

AFRH-G Resident Advisory Council

Candidates face off as elections near

Three candidates are in the running for the AFRH-G Resident Advisory Council chairman. In the race are Jim Baker, John Morash and Bill Parker. On Wednesday, February 23, a forum was held in which candidates introduced themselves and answered a series of questions that had been submitted by residents. Each candidate had the opportunity to speak in the allotted time. There was a large turnout for the forum and residents seem satisfied to hear how the candidates responded to their questions.

The Resident Advisory Council elections will be held on March 4 between the hours of 11 a.m. and 1 p.m. and 3 to 5 p.m. outside the Dining Hall.

Get involved in your AFRH community - Vote on Friday, March 4.



CMDCM James Fairbanks, the AFRH-G Ombudsman, poses a question for Resident Advisory Council chairman candidates during a forum held on Feb. 23.



James Baker



John Morash



William Parker

Goodwill caravan salutes veterans in DC area

United War Veterans Council shows appreciation for service and sacrifice

The United War Veterans Council brought a New York salute to our wounded servicemembers and their families!

On Friday, February 11 to Monday, February 14, our Third Annual Valentine's Day Goodwill Caravan traveled from New York City to Walter Reed Army Hospital (Washington, DC) and the National Naval Medical Center (Bethesda, Maryland) and the Armed Forces Retirement Home-Washington.

During these visits, the group delivered Valentine's Day cards and gifts to our recovering service members as well as to their families, who have joined them in support of their recovery and rehabilitation. Our goal was to provide them all with a morale boost from their fellow Americans who truly appreciate their service and sacrifice.

In addition, throughout the weekend we visited and laid wreaths at the national memorials honoring our World War I, World War II, Korean War, Vietnam War and Women veterans, as well as Arlington National Cemetery and the 9-11 Memorial at the Pentagon.

We are proud to show New York's gratitude to those who have given so much to our nation!



Part of the Goodwill Caravan included the New York City Transit Pipes and Drum Corps.



The United War Veterans Council holds a wreath ceremony at the AFRH-W to honor all war veterans.

Inside this Issue



Sherman & Sheridan building updates

Page 3



Man's Best Friend

Page 6



Resident activities

Page 8

AFRH COMMUNICATOR

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

Serving Washington, D.C. and Gulfport, Mississippi



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

Eligibility:

Military veterans from each service branch can live at AFRH.

The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer), are eligible to become residents of the Retirement Home:

Veterans with 20 or more years of active duty service and are at least 60 years old, or

Veterans unable to earn a livelihood due to a service-connected disability, or

Veterans unable to earn a livelihood due to injuries, disease, or disability, and who served in a war theater or received hostile fire pay, or

Female veterans who served prior to 1948.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH, PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400.

Visit us on the web at: <http://www.AFRH.gov>

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>

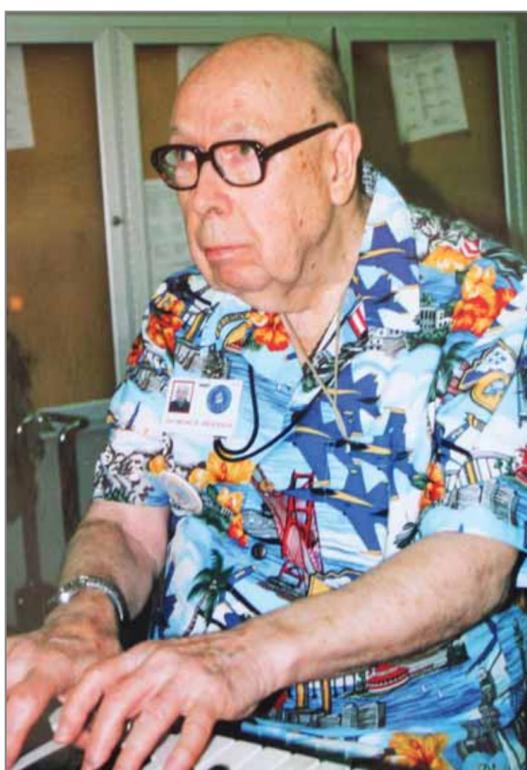


Become a resident today!

One very special volunteer

By Carol Mitchell

Resident Ray Anderson is truly a special AFRH-W volunteer especially when it comes to the residents of the King Health Center. Every month Ray totes his portable organ to various locations throughout KHC. He often plays for Recreation Therapy special events such as: the KHC Monthly Birthday Dinner Celebration, the Andrews Adult Outreach Social for the Dementia Care Unit, KHC Unit cookouts and luncheons, KHC Name That Tune programs, Ice Cream Socials, Happy Hours, and a variety of other events. Ray always has a good word to say to residents and staff and his music gets everyone's toes tapping. Thank you Ray for all you do for your fellow residents.



Ray Anderson plays his organ for the enjoyment of residents at King Health Center.

Working together in the Sewing Room



Marion Ritchie and Engelina Kuhn work on a project in the sewing room. Debbie Pearson, the AFRH-G Art Specialist, invites residents to participate in the various activities she has going on in the sewing room. Whether you are an old pro or just wanting to learn how to sew, stop in and see the different projects that are underway.

Message from the Chief Operating Officer, Acting



A significant collaborative effort occurred during a week-long Strategic Planning session held in Gulfport this past month. The development of the AFRH Strategic Plan for 2011-

2015 was a process that was shared by AFRH senior leadership from both Homes, and for the first time both Resident Advisory Council Chairmen also attended the event. The AFRH Strategic Planning session encouraged us to revalidate our values, vision, mission, and guiding principles and analyze how we might have the greatest positive impact on all Residents, given our resources and experience. The theme of the 2011-2015 Strategic Plan was based on our across-the-Agency commitment to achieve a truly Resident Centered Care model that focuses on Resident's needs and choices. I am pleased to tell each Resident that discussion and strategic planning efforts during the session were candid, spirited and at all times focused on our Residents. Dr. Robyn Stone, the Executive Director, Center for Applied Research and the Senior Vice President of LeadingAge (formerly AAHSA), our guest speaker, delivered a dynamic and challenging

presentation. Dr. Stone's insight will help us to develop and implement a Resident Centered Care plan second to none.

Four strategic goals emerged from our Strategic Planning session:

1-Resident Centered Care: This goal will ensure that each staff member and service delivery person understands the Resident's individualized needs and takes realistic action within AFRH's resources and capabilities.

2-Staff Centered Focus: This goal will expand staff knowledge that directly impacts the accountability and efficiency of the organization and empowers them to act.

3-Stewardship: This goal will allow AFRH staff to pursue and implement innovative ways to deflect, reduce and manage costs by maximizing the utilization of assets, resources, and programs while focusing on needs and desires of this and future generations.

4-External Stakeholders: This goal will empower us to harness, cultivate and focus our external stakeholders to become increasingly active participants engaged in AFRH's operation in each of the next five years.

The most common question from Residents and employees is "why do we need a vision and a mission statement"? The vision statement tells everyone where the AFRH is headed. The mission statement explains the fundamental purpose of the agency, why we exist, and keeps us on track to deliver the programs and services that Congress intended for Residents of the AFRH. During the strategic planning session we reviewed our vision, mission and guiding

principles to ensure that AFRH is positioned to provide a truly Resident-Centered Care service delivery which will benefit each and every Resident of the Home.

Our enhanced Vision, Mission and Guiding Principles are as follows:

Vision: A community that actively fosters independence and vitality through health and wellness for Veterans and where Residents want to live, personnel want to work, and both choose to stay.

Mission: To fulfill our Nation's commitment to its Veterans by providing a premier retirement community with exceptional residential care and extensive support services.

Guiding Principles: Person-centered service, establish/assume accountability, maintain integrity, one vision/one mission/one organization, workforce growth, honor heritage and inspire excellence.

Lastly, I would like to explain the



Dr. Robyn Stone provides valuable insight to the true meaning and understanding of a Resident Centered Care Plan.

newly adopted Resident Centered Philosophy. This philosophy is built on the premise that genuine listening contains an implied promise to take action. Actions, of course must be realistic, within reason and within the AFRH's financial ability. It is imperative that what is learned about how a Resident wishes to live, the choices he or she makes, and where he or she wish to go in their life is recorded and acted upon in a nurturing and appropriate manner.

Next month I will be discussing the Gulfport and Washington Capital Improvement Plans.

Steve McManus

Sherman and Sheridan Buildings

Final renovation being completed to move services



A contract employee installs the main door into the Pentagon Federal Credit Union door located in the ground floor of the Sheridan Building.



View from the Sheridan north 4th floor of the above ground walkway from the Sheridan to the Sherman building.

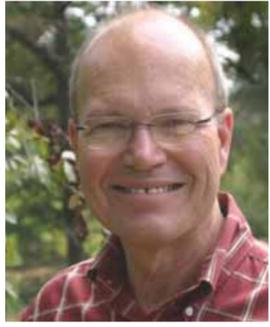


Library books are relocated into the new location in the Sheridan ground floor next to the PX area.



Tables and serving lines are currently being installed in the Sherman building main floor north.

From the AFRH-W Director



Today over a billion Valentine cards will be given, and another 15 million e-valentines, not to mention roses, chocolate and those little Pepto-Bismal-like candy hearts with strange remarks printed on them. There are a plethora of speculative ideas about how we arrived where we are today with helium filled heart shaped balloons and singing Valentine telegrams exchanging romantic and sentimental wishes. We do know that in early Christianity there were several folk by the name of Valentine. And here's the thing that jumps out at me: at least three of them were martyrs. They died because they refused to deny their loyalty to their Christian beliefs.

Most figure the day's name comes from the priest in Rome named Valentine who was thrown in jail under Roman Emperor Claudius II. Claudius liked him, but when Valentine tried to convert him to Christianity, their friendship abruptly ended. Claudius had Valentine beaten with stones, clubbed, and finally beheaded on 14 February 269 A.D.

There's a Happy Valentine thought for you.

So how did we get from cutting people's heads off to cutting out paper hearts?

Some say that Emperor Claudius had a thing against marriage – because he believed he could muster a better army with more focused soldiers if they were single. Some lore says Valentine went around performing secret marriages, which is what got him thrown in prison in the first place. Legend like this is about as historically reliable as a forwarded email chain swearing that Elvis Presley was seen alive last night at the Grammy Awards. But it's a nice story.

There was an ancient festival in Rome celebrating the marriage of Zeus and Hera, and some pagans observed fertility rites about that time of year, but nobody really knows how exactly the linkage happened between Valentine (the guy who got his head lopped off) and Valentine's Day as we know it today (where you send chocolates). Somewhere in the middle Ages folks started talking about "being my Valentine" and it stuck.

Here's a thought for the day. As I write up a nice card for my wife, Sue, is the love behind my words more like the man Valentine – who stood firmly by his loyal vow – or the sentimental mush that passes as "love" today? Before Valentine was a name associated with flirty puppy love and sensual-

ly charged romance, it stood for unwavering commitment even to the point of sacrifice. Which kind of love is mine?

The senior management staff from AFRH-G and AFRH-W just completed a week discussing the next five years of life at our Homes. The key theme for the week was "Person Centered Care". Many of us read a book on the subject before the meeting began which basically stated that love was necessary in caring for the residents. And the truth is if we are going to give good care to our residents it must be based on our love towards them. This calls for a commitment

to those in our care, a dependability to those in need, and our self-sacrificing allegiance to who gave of themselves for our country. Caring for the people here takes our dedication to stand by them even when it is a struggle. Though Valentine's Day has become a sentimental ritual would it not be wonderful if each of us would purpose to truly edify others and strengthen our own resolve to be like a guy named Valentine in the third century who said he would stand by his promise to the Father even if it killed him.

David Watkins

Business Center News

Are you a resident changing banks?

If you answered **yes** please do the following:

Submit a voided check

OR

Submit an official letter from the bank that includes your name, bank account number and bank routing number.

Documentation should be submitted to the Business Center by the 20th day of the current month to be effective next month

Business Center Hours:

Mon-Fri 8 to noon and 1- 4 p.m.

Notes from the AFRH-W Chairman, Resident Advisory Council



So, I sit here trying to think of something that you need to know. And that is when it hits me. After all the focus groups and other meetings that we are involved in during any month, there just might be nothing new that you might need to know.

But on the other hand, there is always something that someone out there just might need to know so, I press on.

Spent the week of February 7 to February 11, working with other members of the staff of the AFRH and Washington, Gulfport homes in working on the Armed Force Retirement Home Strategy 2011 – 2015. The new vision for the home could be stated as "A community that actively fosters independence and vitality through health and wellness for veterans and where residents want to live, personnel want to work, and both choose to stay." That wording may change but the basic focus on independence, vitality, health, and wellness form the basis of what the homes should be about.

At Gulfport met some former residents who expressed a desire to return to the Washington home. I told them just like last month that all they had to do was to inform the Public Affairs Office in Washington of their desire and they would be placed on a waiting list. Not at the top but at the place they are when they call and get their name entered on the waiting list. No favors granted to those who used to be residents of the Washington home, you will be treated just like everyone else.

I need the assistance of each resident in reporting either to me or the Ombudsman times when they are supposed to have been transported to a medical appointment and either the van did not show up, was late, or

you were unable to contact a person to let them know of the problem. There is no excuse (except for major storms) that should cause a resident to miss an appointment for any reason based on not being transported to an appointment when the resident has been told that a van would be available. This has been a problem and we need to solve this problem NOW.

By now all the offices should have been relocated to the Sheridan Building. Hope you have had an easy time finding what you have been looking for. If not, just keep looking and you will soon find it. When you do find what you are looking for let others know where it is.

You may have noticed the new serving trays in the dining facility. You also may have noted that it appears that the food is staying warmer than in the past. And it is a fact that the food is warmer due to the ways the serving dishes are made. These are the same trays that will be used to transport food from the LaGarde building to the Sherman Building when the new dining facility opens at the end of February 2011. By the time you read this article you might have already inspected the new dining facility in Sherman so you can see how things are. Hope things are to your liking and that if not, you let someone know about it.

On another subject the Double Nickels group will be meeting every other Saturday working on the second book of stories by you the resident. If you need questions answered on this please see the person in charge of the Library who can give you all the information you need. The group needs your stories so that others can benefit from what you remember.

Well, that is all the information, news etc. that I can think of at the present time. See you next month and if you see me let me know something that you would like me to tell others about.

Esker F McConnell

Washington Gas Company volunteers enjoy annual visit with residents of AFRH-W

By Carolyn Weber
AFRH-W Volunteer Services

It was standing room only when Washington Gas Company employees and their families joined together with our residents at the Armed Forces Retirement Home for friendly bowling competition in the Bowling Center, one of the many activities offered during their visit on Saturday, January 29th. "We look forward to seeing this group every year!" was a common refrain among our resident bowlers. The residents have really gotten to know the families and have watched their kids grow up each year.

In the 6th floor poker room, several men and women gathered for a few games of poker. Resident Robert Cavanaugh, who is an avid card player, proved a formidable challenger and won many hands and smiles. Across from the card room, Jim Pratt had a steady stream of Washington Gas volunteers who were lining up to visit him and share

stories.

One such story that captured a group of volunteers was Harris Bircher's personal recollection of the attack on Pearl Harbor. Volunteers who were visiting with residents at LaGarde found themselves gathered in his room standing around his scrapbook of articles and pictures. They were stunned to see his obituary from 1941 pasted in the pages of his Naval career.

Over 60 employees and family members from Washington Gas Company had a memorable experience with our residents. They spent the morning bowling, playing billiards and poker, shoveling snow, touring the grounds and sharing stories with our nation's Veterans. After all the fun and games, they raffled off prizes for all of our resident participants. Thank you Washington Gas, and we look forward to seeing their familiar faces at Casino Night this summer!



Enjoying a game of poker
Al Picard keeps his hand on the cards and his eyes on the chips during friendly card game with employees from Washington Gas.

Recreational Therapy offers several events throughout the month

By Carol Mitchell
Washington Auto Show

The weather in Washington, D.C. couldn't hold back the small group of residents who went to the 2011 Washington Auto Show. The residents viewed more than 700 new makes and models from over

42 manufacturers at the Walter E. Washington Convention Center. Residents William Palmer and Elliot Bronfman enjoyed sitting behind the driving seat of latest trucks and luxury cars while recreation therapy assistant Sarah Kenan got the chance to sit at the wheel of a 2011 candy apple red mustang with red leather interior... her dream car!

Artistic Dance Academy Show

Students from Artistic Dance Academy came to the King Health Center to put on another wonderful show. The Dance

Academy has been a source of great entertainment for the past 6+ years. The Academy began in 1977 by Cindy King and has expanded from teaching in the basement of her parents home to a facility in Upper Marlboro, Maryland with three studio spaces. Cindy's studio instructs approximately 150 students ages ranging from two to 65 weekly in various dance art forms. The students perform in competitions, community events, and senior center homes.

Arlington Cinema & Drafthouse

On a cold winter's night the King

Health Center residents took a trip out to the Arlington Cinema & Drafthouse. The Arlington Cinema 'N' Drafthouse is an unusual and fun venue located in Arlington, Virginia. It combines a full restaurant inside of a movie theater. The Drafthouse has been in existence for over 22 years. Not only do they play up-to-date movies but they also have an extensive menu. The movie, food and drinks all made for a great night. The residents look forward to another trip to the "Drafthouse!"

From the AFRH-G Director



“Beware the Ides of March” the seer told Caesar as he made his way to the Theater of Pompey. As we know, Caesar did not heed the warning and the consequences

made March 15th forever a famous (or infamous) day. On the other hand, the 17th, Saint Patrick’s Day is a day people look forward to in March.

Growing up in Ohio March was not one of my favorite months. Sure, the promise of Spring and improving weather was there but it seemed for every decent day there were three or four days in the thirties or forties and plenty of rain. Oh, if we were really fortunate we would have a sixty degree day on Friday, followed by rain on Saturday and a light snow on Sunday, rounded off by another sixty degree day on Monday. If you were a golfer, baseball player or gardener, March could be very frustrating.

Saint Patrick’s Day was always a bright spot whether you were actually of Irish descent or were just for the day, you had parades, parties and the wearin’ of and drink-

ing of the green. While I am of Irish descent and like wearing green, I must admit that green beer never really appealed to me. I didn’t even care for lime Koolaid, Lifesavers or Jello.

The other part of the frustration of March, as a golfer, was that the PGA Tour was in full swing on television coming to us from California and Florida and in the ‘80’s even coming from Hawaii. I would sit and watch those gifted players on those beautiful courses in those warm climates and then glance out the window at the rain/snow/gloom and reach for the green beer. The one weekend tournament that would bring a smile was the Bing Crosby Clambake in January where celebrities would play bad golf with the pros in the unpredictable weather of Pebble Beach on the Carmel Peninsula in California.

So March was spent planning what was to happen in the coming good weather while the forecasters chirped about how many days were left until Spring. Planning was important then as it is now and on a very cold week in February, the leadership team of the Armed Forces Retirement Home came together in Gulfport to develop a strategic plan for the Agency for the next five years. We worked on plans for each campus and the agency using information gathered from resi-



Rick Heath, Director, AFRH-G, opens the floor for questions during a recent Town Hall meeting. Monthly town hall meetings are held at the AFRH-G to pass information and to answer resident questions and concerns.

dents, families and staff and feedback provided by the CARF/CCAC (Commission on Accreditation of Rehabilitation Facilities/Continuing Care Accreditation Commission) survey conducted at the DC campus last fall. The document represents a strong step for-

ward for the future and we will be discussing it with you soon.

Enjoy the sometimes frustrating month of March and especially the Mardi Gras season.

Richard C. Heath

Learn about Facebook Skype YouTube Twitter

**Classes start March 1 in the Computer Learning Center
Contact Ruby in the Library for more information.**

2011 National Veterans Creative Arts Competition

Submit your Creative, Applied, or Musical art piece to be judged for competition. Contact Debbie at 897- 4430 by MAR 2nd to complete the registration forms and select up to 3 categories to enter. All pieces must be submitted by MAR 10 with a digital photo of the piece. National Finalists will be featured in the 2011 National Veterans Creative Arts Festival in Arkansas in October. Call Debbie at 4430 for more details.

Near fatal accident changes life

Navy veteran enjoys life to the fullest

By Mary Kay Gominger

To see resident Charlie Jenkins busily making his way around the hallways and community areas of the AFRH-G, one would never suspect that not that many years ago Charlie was told that there was a very good possibility that he would never walk or talk again. To see him now, puttering in his tulip beds excitedly pointing out the new growth making its way above the top soil, you could never guess his past struggles. Charlie overcame amazing odds and now has made it his life business to appreciate every moment in every day and find the good in everyone.



Charlie Jenkins shows off the first tulip as it begins to bloom on Feb. 14.

Charlie retired from the Navy after 27 years of service. Like most military retirees, he soon found a second career and even a third one until one day, in an instant, his life completely changed. It was 16 years ago, while walking down a sidewalk in his neighborhood in Albany, Georgia, Charlie was struck by a car. His skull was cracked and he suffered broken ribs and severe lacerations to his left arm. After nearly seven hours of brain surgery, Charlie lay in a hospital, on a respirator, with little hope of full recovery. The surgeon that performed the operation was, strangely enough, from a small town in Mississippi called Drew which is real close to Charlie’s hometown of Alligator. He told Charlie that with some very hard work and determination, he might just walk and talk again. But it was a big maybe.

Charlie stayed in the intensive care unit for two weeks and then faced many, many months of grueling rehabilitation. It was the price he had to pay if he were to ever have any type of normal life again.

“I spent nine months learning how to stand, then walk. I had to learn how to talk all over again, stringing words together to make a sentence. It was the hardest thing I ever did in my life,” Charlie recalls.

And what did Charlie take away from this experience?

“The main thing, and I think the most important



Charlie Jenkins works in the flower bed around the flag pole. Charlie loves to be outside and with the help of Campus Operations staff, he has several flower beds around the grounds for all residents to enjoy.

thing I learned going through this ordeal was that people can overcome adversity in their lives.

“When you face a difficult or unpleasant situation, don’t quit. You can overcome anything if you will just make a commitment to work at it and don’t give up,” Charlie said.

During Charlie’s recovery from the accident, one of the doctors suggested that he continually challenge his mind to keep it active and progressing. Charlie took his suggestion to heart and decided to sign up for some courses at the community college in Albany. He now holds an Associate’s degree with an emphasis in history.

“It’s something I’ve always wanted to do,” said Charlie. “The more I challenge myself and stay active, the better I feel.”

Charlie moved into the AFRH-G in the fall of 2004. He moved back to Georgia from 2005 to 2010, waiting to return to the AFRH-G. The retired senior chief petty officer remembers, as a Navy Career Counselor, telling young

sailors about the benefits of staying in the Navy, benefits such as the AFRH.

“I feel so lucky and grateful to be here,” Charlie said. “I have lived a long, prosperous and fulfilling life but it wasn’t until I began recovery from that accident that I came to realize just how blessed I am and how important it is to acknowledge my blessings and be thankful for them.”

In addition to his gardening, Charlie is also interested in starting an AFRH-G Branch of Rotary Club, an organization he has been involved with for many years. Rotary Clubs around the world bring together business and professional leaders to provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. It is a secular organization open to all persons regardless of race, color, creed, gender, or political preference. If you are interested in joining or would like more information, please contact Charlie. He can be found many days out front tending to his flower beds.

AFRH-G February Activities

They call themselves "THE HAPPY HOOKERS"

By Debbie Pearson
Art Specialist

What a fantastic group of women! These rug hookers (what were you thinking?) came and visited us here at AFRH-G earlier this month for a fun filled day of laughter and rug hooking. We had such a wonderful time with these incredibly talented women! The leader of the group, Faith Williston, and eight of her fellow Hookers came to the Home and shared their knowledge and wit, brought rugs, wall hangings, and other artwork created via "the hook", and promised us they would return in the next couple of months to and hold a class for anyone who would like to try their hand at hooking. Ah, they are indeed "Happy Hookers" and their artwork shines with the love of their trade.



Francis Scott (far left), Mike Longwell (far right) and three Seabee volunteers listen as Faith Williston, a Happy Hooker, explains how a rug was made.

Resident Betty Lakatos and a couple of Seabees look on as Faith Williston describes "dip dying" to Art Specialist

Debbie Pearson. Thanks to everyone who made this visit such a great success.

Valentine's recital at AFRH-G

By Susan Bergman, Recreation Services

On Sunday, February 13, Marianne Wasilewski brought her studio of musicians to perform a Valentine's Recital in the Community Center. From "Star Spangled Banner" to "Boil Them Cabbage Down" to "Ode to Joy," these musicians varying in age from as young as 5 years old showcased their talents on piano and violin. Romance was in the air with the "Theme from the Godfather" with Bob Coates on guitar and Marianne on violin. After their performance in the community center, several students then performed a second time in the Resident Lounge of Valor Hall / Assisted Living. The romantic themes brought fond memories yet again! All were amazed with performances by a 5 year old student and then a 24 year old student who had only been playing for 4 months. Your dedication to music was an inspiration.

Is it possible that chocolate and wine are good for your health?

What could be more romantic and even good for you than a few pieces of decadent dark chocolate and a glass of deep, red wine? Sound too good to be true, doesn't it? Well, according to what nutritionists say, red wine and dark chocolate are good for the heart, cholesterol, and blood sugar, providing an excellent reason to go ahead and give yourself permission to indulge, but just a little bit! Here at AFRH-Gulfport, we celebrated this good news with speaker Mickey Banks, owner of "Health Nuts" health food store! Mickey shared with us all the reasons to go ahead and have a piece or two of chocolate, or a glass of red wine...for your health. Afterwards the residents enjoyed a wine and chocolate tasting with several varieties of wine and dark chocolate to choose from.

Some facts about the health benefits: Dark chocolate with a cocoa content of 70 percent or higher, and red wine also, contains resveratrol, which has been found to lower blood sugar. Red wine is also a source of catechins which could help improve "good" HDL cholesterol. People consuming chocolate on a regular basis tend to have fewer heart attacks and strokes.

Dark chocolate also contains "flavonoids" which are anti-oxidants that help to stop the damage caused by free radicals in our bodies. When it comes to wine, women should drink no more than one glass a day and for men, two glasses are the limit, to reap the following benefits.

1. Lowering Cholesterol levels.
2. Lower risk of Heart Attack and

strokes.

3. Decrease Cancer risk (ovarian specially).

4. Prevent ulcers.

5. Strengthen your bones (lower risk of osteoporosis).

6. Anti-aging properties (Resveratrol, a substance of wine proved to rejuvenate your cells and now widely use for the treatment of

numerous diseases).

7. Prevent and slow the progression of neurological disorders as Parkinson's and Alzheimer's disease.

For those individuals who want the benefits of red wine without drinking it, resveratrol can be purchased in capsule or liquid form at most health food stores.

Cheers to good health!



Delicious samples

Resident to through the line to try a few of the different varieties of chocolate available during the chocolate and wine demonstration held at the AFRH-G earlier this month.

Pet Therapy Program enjoyed by residents

Dogs really are "man's best friend"



Rika merrily greets residents in the lobby.

From AFRH-W to AFRH-G

PAT & RIKA VISIT

By Susan Bergman, Recreation Services

From January 21 – February 11, residents of AFRH-G looked forward to Rika's next visit, a 2 year old black German Shepherd from AFRH-W. Rika's owner, Pat Wells said, "We couldn't have been more pleased with our visits...what a joy this has been to see many residents we knew in Washington now back home in Gulfport...the new facility is stunning!!" We will truly miss their warm hearted visits and look forward to them visiting again on their next visit to the coast. We can't thank you enough, Pat and Rika, for including us in your vacation!

Dick and Leif Pet Visits at AFRH-G

By Susan Bergman, Recreation Services

On February 1, Ham Radio Operator Alan Hubbert and Frederick Bowers enjoy pet visits in the lobby with Dick Stanford and Leif, an 8 year old Golden Retriever from Pass Christian. Leif was thrown away after a hurricane and Dick discovered him at a rescue center in Louisiana. They regularly visit the South Mississippi Regional Center in Long Beach and will begin visiting us twice a month here at AFRH-G.



Alan Hubbert and Frederick Bowers greet Leif and his owner Dick Stanford of Pass Christian, Miss.

AFRH-W Arts and Crafts Corner

By Lori Thompson

February has been an exciting month for AFRH resident artists and crafters. The month began with Barry Prokop (Vice President, The Golden Key Group) and his wife, Renee, purchasing a weaving loom for our crafts program. When Mr. and Mrs. Prokop brought the loom, they spent the day with us, learning how to measure and warp the loom. Willa Farrell is now weaving chenille scarves on the warp they did together that day. It is going to be stunning. The weaving has drawn quite a few admirers and we expect the loom will never be warp-less and idle! If you are interested in learning how to weave, please stop by the Ceramic Studio and sign up. A heartfelt thank you goes to Mr. and Mrs. Prokop for bringing weaving to AFRH Residents.

On Tuesday, February 8th, Residents saw the presentation of, "The History of Military Arts and Crafts," given by Art Historian, Dr. Tara Tappert. Dr. Tappert will be returning to AFRH-W in the near future to record any personal military art-related stories that Residents wish to share.

February also brought the closing date for entering the annual National Veterans Creative Arts Festival. Resident artists, Mimi Rivkin and Michael Martinez entered pieces. There will be a reception and an exhibition of locally submitted work at the Veterans Administration on Monday, March 7th from 9:00 AM – 3:00 PM. Many veteran artists will be there. Please stop by and enjoy the show.

The opening reception of the new Craft Center (Room 301) and the Community Art Room (Room 304) in Sherman North has been postponed from Feb. 28th to Monday, March 28th at 1:30 PM. Planning is already underway for workshops and classes in our new spaces. Please stop by to check out these wonderful gathering places and see the activities that we will soon be offering there.

There is a new class in ceramics, Wheel Thrown Pottery. The class meets on Mondays at 1:30 PM in the Ceramic Studio. Residents who are participating in the class are encouraged to reserve the wheel outside of class hours. Drop-ins are welcome at every class. On Mondays at 9:30 AM, our Ceramics class is now working on St. Paddy's Day, Easter and other seasonal items. Come to class and pick out a mold to pour; we will even pour it for you if you wish. We have many delightful ceramics to meet your spring decorating needs. All you need is the desire to paint or glaze them!



Renee and Larry Prokop demonstrate to Willa Farrell the use of the weaving loom they donated to the AFRH-W Crafts Program.

45th Kickoff

Superbowl Sunday

By Jerry Carter

On Sunday, February 6th over 150 residents attended the Superbowl party held in the Scott Theater. Residents viewed the game on the giant screen and watched a very exciting game with the Green Bay Packers defeating the Steelers 31-25. Recreation services provided prizes throughout the contest and also served pizza, chicken wings and cold beverages. Everyone had a good time and congratulations to the GreenBay Packers! Recreation services would like to thank the following volunteers for helping out during this event: Corrine Robinson and Matt Hewitt - Catholic University student, and co-worker Allen Hess. Lastly to all the residents who attended this SuperBowl celebration.

DC Diva's Highlight of KHC Superbowl party

By Carol Mitchell

The weather this year compared to last year's Super Bowl weather was beautiful! The Pittsburgh Steelers vs. The Green Bay Packers in Super Bowl XLV was a game to look forward too and the residents of AFRH King Health Center had a great time celebrating with a party to remember. Residents had an opportunity to win cash & prizes for pre-game Super Bowl "winner pics" such as: who would win the first coin toss, first touchdown, first fumble, first sack, and so many other categories. Of course we munched on chips, hot dogs, fruit, cake, beer, sodas and other delectable appetizers. Pre-game activities included a narration on Super Bowl history and a test your knowledge of the Super Bowl trivia. The highlight of the party was when the D.C. Diva's arrived for a meet and greet during the game. The D.C. Diva's are the local women's professional football team.

Valentine's Day Social

By Michele Bailey

Romantic music and numerous give-a-ways were the highlight of the 2011 AFRH -W Valentine's Day social held on Monday, February 14th. More than 82 residents, staff and volunteers were entertained by pianist Roosevelt Smith. He sang solos by Frank Sinatra, Elvis Presley, and the Miles Brothers and was accompanied by

Patrick Goldsworthy (Goldy) on his harmonica.

A special thank you goes to the Exchange (AAFES) for supporting this event. Luggage, stuffed animals, cologne and many other gifts were donated by Ms. Niley Eiley; Andrews AFB, Exchange General Manager. All residents received gifts on this special day. In addition residents residing at LaGarde also received gifts for their Valentine's Day party.



Ed Woessner fills up his ice cream bowl with several special Valentine's treats.

According to Mr. William Woods: "I enjoyed the music, dancing and receiving gifts from AAFES." Donald Pence said, "I was pleased with the event. The theme was a good idea. This was a great idea to get people together." Loraine Murphy added, "It was a wonderful activity and the people I spoke with agreed with me. The pianist had a nice singing voice and the give a-ways were outstanding." Starbucks Manager, Ms. Veronica Shired and co-worker Ms. Lavina Calderon said, "It

was a great experience and we would like to come back to do it again wherever the time permits. It was a great time to give back to them (the residents) for what they have done for us. We enjoyed dancing with several of the residents."

The Recreation Staff would like to thank the following military and civilian volunteers for their support with this event: Starbucks Manager Ms. Veronica Shired, Ms. Christina Baldwin and the Navy Safe Harbor program provides that care for the wounded, ill and injured Sailors and Coast Guardsmen; Chief William Hamby, PS1 Yulonda James, Mr. Carlos Melendez and Ms. Dionna Kiernan.

I don't pretend to know what love is for everyone, but I can tell you what it is to me; Love is knowing all about someone, and still wanting to be with them more than any other person, Love is trusting them enough to tell them everything about yourself, including the things you might be ashamed of; Love is feeling comfortable and safe with someone, but still getting weak knees when they walk into a room and smile at you.

Outpour of Valentine's wishes for Veterans

Over 5,000 Valentine's Cards poured into the Armed Forces Retirement Home-Washington around Valentine's Day. Cards were sent in from Elementary Schools, Girl Scout Troops, Kids Clubs, Church Groups and Sororities across the nation. The Department of Veterans Affairs collects many of the cards and delivers them to the Home each year. With the aid of the Air Force Petroleum Agency and Catholic University Military and National Security Law Student's Association, volunteers armed themselves with bags stuffed with cards and made door-to-door deliveries to our residents at the Home. "Happy Valentine's Day" echoed throughout the halls.



King Health Center's Cooking Class

By Sara Kenan
Recreation Assistant

On a cold Friday morning, February, 4th, Sarah's cooking class gathered in the Recreation Center. They were anxious to whip up a warm and filling treat. The menu was cheese pizza casserole with strawberry salad and sweet dressing to go with it. Residents Mr. Bronfman and Mr. Dounis were tackling grating the Parmesan cheese and chopping the green onions. Mr. Hill's job was to cut up the romaine lettuce for the salad. The macaroni was already cooked and waiting for the other ingredients of three eggs and cheese to be added to the bowl. Ray Marriott was busy cracking the eggs and beating them till foamy for the casserole. In no time the group had completed their tasks and were ready to mix it all together. It was finally time to put the casserole in the oven for 20 minutes and then eating time. After the casserole went into the oven, the group added the strawberries and cucumbers for the salad and I made the sweet dressing. Residents were waiting patiently for the casserole to come out of the oven so they could test the results of their labor. I think the class was a big success because the residents were asking for seconds.



Residents of King Health Center participate in a cooking class.

Andrew's Adult Outreach volunteers visit with Day Club residents

By Steven Briefs
Supervisor of Recreation Therapy

Every month volunteers from the Andrew's Adult Outreach organization located at the Andrew's Air Force Base visit the residents of the Day Club located in the King Health Center. They have been coming to our home for more the 20 years and they always lead a game program and then serve Root Beer Floats and cookies. They also socialize with the residents and at the end of their visit; they sing a few songs and encourage the residents to sing-along. It's great fun for all.



Root beer floats and cookies are enjoyed during a visit by Andrews Air Force Base Outreach volunteers.

Valentine's Day activities at AFRH-G



Valentine Arts and Crafts

Residents and Seabee volunteers work in the Arts and Crafts Center making festive Valentine decorations for the Assisted Living to enjoy.



Sweet Treats

On Saturday, February 12, residents were treated to an ice cream social in the Community Center.



Friday night dance

Hearts, chocolate, and red, white and pink balloons created the perfect atmosphere for a romantic Valentine's Dance at the AFRH-Gulfport. A Touch of Jazz played music perfect for slow dances, and the residents all enjoyed themselves tremendously.



On the dance floor

The dance floor was a popular place to be on Feb. 11 at the Valentine's Dance. Music was provided by the group "A Touch of Jazz."

AFRH-W residents challenge employees in Ping-Pong tournament

By Keith Turner

What was anticipated to be a somewhat slow, mellow event turned out to be the total opposite atmosphere for a ping-pong tournament. The residents who came out, along with the employees had one of the greatest times that you could have playing ping-pong. The event was set up to have the residents and employees in a tournament style bracket and there were a lot of great matches. Some people (like me) had never played ping-pong before, but after a five minute warm-up training class, it was one of the easiest games to learn how to play and be competitive at the same time.

The first match between Richard Heinrich and Warren Pospisil started the excitement for the event. Warren won the first match in a dominating fashion 11-8, only to have Richard storm back to win the next two matches 11-9 and 11-6 thanks to his slamming backhand. Next, Laura Fogarty and Donald Stout battled one another, and what a game that was. Donald won the first match 11-10 with the lead changing hands all the way down to the final point and then Laura took the next two matches 11-9 and 11-8. Donald was an awesome player and surprised everyone because of how good he was. Next up was Christine Baldwin against me. After losing her first match 11-7, Christine had two exciting wins 11-4, and 11-8.

The Championship match was set and the two skilled players were about to meet. Laura and Richard were both ready to take home the title. All three sets were exciting as the lead changed hands over and over. "Rough & Ready" Richard jumped out to an 11-6 win in the first match, but Laura came all the way back from 6 points down to take the second match 11-10. The stage was set for the final match

and the crowd was cheering both players on. Richard took a 4-1 lead, only to have Laura come back and take a 5-4 lead. Richard surged ahead again 10-5 and the pressure shifted to Laura to make a move. Needing only one point to win it all, Richard couldn't put Laura away as she rallied back to close the score to 8-10. Richard had to reach down into his bag of "serves," and with a spinning fast backhand, the ball just missed Laura's paddle, giving Richard the Championship. Wow, What a game!

Yes it was a great event indeed, and everyone had fun. Thank you to everyone who came out for this event. We will be having more ping pong events so start practicing now.



Keith Turner (left) takes on Richard Heinrich (right) in the early rounds of the Ping Pong Challenge.



Warren Pospisil utilizes a steady backhand against the fierce competition during the Resident/Employee Ping Pong tournament held at the AFRH-W earlier this month.