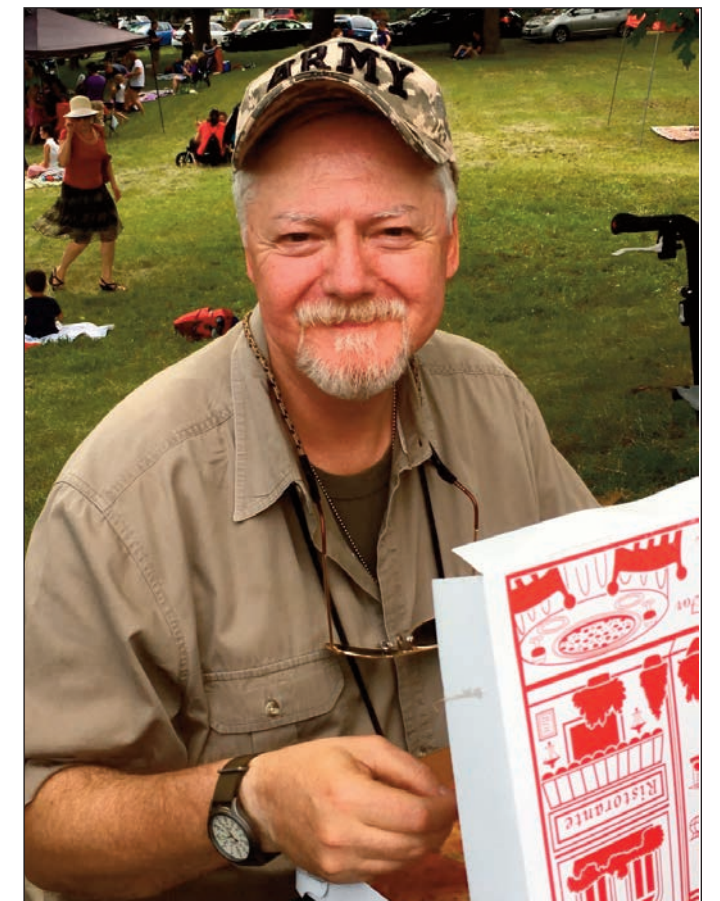
-October 28, 1962 - The Cuban Missile Crisis ended with the announcement by Soviet Russia's leader Nikita Khrushchev that his Soviet government was halting construction of missile bases in Cuba and would remove the offensive missiles. President Kennedy immediately accepted the offer then lifted the U.S. naval blockade of Cuba.

-October 30, 1938 - The War of the Worlds radio broadcast panicked millions of Americans. Actor Orson Welles and the Mercury Players dramatized the story by H.G. Wells depicting a Martian invasion of New Jersey. Their script utilized simulated radio news bulletins which many listeners thought were real.

-October 31st - Halloween or All Hallow's Eve, an ancient celebration combining the Christian festival of All Saints with Pagan autumn festivals.

Sheldon Shorthouse

THANK YOU



Thank you Sheldon for your service as AFRH-W's RAC Chair for the past two years!

From the AFRH-G Administrator



AFRH-G was recognized as the “Best Retirement Community” in the People’s Choice awards, which was conducted by The Sun Herald newspaper. This is the third year in a row that AFRH-G was voted the Best Retirement Community on the Gulf Coast. I am proud that the people out in the community realize how fantastic the AFRH really is.

I would like to thank Doris Denton and Ray Ross for running systematic campaigns, as they both vied for the Resident Advisory Council Chairman position. Ray Ross won the election and I look forward to working with Ray for the next two years. Thank you to Doris Denton for acting as the RAC Chair until this position was filled.

Thank you to everyone who helped with the Air Force Birthday Ceremony and the POW/MIA Ceremony this month. I have found all of our military ceremonies to be highlights of my time here at the AFRH. We also had a wonderful birthday celebration for all of our residents born in the month of September. Resident James Windham turned 100 years young and I would like to wish him and all the other residents a very Happy Birthday.

Coming up in October we start the month off with Cruisin’ the Coast on October 2. Please join us outside in the front of the building to view the classic cars that will be driving through from 1400 – 1500. This is always a great time seeing all the hot rods and classic cars.

Our vision at AFRH is 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.

Our mission is to fulfill our nation’s commitment to its veterans by providing a premier retirement community with exceptional residential care and extensive support areas. Thank you to all who have served our country. Your past has helped shape our future.

Jeff Eads



POW/MIA Ceremony on September 21.



James Windham celebrates his 100th birthday at the AFRH-G birthday dinner.

Happy 71st Birthday U.S. Air Force

Story & Photos by Becki L. Zschiedrich | Public Affairs

On September 18 AFRH-G held a ceremony in the community center to celebrate the 71st birthday of the United States Air Force. Administrator Jeff Eads introduced special guest speaker MSgt Rhoeka Daniel, USAF 81 MDG, Group Training Manager, who is stationed at Keesler Air Force Base. She has been very instrumental in motivating and coordinating her Air Force group to volunteer at the AFRH-G for the past two years. The oldest AFRH-G USAF resident Richard Lasher cut the cake with MSgt Rhoeka Daniel.

Special thanks to MSgt Rhoeka Daniel and all the volunteers who helped out with the USAF birthday celebration.



Flu season is almost here

By Amanda Herold RN | SWOC/ Infection Preventionist



Fall will officially be here September 22, and on the Gulf Coast we will not see temperatures fall until much later; this does, however, indicate that Flu season will also be here. As an infection preventionist I take influenza very seriously, and for good reason. Last year in the United States 180 children died, 80% of those children were not vaccinated (CDC). If you choose not to be vaccinated, the viral load in your body could become so high that even a vaccinated child could be affected. Also remember that children under the age of six months cannot be vaccinated. When Flu vaccination is available this year take the initiative to protect yourself, your family and our veterans; get vaccinated.

Cruisin’ the Coast at AFRH-G

Gulfport Residents mark your calendars for October 2nd. Cruisers will be parading through the gates starting at 1300. Sit outside on the balcony or in front of the building and enjoy the camaraderie.

ARMED FORCES RETIREMENT HOME WELCOMES CRUISERS!!



OCTOBER 2ND 2-3PM

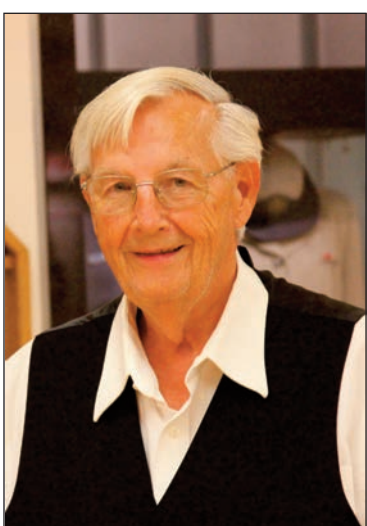
(NO ACCESS THROUGH GATE UNTIL 2PM) HELP SPREAD THE WORD!!

Cruisers are invited to parade through the AFRH campus for the military veterans and retirees that reside at the Armed Forces Retirement Home.

The AFRH-G is home to over 500 military veterans from all Branches of Military Service.

1800 Beach Drive, Gulfport, MS 39507 Use service Drive for access to AFRH-G

Notes from the AFRH-G Resident Advisory Committee Chairman



Please allow me to introduce myself. I’m Raymond Ross, the newly-elected Resident Advisory Committee (RAC) Chairperson. This short brief introduction is simply to introduce myself to both the Washington Home and the Gulfport Home. I represent every resident at the AFRH-G. As the RAC Chairman my actions reflect upon each resident living here. I take this responsibility very seriously for those of you who don’t know me.

You probably heard I’m the building comedian, who is always joking around and never serious. I never had a reason to be serious, but I do now. I represent the residents of this Home and I will always do it in a professional manner. No problem is too large and no problem is too small! In Chapter 24 Congress has seen fit to make this position part of their authority given to the agency.

Raymond Ross



Resident Tony Langdon (right) congratulates the new RAC Chairman Ray Ross (left) after the election results.

AFRH-Washington

The Walking Club is off to a new start

By Linda Bailey CTRS | Recreation Specialist



Walking has many benefits, and is one of the best exercises for the senior population. Walking as exercise helps you to maintain strength and mobility, burns calories, decreases your blood pressure, helps maintain bone mass, and maintains good circulation, which helps with mental acuity. For many years our former fitness specialist Jerry Carter ran a walking club here at the home. Pedometers were distributed, and residents were encouraged to keep track of their mileage and earn prizes such as t-shirts.

In order to again try to motivate those who could benefit from the habit of walking, we have re-started the walking club. Residents are encouraged to join in a group walk held twice a week on the grounds. If they join in two walks during a month, or can show that they walk 5000 in any given day, they are eligible to go on walking outings.

Our first walking outing to The National Arboretum was held on Wednesday, September 19th. Not only did we double our usual one mile walk, but enjoyed a lovely day among all the Arboretum has to offer. After an easy walk in the herb garden, we increased our pace to walk up the hill to the columns, a landmark at the Arboretum.

Why walk with a group when you can walk alone on your own schedule? Our participants will tell you that walking with others is a great motivator, and also can be a nice social break in your day. Some members of the group walk more quickly than others, so you can find someone who walks at your pace. We welcome those using devices to assist with balance such as rollators. We even have walking poles, and encourage our members to use them on our walks.

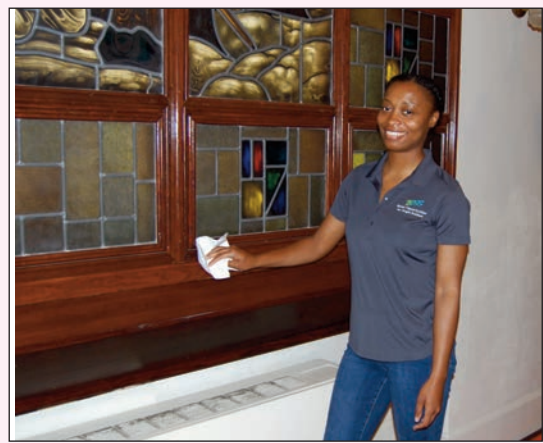
Walking with the poles add additional exercise, as they provide upper body exercise to our workouts. So join us on a Tuesday or Thursday morning for a walk around the grounds, or show that you are walking 5,000 steps in a single day. If you don't own a pedometer, but have a smart phone, there are free apps that will count your steps for you. Then you can join us for our next walking outing, planned for Teddy Roosevelt Island. There are so many beautiful areas in which to walk in Washington DC. We hope to hold five more walking outings over the course of the autumn months.



Army B.O.S.S. "Presidents" volunteer at AFRH-W

By Robert W. Mitchell | AFRH-W Volunteer Coordinator

Photographs by Jack Beck | Resident Photographer



Nearly one hundred military and civilian personnel swarmed the Washington, D.C. campus of the Armed Forces Retirement Home recently to spruce up the campus, both indoors and outdoors. Groups of volunteers cleaned and dusted bookshelves and common area furniture on all seven floors of the Sheridan Building. Others, led by AFRH-W resident Jack Beck (USAF retired), neaten up the Stanley and Rose chapels and cleared away debris and trash along the perimeter near Eagle Gate.

One group of volunteers tasked with conducting a military "police call" near the front of the campus went above and beyond in their community service when they ventured outside the gate to clean up the District's Metro Bus station. Two parents sitting on a bench

across from President Lincoln's Cottage applauded their efforts and thanked them for keeping the area clean.

The BOSS program is designed to improve the Army's single soldier population. Its primary focus is quality of life, recreation and leisure and community service where soldiers have the opportunity to volunteer in the local communities where they serve.

The three-hour community service event at AFRH last month was part of the program's annual conference of key leaders and managers held in the Washington, D.C. metro area.



Military veterans Bowling Tournament

By Pete Hudson | AFRH-W Resident

The 11th Annual Military Bowling Classic was held at the South Point Bowling Plaza, Las Vegas, Nevada August 6 - 18, 2018. The tournament brought together 840 four-person teams (3,360 military bowlers) nationwide, to participate in this outstanding competition in three divisions: veterans, retirees and senior retirees (age 60+). AFRH-W resident Pete Hudson participated in the tournament and distributed brochures to attendees who may be interested in becoming residents at the Armed Forces Retirement Home.

More than \$600,000 was paid in cash prizes, merchandise and recruiting awards! Pete won awards in the team and doubles events.



Glenna's Book Club celebrates anniversary

By Christine Baldwin | Librarian

Photo by Glenna Orr

How time flies! Glenna's Book Club has been going strong for one whole year. Beginning last year, Glenna Orr brought her skills and background as a career public school teacher and reading specialist to AFRH-W to start an ongoing book club here. Our books this year include *Team of Rivals*, *The Davinci Code* and *Lion in the White House*, *True Grit*, *The Lost City of Z, 1776*, *Undaunted Courage* and *Stubby, the War Dog*.

Every book chosen has brought lively discussions, and of course ideas for the next book. Thank you, Glenna and our regular attendees; Norma Rambo, Jim Long, George Johnson, Frank Lawrence, John Baker, Martin Cody, Neil Ferguson and David Kaetzell!



Have ya herd?

Story & Photo by Marine Robbins | Recreation Therapy Assistant



An udder day, an udder dollar at the Washington campus of AFRH. As part of the Funfest Fairgrounds, recreation staff invited a local petting zoo to entertain us with a pony, a bull, three silkie chickens, two ducks, a

turkey, two geese, two sheep and a goat named Rowan. Rowan took particularly well to the residents! However, that may have been due to the food they were eating and the climbing opportunities than mere friendliness. Playing carnival games and enjoying all-American cookout fare, we had an udderly great time in the final days of the summer heat.

Mouse melons

Story & Photo by Linda Bailey CTRS | Recreation Specialist



This summer we planted four half barrels on the terrace outside of the chapel; tomatoes, carrots, string beans, and mouse melons. Mouse melons look like watermelons, but are a type of tiny cucumber. Thank you George Welman for keeping up with the watering to help our plants to thrive. Feel free to pick and eat anything from these four gardens.

The honor of the last concert of the WAF Band

By Linda Bailey CTRS | Recreation Specialist

Many and varied musical groups visit us at the Armed Forces Retirement Home in Washington to share their musical talents. We get visits from school choirs and bands, church groups, official military bands, and service organizations. But the concert we were privileged to be present for on 30 August was truly special. The Women's Air Force Band, which existed from 1951 to 1961, holds reunions with original members, and travels the country to perform. The members of the band had decided their days of touring were over, and held their last concert as a group for us.

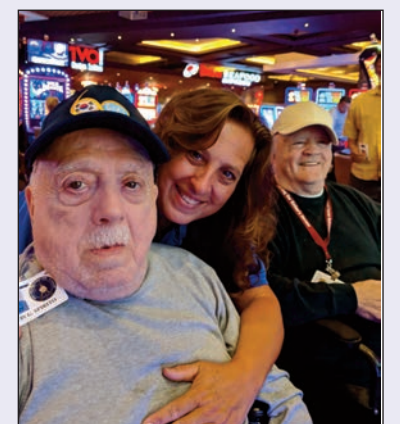
In addition to performing, Jeananne Nichols narrated a history of the band along with a photo presentation. The group donated a book to our library on the history of military bands.

When asked why the group did not mention that this was the last performance of such a long running band, Jan Duga, coordinator of the trip answered that if it had been announced, it may have been difficult to get through the music for members of the band. The group was happy that their final performance would be at this historic home. We thank the women of the WAF band for choosing us for this privilege.

Arundel Mills Casino

Story & Photos by Marine Robbins | Recreation Therapy Assistant

They call it 'craps' because that is what you yell each time you lose... Luckily for Santo DiBella and Lou Spirito, there were no curses on this day! As part of a shopping trip to Arundel Mills Mall, recreation therapy staff Carol Mitchell and Marine Robbins joined the two men for a lucky streak at the Maryland Live! Casino. The winnings were easily earned and easily spent on some luxurious ice creams with no regrets. Next time, we'll aim for the jackpot!



AFRH-Gulfport

Cooking with Dennis

Story & Photos by Dennis Crabtree | Recreation Specialist



On August 21 Recreation had its eighth activity called Cooking with Recreation. The recipe for today was Rich Chocolate Fudge. The main ingredient was semi-sweet chocolate chips. In a two-quart saucepan, heat milk, chocolate chips and unsweetened chocolate over low heat, stirring constantly, until chocolate is melted and

mixture is smooth. Remove from heat and quickly stir in nuts and vanilla. Spread in pan. Refrigerate about one hour and 30 minutes or until firm. Cut into eight rows by eight rows to make one-inch squares. This can also be done in the microwave. Gerry Gorsky, Carl Smith and Claire Dimler-Smith could not wait to dig into the rich chocolate fudge. Stay tuned for next month's dish with Cooking with Recreation.



Adopt a grandchild for 60 minutes

Story & Photo by Melodie Menke | Volunteer Coordinator

Residents enjoyed visiting with the Biloxi High School JR ROTC and Kathy Rogers for the 4th Annual Adopt a Grandparent for a Day. There were some good conversations and lots of "You Have Been Framed" pictures.



Down the hall stretch!

Story & Photo by Jen Biernacki | Recreation Therapy Assistant

On Saturday September 15, 2018 sailors from the Naval Construction Training Center Builder (NCTC BU) A School, volunteered to assist Loyalty Hall in their fall game event: Horseracing. To start the event, each volunteer was paired with a resident to choose a name for their horse, as well as share a few life stories. The horses were named "A Fight with Flowers," "Stripes," "Blues," and good ole "Red"...just to name a few. The race began down both hallways, called the home stretch, to the Loyalty Hall entrance sign. Some horses had a hard time coming out of the starting gate but with big cheers, laughter and fun, all the horses and riders made it safely to the finish line. Thank you volunteers, you were great horses!



A new DVD series - Landscapes through Time

By Milton Williams | Art Specialist

All are invited to watch a painting series on the big screen about world-renowned artists, their history, the environment and their paintings. The series consists of thirteen programs hosted by David Dunlap, an exceptional artist who journeys to locations of famous paintings, and then paints the very same scene. During the month of October we will be viewing some of America's Impressionist artists. We will be showing the film every Tuesday at 1300 in the theater now through November. Hope you can come take a 30 minute art adventure.



Mystery Tournaments

Story & Photos by Dennis Crabtree | Recreation Specialist

On July 24, 2018 Recreation held its seventh Mystery Tournament with 13 residents participating. The Mystery was WAR. Residents received instructions on how to play. The way to win was to get through the double elimination bracket with the total cards counted in the resident stack. There could only be three winners: First place went to Jerold Anderson, second place went to Mike Longwell, third place went to Fredi Van Pelt and fourth place went to Mary German.

On August 20, 2018 Recreation held its eighth Mystery Tournament. Seven residents participated, and the mystery was Tennis Ball Golf. The way to win was to get through the double elimination bracket with the shortest distance to the object. There could only be three winners: First place went to Mike Longwell, second place went to Harry Rhizer, third place went to Wayland Webb and fourth place went to Ernie Fowler.



Putting Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On Friday Aug 17, 2018 residents competed in the Outdoor Putting Tournament. It was a rainy day outside so the Outdoor Putting turned into an Indoor Putting Tournament. Wayland Webb took his time aiming for that beautiful shot to make that hole in one. The rest of the players took mental notes on how to master the form from Wayland Webb.

Fred Schultz took 1st place, Doris Hopper took 2nd place, Frank Baker took 3rd place and Mike Longwell took 4th place.



One enjoyable Saturday morning

Story & Photo by Jen Biernacki | Recreation Therapy Assistant

On Saturday September 8, 2018 sailors from the Naval Construction Training Center Builder (NCTC BU) A School volunteered to assist healthcare residents as Glorious Beth on Piano played and entertained them.

The group was paired up one on one with a resident to share and provide transportation down to the event. Beth played many eras of songs for all ages to enjoy. Feet were tapping, heads were bobbing and smiles were shining as the songs were played with sweet melodies. Thank you to all... such a nice, enjoyable Saturday morning....



WASHINGTON

AFRH-W Variety Show

By Amanda Jensema, CTRS | Recreation Therapist
Photographs by Barbara Bradley | Public Affairs



Let the show begin! It has been three years since a variety show was performed at AFRH-W, but on September 21st that all changed! The Variety Show featured 14 acts performed by both residents and staff. Everyone in attendance was pleasantly surprised by all the talent put on by their fellow friends and coworkers. Our emcee for the afternoon was Recreation Team Lead Constance Maziel.

For our opening act, Recreation Specialist Linda Bailey presented a wonderful reminiscing photo montage of events and people on the large screens

of AFRH-W. Following was a musical performance by residents John Baker and Rosebud Archer, and guest accompanist Ms. Liz Geold-Ledger, singing "While Strolling through the Park." Our third act was a performance by resident Joe Nesnow, of the famous "Whiskey Speech" given by Judge George O. Sweatt in 1954. Mr. Nesnow returned a few acts later to perform a comical "The Morning After, The Night Before" act. Let's just say it started with a loud belch! Recreation Therapy staff Annemarie Wilson, Carol Mitchell, and Amanda Jensema had fun recreating "Stop in the Name of Love" by Diana Ross and the Supremes. They were very convincing too! Next was resident Emmy Lu Daly who sang "What a Wonderful World" beautifully, along with Ms. Geold-Ledger on the piano. Resident Wayman Lucas was next on stage and he performed "Sweet Home Chicago" on his harmonica. The audience was clapping along. Our next act featured several employees from various Healthcare departments and Recreation Services, along with resident Ms. Archer. They performed a line dance to "I'm Blessed." At the end though they were "shocked" to hear "Apache" playing and seeing one of their fellow dancers performing that dance. Eventually they all joined in before exiting the stage. Following was a poem recited by resident Ernie Janes about Muhammed Ali, and a comical version of "My Favorite Things" was performed by resident Roger Polhemus. Our librarian, Christine Baldwin, wanted to make sure that the audience had a chance to participate, so she read a poem and the audience helped with the singing of "Take Me Out to the Ballgame." Up next was Recreation Therapist Amanda Jensema singing a solo version of "I Run to You," which is actually a duet sung by Lady Antebellum. Our second to last act we were joined by Sonny & Cher, or Recreation Therapy staff Carol Mitchell and Marine Robbins. Together they lip-synced to "I Got You Babe." Their performance was truly in the spirit of a Variety Show, with actors coming out throwing props that went along with the lines, and ending with a clown mopping up the floor. Our final act of the afternoon was a performance of "My Get Up & Go Has Got Up & Went" which was performed by residents John Baker, Emmy Lu Daly, Howard Shirley, and staff Linda Bailey on the guitar.

The room was packed and at the end of the show there was not a soul in the room who did not have a smile on their faces. This was a great event for residents and staff to participate and we look forward to doing it again! Thank you to all the residents and staff who participated and helped out with this event. It was a great experience!



GULFPORT

All smiles for The Reef and KAFB trip

Story & Photos by Susan Bergman, MT-BC | Recreation Services



On Friday, August 24, 2018, residents from Valor, Loyalty, and Allegiance Halls enjoyed a lunch outing to The Reef restaurant in Biloxi, followed by a shopping adventure to Keesler Air Force Base. The trip included an awesome group of military, community, and resident volunteers. PS1(SW) Chad Goss and his fellow military members from Navy Region Southeast Reserve Component Command at the Naval Operations Support Center Gulfport, jumped in to provide a day filled with food, fun, and new found friends. Resident Charles Sivits went back for his red hair to electrify the day. AFRH-G resident, Jackie Haslam said, "I just love these girls" as she enjoyed the day with HM2 Scarlet

Lawrence & EO1 Healthier Montowski. YN3 Steve Vonbank and PSSN Herman Santos spoke softly, watched attentively, and listened as Harry Gordon reached back into the past to share several memorable military stories. Thanks again to all involved in capturing a day filled with smiles, wonderful food, and fond memories.

