

Crump hits 30,000 mile mark and keeps on going



By Jerry Carter, Fitness Specialist

On Tuesday, February 23, 2012, Ed "Walking Man" Crump was honored for walking 38,000 miles! Ed has been walking most of his life and stated, "the most important thing to do when walking is to be consistent." Mr. Crump walks every-day around the campus and has earned the name "Walking Man."



Ed Crump is presented his 38,000 mile award from Laura Fogarty, AFRH-W Recreation Services.

The "Walking Man" Ed Crump continues to log in miles around the grounds.

Sometimes good can come out of the darkest tragedies

70th anniversary of tragic shipwreck

By Mary Kay Gominger

On February 18, 1942, two United States warships -- the USS Truxtun and the USS Pollux -- were returning to America after escorting ships across the North Atlantic when they were hit by a sudden winter storm off the coast of Newfoundland's Burin Peninsula. Both ships ran aground, and suffered heavy losses. Thanks to the heroic actions of the nearby communities of St. Lawrence and Lawn, 186 American sailors were rescued.

Today there are only two living survivors of the USS Truxtun, one of them being AFRH-G resident Lanier Phillips. He traveled to St. Lawrence earlier this month as a special guest of honor of the Newfoundland government to participate in ceremonies to remember the tragedy and the heroism of the people of this small community. As part of the ceremony, Lanier Phillips spoke of his experience to the local community, telling them how the Newfoundlanders' kindness and generosity in the wake of the disaster changed his life. Phillips experienced racism growing up in the south and up until this tragic event, had never been treated so kindly. Subsequently, it set him on a course of action that helped him understand that racism could be overcome and his life became about making that happen.

Lanier Phillips' story has been celebrated internationally and become part of mythology of Newfoundland through the years — told repeatedly in plays, books, radio and television documentaries. While he was in St. Lawrence for the 70th anniversary

ceremony, high school students reenacted his life with a play, one he said was very real to life.

"The children did a wonderful job with the play about my life," Phillips said. "It was very enjoyable to watch. The whole weekend was a whirlwind of activities and ceremonies that I attended, it was quite an honor."

For those not familiar with his story, Phillips was a crewmember on the Truxtun in February 1942. St. Lawrence residents trying



Lanier Phillips in his room at the AFRH-G showing one of his many honorary awards.



The four-stack destroyer USS Truxtun ran aground and sank in Chambers Cover, Newfoundland. Only 46 of 156 men aboard survived.

to rescue the seamen found him on the shoreline.

He was taken to a home and given a warm bath. As he tells the story, women there gave him a rough scrubbing, trying to remove what they thought was oil from the ship because they didn't know his skin was black.

He said once people realized he was black, they still treated him like anyone else. It was unlike anything he had experienced before.

Phillips stayed in the Navy and, because of his experiences in Newfoundland, began influencing how blacks were treated and advanced in the Navy and he became an active member of the U.S. civil rights movement.

In the Navy, Phillips was assigned as a messman, the only place blacks were allowed to serve. With the experience of the USS Truxtun still heavy on his mind, Phillips then did the unthinkable. He applied for the Navy's sonar school and was not immediately but eventually accepted and became the first black Navy sailor to become something more than a messman. He was a sonar technician but more important than that, he cracked open the door for all races to forge ahead and follow their dreams. Phillips credits the people of St. Lawrence for his success. He credits them first and foremost for having opened his mind and setting him on his path forward.

"Had it not been for the people of St. Lawrence, certainly my life would not have turned out the way it did," he said.

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AFRH COMMUNICATOR

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

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

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

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

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

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>



The Chief Operating Officer wants to encourage Residents, who want feedback, to submit questions, concerns, or comments regarding the Armed Forces Retirement Home to the following email address:
AFRH_PAO@AFRH.GOV.
A section of the Communicator will be set aside to provide RESIDENT feedback.

AFRH-G Veteran Highlight

By Ruby Woods-Robinson, M.S.L.S., Librarian

As you walk through the Armed Forces Retirement Home in Gulfport, Mississippi, you may meet a very pleasant gentleman who is always smiling. His name is Louis Mojica. This gentleman served during three wars - WWII, Korea, and Vietnam. Retired Sergeant Major Mojica was born in San Juan,



Puerto Rico, in August, 1925. At the age of one, Louis moved to Manhattan, New York, where he spent his youth and obtained his education.

During March 1943, Louis was drafted into the Army. He didn't know what to expect; but soon found himself trained as an Infantry Man and assigned to 78th Infantry Division in North Carolina. The 78th Infantry Division ("Lightning"[1]) is a unit of the United States Army which served in World War I and World War II and remains today on the organized rolls. After his Basic Training in North

Carolina he was assigned to Europe's 9th Infantry Division ("Old Reliables") that landed on Utah Beach on 10 June 1944, cutting off the Contentin Peninsula, and driving on to Cherbourg and penetrated the port's heavy defenses.

Sergeant Major Mojica participated in the Falaise Gap. The battle of the Falaise Pocket, fought during the Second World War from 12 to 21 August 1944, was the decisive engagement of the Battle of Normandy.

Louis was then assigned to 47th Infantry Regiment,



Louis Mojica

George Company, and was with this unit when the war ended in Europe, then assigned to return home since the war ended in 1944. He returned to the U. S. and was assigned to Fort Dix for discharge in October, 1945. On May 1949, Louis rejoined the Army and was assigned to the 5th Infantry Regiment in Hawaii, when the Korea War broke out; the 5th Infantry Regiment was assigned to Pusan, Korea. In these actions he was wounded a total of three times and received three purple hearts. He was released to active duty until his retirement in 12 November 1970. While in the military, he says proudly, he had the ranks of Private to Sergeant Major.

One of his most enjoyable and memorable assignment was being assigned to CCNY (City College of New York) as an ROTC Instructor. He enjoyed this tour because he instructed challenging, intellectual students, including General Colin Powell. General Powell named Sergeant Major Mojica, as his BAR (Browning Automatic Rifle) Instructor in his Autobiography, "My American Journey" (Powell and Persico, 1995).

Sergeant Major Mojica was married to Gertrude who passed away in 1992. He enjoys living at the Armed Forces Retirement Home where he arrived one month before Hurricane Katrina.

AFRH-W Veteran Highlight

Reed knew the Navy was the right choice



Arlen Reed has lived at AFRH-Washington since 1996.

By Christine Baldwin
AFRH-W Librarian

Arlen Reed came a long way since he

graduated at the top of his 2nd grade class. His mother, who was a Native American from the Abenaki tribe in Vermont, insisted on a big party. So they had the party "in a village up North by a big river."

"Navy all the way!"

When his brother joined the Army, Arlen was eager to join also. He was sixteen years old at the time and his uncle told him...don't join the Army, GO NAVY! So Arlen did and he never looked back! He began his service on the USS Manatee as a

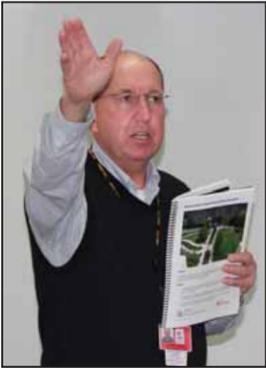
carpenter. His last assignment was in damage control in Hawaii! When asked about the most memorable event he ever experienced, Arlen told about helping Chiang Kai-Shek move from China to Taiwan in 1949! Where was his favorite place to visit? Europe, because they have the best bread!

After he retired from the Navy on February 20, 1964, Arlen "worked awhile and wandered awhile." He has been a prison guard and worked for a wiring company. Arlen lived in Belize, built a home in Oklahoma and lived at the Naval Home in Gulfport! He came to AFRH-W in 1996 and considers it "very much home." He is very close to a niece who he helped out when she was young. Now she is helping him!



Arlen Reed as a young sailor in the late 1940s.

Message from the Chief Operating Officer



Over the course of last year several Residents and employees have asked me questions regarding the AFRH Strategic and Business Plans. I am taking this opportunity to explain why our Strategic and

Business Plans are important to our future by providing direction for the Agency and both facilities to stay on track and move forward.

The AFRH current Strategic Plan (2011-2015) focuses on three key areas. In order to have a sound strategic plan several components (vision, mission and goals) were revamped to allow AFRH to grow as an organization. Within our plan we identified what hurdles we have to overcome in order to achieve our vision, mission and goals. All of these components were developed around our Person Centered care philosophy that includes Residents, employees, family members and stakeholders.

•Vision: 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.

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

•Goals:

-Embrace Resident-Centered Care:

Each person will understand each Resident's individual needs and take realistic action to fulfill them within AFRH resources and capabilities.

-Maintain Exceptional Stewardship:

Pursue and implement innovative ways to deflect, reduce, and manage costs by maximiz-

ing assets, resources, and programs to fulfill needs and wishes of current / future Residents.

-Promote a staff-centered environment: Expand staff knowledge that directly impacts the accountability and efficiency of the Agency, which will in turn empower all employees to be proactive.

-Leverage external stakeholders: Harness, cultivate and focus our external stakeholders to become increasingly active participants who are engaged in AFRH operations in each of the next five years.

Next we identified and set our priorities in order to provide a strong foundation to carry out our Strategic Plan. One of our main priorities was to strengthen our relationship with Residents, employees, family members and stakeholders that allow us to serve the entire AFRH family better. Setting priorities allows staff members to know and understand what they should be working on and the order they priorities should be addressed. This gives us the capability to build a stronger and more stable organization.

Our strategic plan provided us the ability to develop and implement the AFRH Business Plans (action and accountability) at the Agency and facility levels. The Business Plan outlines major overall initiatives as we build a person-centered AFRH. We utilize each plan like a large road map to help us carry out the details of what needs to be done, who does what and a time frame when it is to be completed.

There are five critical success factors within our Business Plan.

1) Corporate leadership enables us to support staff in a visible and consistent way. It links our Business Plan and Strategic Plan together which has allowed us to prioritize initiatives, programs and priorities at both facilities. We have established accountability, expectations, roles and responsibilities of staff members and verify the progress that has been made.

2) Management Involvement has integrated the Agency and facility levels staff,



Contract Surveillance Representatives (Food Services) John Cage, COR AFRH-Gulfport and Greg Wilson, COR AFRH-W give comments during a dining meeting at the AFRH-W campus earlier this month.

plans and activities. This has enabled us to interact with the workforce at all levels during and after work hours. We can now dedicate our efforts to the Residents in a clear and measureable way.

3) Communication Program will aid the Agency in disseminating communication in and outside of AFRH. We currently utilize several ways to communicate the facts with the Residents, staff, family members and stakeholders. We will continue to work on creating a "common language" because of our diverse workforce in order to better serve each Resident.

4) Resource Management links our initiatives to critical business and Resident needs. Projects will continue to be evaluated to make sure they are within our scope and size and produce significant savings. We have implemented a resource tracking system in order to stay on budget.

5) Accountability Culture links the entire workforce to Agency objectives through performance management. We can now monitor and track budget resources and expenditures throughout AFRH. The workforce

behavior is monitored and rewarded to boost efficiencies and lower deficiencies.

The Strategic Plan and Business Plan allow us to build a strong foundation for the next generation of AFRH Residents. I can assure you we will continue to strive to improve AFRH each and every day.

In order to plan and implement the Agency's Strategic Plan and Business Plan, it is imperative that we have qualified staff members in key positions. I am pleased to announce that Ms. Pamela Young (our current AFRH-Washington Director of Nursing) has been selected to be the Chief of Healthcare at AFRH-Washington. Additionally, Ms. Anne Knapp (who formerly worked at the Gulfport facility) has been selected to fill the Chief of Healthcare at AFRH-Gulfport.

Next month's article will focus on the upcoming "transition" plan at the Washington facility. The AFRH management team is committed to ensuring that we have a seamless transition plan for reoccupying the newly constructed Scott Building when it reopens.

Steven McManus

Foundation and steel lay the ground work for the Scott building

Scott Project update for February 2012

Accomplishments:

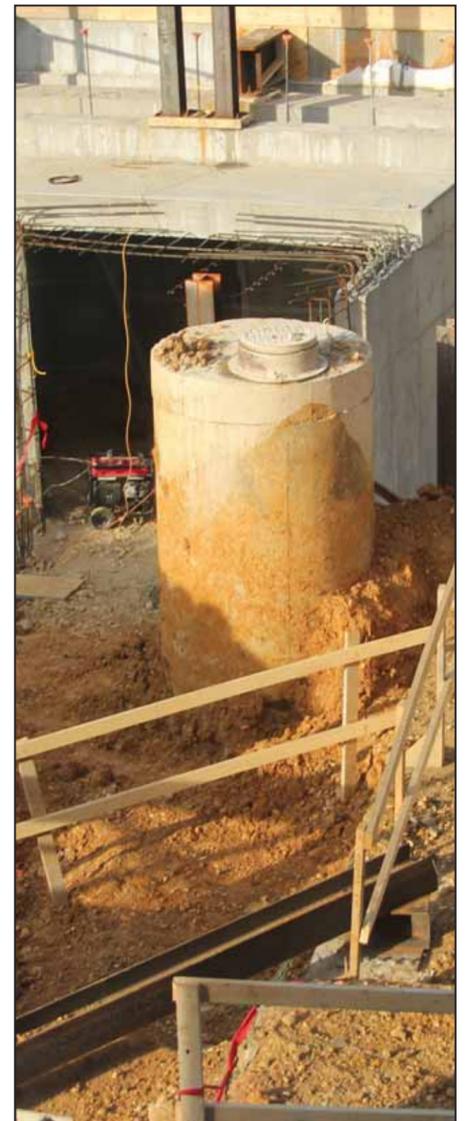
- Scott Building-Design Development Submitted and reviews Completed
- Sheridan Elevator Design-Approved by both CFA & NCPC
- ACM Abatement 100%
- Soft Demolition 100%
- Hard Demolition 100%

Look Ahead:

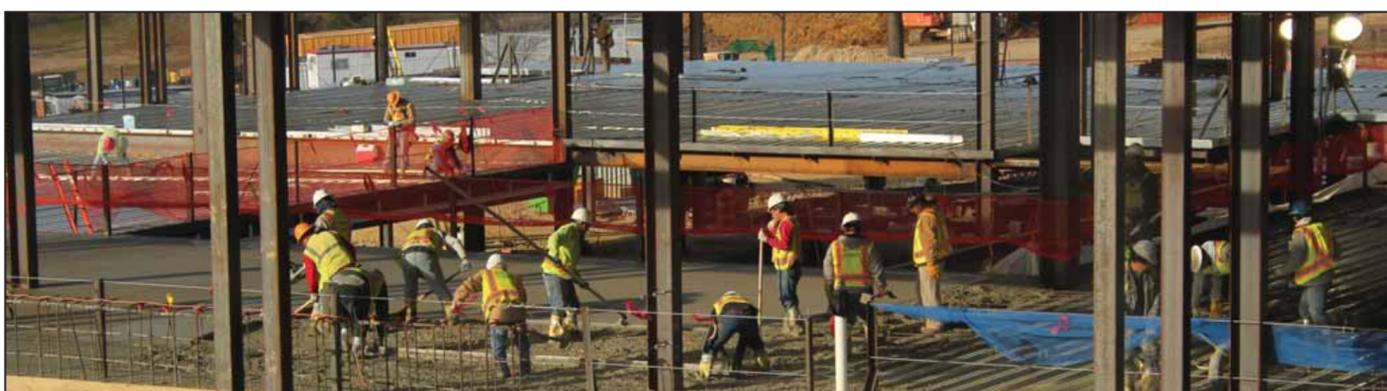
- Close-out Chiller and IT Relocation Contracts and Projects
- FF&E Final Design and selection
- Design Completion of the Sheridan Exterior Elevator
- Design Completion of the Sheridan Boiler Plant
- Construct of Foundations and Steel Erection
- Start Steel Erection of Scott building-January 2012
- Complete Construction of Scott building-January 2013
- Complete Installation of FF&E-February 2013
- AFRH begins Occupancy in Scott Building-February 2013



A main portion of the steel beams have been installed on the Scott building.

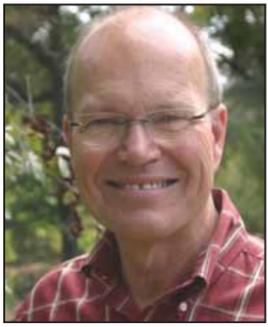


Work continues on one of the underground tunnel entrance areas.



Construction workers continue to spread and level concrete on the main floor of the Scott building.

From the AFRH-W Administrator



Several years ago, talk show host Merv Griffin interviewed a group of bodybuilders. Merv, a soft and mushy kind of guy, found himself surrounded by six-pack stomachs, granite-like

glutes, and biceps as big as tree trunks.

Impressed by their muscularity, Merv asked what at first seemed humorous; but eventually became a deeply revealing question: "What do you use all those muscles for?"

They responded by throwing a series of fierce poses. Merv said, "No! What do you use 'em for?" They flexed some more, shifting their stances and appearing very imposing. But Merv persisted. "You don't understand. What do you use all those muscles for?"

It was a good question, but Merv never got an answer. What good are all those im-

pressive muscles, if you all use them for is to strike Schwarzenegger-like poses? What a shame—all those hours of lifting, all the strain and sweat and the grunting and groaning—and for what? To look good?

Most of us at AFRH-W work hard. We attend meetings, training, and sometimes, even conferences. We build mental muscle by these means. We conscientiously tone our minds into well-conditioned, totally ripped specimens of the very best in a government worker.

The trouble is we often are so side-tracked and fail to use our impressive muscles for the purpose for which they were intended. Our purpose here as workers is to give compassionate and selfless service to those who served the United States of America. We have our jobs because of the Residents.

Some of us are so busy with our demands, meetings, deadlines, etc., that we have so little time even to be around the folks we care for and are to love.

Coach Lou Holtz was inducted into the College Football Hall of Fame in 2008. Holtz is the only college football coach to lead six

different programs to bowl games and the only coach to guide four different programs to the final top 20 rankings. Lou Holtz, who has become known for his quick wit and ability to inspire players. I hope that his words will inspire us of the AFRH. He regularly pounded into his teams three basic rules for everything—on the field and off. They are:

1. Do your best
2. Always do what is right
3. Always treat others as you want to be treated

Each of us has a conscious. We know what the "best" is for us in our work. We know what is right. And of course, we know how we want to be treated. For those of us who work here, single out a few minutes of every day and seek out a resident and spend those minutes with that person. Rather than talking to them about that which your job requires to perform, spend those moments in getting to know that person as a person. Like I saw painted on the side of a barn years ago, "Everybody is a person". The short time you spend with one of our residents will enrich your life more than it does for that person. The resident will relish the time you spent

with them. In that you will be doing your best, what is right and perhaps even realizing a new and wonderful way of being treated.

Watchmen Nee, a Chinese national, a Christian leader and author who spent the last 20 years of his life in prison and was severely persecuted by the Communists in China told a story of a Chinese Christian farmer who used to go to great pains to pump water from an irrigation stream into his rice field. Every night, his neighbor, whose fields were lower, would make a breach in the dividing wall and drain the Christian's water into his own fields. The theft was repeated frequently. This farmer asked his friends for advice about the right thing to do. A fellow believer advised that he ought to do something more than what is right. The next few days, the Christian filled the neighbor's fields first before filling his own. The neighbor knew his acts were wrong, but he was amazed at the Christian's nonresistance. Good won out over evil. He had observed a higher way.

Choose the higher way. Go beyond yourself and serve those we serve.

David Watkins

Notes from the AFRH-W

Chairman, Resident Advisory Committee



There has been a change in the name of the RAC. In the past, as you know, it has been referred to as the Resident Advisory Council but with the changes made by the National Defense Authorization Act for Fiscal Year

2012, we are now called a Resident Advisory Committee. How this changes the functions of who we are and what we do will be discussed in a future column, so stay tuned.

Many Residents have been asking me why the RAC is not "approving things, like they do in Gulfport." By "approving things" they were speaking about the Resident Fund at each branch of the Home. In this discussion I will be dealing only with how monies in the Resident Fund are allocated, approved, and spent; for the AFRH-W only.

The majority of funds generated by our Resident Fund are generated by the operation of the Golf Course on the grounds of the home. While Residents of the home pay nothing for golfing, non Residents (called Associate members) pay a yearly fee to use the course. Other funds come from funds generated by the operation of the AAFES Retail store, donations and final wishes of Residents of the Home. Donations to the home by Residents can be either given to the general use of the Fund or can be designated to go for a specific purpose. Most questions that you might have about the Resident Fund can be found in AFRH Agency Directive 3-4, August 31, 2009.

Each home has a Resident Fund Advisory Board (RFAB) that meets on a quarterly basis (sooner if a special need arises) to approve or disapprove requests for funds for specific uses. The RFAB also receives requests for increases and decreases in amounts paid out to Residents involved in Bingo, Bowling, and Card Games etc.

The RFAB in Washington consists of the Home Administrator (who serves as the Chairman), the Chief of Resident Services, Chief of Healthcare Services and the Chief of Campus Operations (these members are all voting members and are not Residents of the home.) Residents of the Home involved in the RFAB are the Chair of the Resident Advisory Committee, one representative of the RAC and two Residents at large (these RAC Representatives are voting members of the RFAB). The membership is weighted equally between Residents and staff with the Chairperson (Home Administrator) holding tiebreaker responsibility, in the event of tie votes. If you would like to serve as an at large Representative please see the RAC Chair so you can be placed on a list of replacements when the need

arises. Well, that is about all except for one important item.

Once a year a budget is presented to the RAC for their approval or changes that they feel might be needed. Usually this is done during the month of August each year. This is just another reason that you, the Resident of the Washington home need to attend the monthly RAC meetings.

So, as you see at the RAC meetings held monthly, we recommend approval on items that may come before the RFAB but do not approve monies to be expended from the Resident Fund; that is done by the RFAB.

I am happy to announce that a new floor Representative has been appointed for the first floor of the Sheridan Building. That person is Mr. Charles A. Jones. Mr. Jones also is teaching classes for Residents who wish to learn how to play certain card games. This now means that the second and seventh floors are the only floors that need a Resident to step forward to be floor representatives. These positions are not "hard-to-fill" positions just that the right Resident has not felt the need to volunteer to fill the position.

The RAC Committee has taken the lead in attempting to gain a room on the first floor of Sheridan Building that will be used as a newcomer's room. Hearing from both new and long-time residents about information that they could not find in a central location such as about what to do, where to go, who to see etc., it became apparent that this is a pressing need. Hopefully this problem will be solved in the near future.

Another problem that has been noted and by now solved is the one of just where the public restrooms are located in the Sheridan Building. Signs should now be posted that indicate where the facilities are located. In addition a restroom for those Residents waiting for their medical appointments in the Wellness Center area should soon be available. No matter how much planning goes into relocation efforts it seems that something always is forgotten.

One of the things that I started may also be having unintended consequences. Soon after I took over as the RAC Chairman the taping of the monthly meetings was started. This was done so that the meetings could be seen by more Residents, and that no one could say that the RAC was hiding things from them. Now, some Residents have indicated to me that they feel that the taping of the meetings inhibits them from telling me just how they really feel. So at the monthly RAC meeting for the month of March, 2012 a discussion of just this issue will be held.

Well, that is it for the month of February hope that each of you continues to feel better about yourself and are doing all that you can do to maintain your health.

Esker McConnell

Celebrating Black History



RADM Michelle Howard's inspirational speech touched the lives of residents, staff and invited guests.

By Mary Catherine Murano AFRH-W Team Leader

On February 24, 2012 Armed Forces Retirement Home-Washington continued to celebrate Black History Month with a one day program honoring the 2012 theme 'Black Women in American Culture and History.' This year a variety of talent enhanced the program including singing, dancing and speaking, from local participants volunteering their time and expertise.

As guests arrived, they were greeted with the sounds of 'Pershing's Own' from the U.S. Army Downrange Combo Band, allowing everyone time to socialize and find seats. The program kicked off with opening remarks by AFRH's Dr. Karen Tillman-McCombs, followed by a reenactment of Nannie Helen Burroughs, a well-loved educator and founder of the first black women's boarding school in the D.C. area, by local actor and vocalist Kathy English Holt. The William E. Doar Jr. Public Charter School's

Performing Arts Department presented snippets of popular musical shows in the 'Best of Broadway', before 'Shall I Rise' a Maya Angelou favorite, was delivered by beloved Antoinette Ford, AFRH's Double Nickels Executive Director. A speech focusing

on African American Female Political Trailblazers was presented by Sharman Lawrence-Wilson, member, Lincoln University Board of Trustees, followed by U.S. Army Downrange Combo female vocalist Sgt 1st Class Christal Rheams' rendition of Etta James classic 'At Last'. The program culminated with the introduction of keynote speaker RADM Michelle Howard by AFRH RAC Chairman Esker McConnell. RADM Michelle Howard, current Chief of Staff for Strategic Plans and Policy J-5, whose impressive Naval career included being the first African American woman to command a ship in the U.S. Navy in 1999, addressed the group for several minutes highlighting the myriad of roles black females have played in the shaping of our nation. The program concluded with AFRH Administrator David Watkins' plaque presentation to RADM Howard followed by closing remarks by Dr. Karen Tillman-McCombs. Immediately following, refreshments were served. Special thanks to:

Dr. Karen Tillman-McCombs, Esker McConnell, and the Lincoln Cottage staff; Nicole Chappell, Michele Bailey and Sherry Lawrence for their guidance and support; all of our presenters for their time and commitment to making our program a success!

Jerry's Diner

Submitted by George L. Wellman, AFRH-W Resident

The dining room in the Sherman building was closed on 23 August 2011 due to damage from an earthquake on that day. The residents began eating in the Sheridan building in an area that once was the AFRH-W fitness center managed by Jerry Carter. A resident decided to call the area "Jerry's Diner" and the name became popular. Recently, a sign was made and hung in the hallway directing the residents to the most popular place on campus.



Jerry Carter, Recreational Specialist, stands under the new sign for the dining facility.

From the AFRH-G Administrator



It's good to be back in Gulfport for a few weeks to enjoy some warm weather and southern hospitality. It's been a busy first two weeks and it doesn't look like things will slow up anytime soon. Here are a few of the things we are working on:

If you've been out on the grounds lately you may have noticed a few changes going on as part of the AFRH-G Beautification Program. Over 24 trees have been planted around the campus and then last week, with the help of a few residents and their family members, an additional six pecan trees were donated and planted. There were a number of people that pitched in to make this happen. A special thanks to Charlie Jenkins and Franklin Rosen-

burgh (Rosy) for your efforts in spearheading this project and seeing it through. In years to come residents will enjoy the bounty of your efforts with an abundance of beauty, shade and tasty pecans.

Also around the grounds we are monitoring the benches and seating areas we have in place to ensure that they remain safe and intact. If you notice a bench that is in disrepair, please notify the Campus Operations Help Desk.

Everyone please help me give our new Health Care Administrator, Ms Anne Pechotta-Knapp, a warm welcome. Ann comes to us from the Biloxi VA.

In other Wellness Center news, a radiologic technician is now available for X-rays. Preliminary reports are available within two hours and a final report within 24 hours. That's a great addition to our Wellness Center.

Resident use of the medical transportation bus is considerably down as compared to this time last year. As a reminder, the bus is designated solely to deliver residents to their medical appointments during regular hours Monday through Friday. I ask that everyone please adhere to these guidelines so that we take full advantage of the service that we are paying for with this medical transportation contract. As an added service, the bus will stop at the Keesler Exchange and Commissary on Friday, time permitting.



Navy Lt. Cmdr. Cheryll Hawthorne speaks to residents and staff during the Black History Program held on Feb. 23.

The Hall of Honors has a fresh look with the recent replacement of the timeline on the west wall. Also on that note, the Resident Advisory Committee Memorabilia Committee has done a tremendous job decorating the hallways and community areas on the first floor with military uniforms, photographs and artwork that proudly display our military heritage. Each time I come to the AFRH-G I notice more and more esprit de corps developing among the residents and no doubt the new displays of military memorabilia plays into that.

Our Black History Program held last week was very well attended. We had a very dynamic speaker, LCDR Cheryll Hawthorne

from the Seabee Center, and music by Recreation staff members Robert Granvle, Susan Bergman and Sean Campbell. Who knew we had such talent right here among us? It was certainly a reminder of how far the military has come through the years in terms of racial equality but as LCDR Hawthorne so eloquently put it, it was our veterans that paved the road to equality in the military and the journey should never be forgotten.

I look forward to meeting many more residents during the rest of my stay here. Please feel free to stop by and say hello.

Chuck Dickerson
Acting Administrator



Beautification Project - it takes a village

Master Chief Ron Kartz (center) helps plant a pecan tree as residents and family look on. Charlie Jenkins' great nephews, Perry and Lamar Jenkins, from Alligator, Miss., donated the trees and helped plant them upon delivery. The Seabees dug the holes and checked soil conditions. Also participating in the project is Martha Boyce of Horticulture for Humanity. She has been instrumental in helping residents start the first chapter of the Mississippi Renaissance Gardens to help beautify the Gulf Coast.

Resident speaks to local students about his experiences in WWII

At St. Patrick Catholic High School, Mr. Orin Eleuterius' classes had the privilege to meet an "eye witness to history" on Wednesday, February 8, when Mr. Hugh Wingo told about his some of his experiences as a Navy gunnersmate during World War II. He served in the Pacific from 1940 until 1945. He retired from the Navy in 1959 as Chief Gunnersmate and he currently resides at the Armed Forces Retirement Home in Gulfport.

Mr. Wingo served on the USS Benham which fortunately was at sea at the time of the Japanese attack on Pearl Harbor where the destroyer was based. He was a part of the Task Force in which Colonel Jimmy Doolittle's bombers launched from the USS Hornet to raid Tokyo. Mr. Wingo emphasized that Doolittle's successful raid did much to raise the morale of the American people as well as those serving in the military.

"The Battle of Midway Island was the

turning point in our war against Japan," Wingo told the class.

After engaging in combat, his ship picked up 750 survivors from the mortally damaged USS Yorktown. His ship also survived after Japanese torpedoes destroyed the USS Hammann as the USS Benham and USS Hammann were trying to save the USS Yorktown. Mr. Wingo shared pictures of the survivors in the water as the USS Benham crew worked to save them.

Later, however, his ship did not survive a torpedo attack near Savo Island and the crew was ordered to abandon ship on November 15, 1942. Despite the loss of three destroyers, Mr. Wingo declared it to be a great surface battle win for the USA.

The USS Lexington CV-16 was his next assignment. From September 1943 until September 1945, he was a part of 35 major battles and island-takings. "With the end of the war, we entered Tokyo Bay and dropped



Hugh Wingo describes his service during World War II to St. Patrick High School students on Feb. 8, 2012.

anchor off Yokohama on September 5, 1945. We were the first American fleet carrier to enter Tokyo Bay," shared Mr. Wingo.

"Thank you, Mr. Wingo, for sharing your memories with St. Patrick students," said Mr. Eleuterius. "Thank you for your service to our country. Please come back soon."

Notes from the AFRH-G Chairman, Resident Advisory Committee



February 2012 has been another perfect weather month here on the Beach. The Resident count here in Gulfport this month is now 501, with three new residents checking in on Friday.

Another Birthday Night with

A Wonderful Dinner and Fun was had by all especially with "Music by Goldie"! Thank You "Goldie"! Fred and his TEAM of Super-Stars in the Food Service Department created another great "SUCCESS"! Fred, congratulations to you and your Team for another job well done! Also, thanks to the "Champagne Team" for the Mimosas, Poinsettias and Palli-

nis, YUM!!

Now, some notes from the Military Memorabilia Committee. We are still looking forward to receiving the items of Military Memorabilia from Walter Reed Army Hospital, due any day now.

HIGHLIGHTS OF ACTIONS AT THE RESIDENTS ADVISORY COMMITTEE MEETING:

The Resident Advisory Committee met on the 14th of February 2012. Some of the actions taken were:

OLD BUSINESS:

-RAC received updates from all Committee Chairpersons.

NEW BUSINESS:

-RAC reviewed the Monthly Financial Report for January 2012.

-RAC approved a motion to continue the Memorial Wall the way it is and to include Master Chief Fairbanks and Irene Smith.

-RAC approved a motion to get info on how to bring in carts per floor for Residents.

-RAC approved a motion to locate the Player Piano in the Hall Way on West side of Fiddler's Green.

-RAC approved a motion to table the discussion "Cruzzing Week Chairman" til next meeting.

-RAC approved a motion to have the Kitchen Venting System Fixed!!

-RAC approved a motion to fund the purchase for a bigger "Three Wheel Bike" for the Bike Shop.

-RAC approved a motion to disapprove a suggestion to build a Service Medal Display for all services.

-RAC approved a motion to disapprove a request to have an Easter Egg Hunt.

-RAC approved the nominations of John Young as C-4 Alternate Floor Rep and Myron Wash as A-4 Floor Rep effective with Page's departure.

-RAC approved a motion, effective immediately, to charge an admission fee of \$7

for guests, to all afternoon dances and a fee of \$10 for guests for all evening dances. Also, the amount spent for live entertainment will be \$300 or less or get prior approval of the RAC. This new costing will go into effect with the April 2012 bookings.

-RAC approved a motion to discuss the meeting times at the next RAC meeting.

-RAC was briefed about a New Committee: Health and Wellness Committee.

-RAC recommends NOT permitting any Alcoholic Beverages other than from Fiddler's Green at the Dances.

Those people who complete the training by the Hospice Care will receive the title of "Honor Guard" and will be part of the team who will sit with and tend to our Brothers and Sisters in their final hours before death to allow for Death with Dignity!!

Many THANKS to all the Residents for participating in making OUR HOME a Better place to live. Your help, your suggestions, and Your Comments are helping us all become BETTER.

Enjoy!!

Bill Parker

AFRH-G February Activities

Residents tone, strengthen muscles with Yoga

We wanted to thank Mrs. Harriet Leckich for conducting our Intro To Yoga class. Harriet has a very diverse background that includes serving as President of the Ms. Gulf Coast Arts Council, Saenger Theatre, Nativity Cathedral Parish Council and the Gulf Coast Mental Health Association Boards. She presently continues to make a positive difference in other people's lives as a Yoga instructor, LLI Co-

ordinator and also serves as the Vice-President of Fatima Parish Legion of Mary.

Harriet and her husband, Wayne, reside in Biloxi, where they enjoy active participation in their faith, extended family, travel, Yoga, walking and lifelong learning.

Come join Harriet and fellow residents for our Yoga class this March! Your body will thank you for it!



Yoga Instructor Harriet Leckich helps residents hold a stretch during the new Yoga class now being held at the Fitness Center exercise room.

Senior Expo - Explosion of Wonderful Information from our local community

By Susan Bergman, MT-BC, Recreation Services

On January 26, residents from Independent Living and Valor Hall / Assisted Living enjoyed visiting with several agencies and visitors during the Senior Expo. Father Uko and Fred Snell met with Harriet Joachim Leckich about the Lifelong Learning Institute at Mississippi Gulf Coast Community College. Johnny Johnson and Tom Crawley watched as members of the Project Healing Waters Fly Fishing made them dragon fly pins for their shirts. Members of this group explained how they are dedicated to the physical and emotional health of disabled active military service personnel and veterans through fly fishing and fly tying education and outings. They visit the Biloxi VA monthly and eagerly share their talent of fly tying with others. Various local senior centers offered their schedules including square dancing and the Gulf Coast Writers Association shared their annual writing contests and meetings. The Senior Expo was amazing - thanks to all who shared their valuable information!!

Richard Ranzo looks over a flyer at the Project Healing Waters Fly Fishing booth.



First Baptist Visits Valor Hall

By Susan Bergman, MT-BC, Recreation Services

On Saturday, January 28, the First Baptist Church of Long Beach paired up with First Baptist Church of Biloxi for a visit to Valor Hall. The teens offered manicures, visited individually with residents, and assisted with puzzles and pet visits. Several of the teens enjoyed a visit with Al Cotta, heard many stories, and tried to coax him into serenading them on the piano. Fred Snell smiled while working a puzzle and telling his feat of holding the record for flipping the most hamburgers in an hour. He said, "I would flip 9 at a time...1,000 in an hour." Everyone enjoyed a manicure and a fun pet visit from Brian, T.J., & Charlie to top off the day.



Residents get manicures from guests from First Baptist Church of Long Beach during their visit to Valor Hall on January 28.

Scouts Valentine's Day and Bowling

By Dennis Crabtree, Recreation Specialist

Breaking News: Sunday was a nice and peaceful day at the Armed Forces Retirement Home Gulfport on February 12th until 1400. Girl Scout Troop 5308 came in with Valentine Day Cards, paper flowers and Mardi Gras beads. There were Girl Scouts on the lookout for Residents on Pre-Valentine Day. The Residents tried to run but their cuteness stopped them from running. From Phillip Smith surprise he was seen receiving Valentine Day Cards from the Girl Scouts. When the Valentine Day Cards were all giving out the Girl Scouts enjoyed a Bowling Game with the Residents.

Breaking News: Monday was a nice and peaceful night at the Armed Forces Retirement Home Gulfport on February 13th until 1830. Cub Scout Pack 211 came in with Valentine Day Cards. The Cub Scouts were also on the lookout for Residents on Pre-Valentine Day. Same as with the day before the Residents could not run away from their cuteness. Phillip Smith was once again surprised by the Valentine Day Cards from the Cub Scouts. The Cub Scouts were last seen in a Bowling Game with the Residents.



Phillip Smith accepts Valentine cards from children of Girl Scout Troop 5308. Valor Hall residents were treated to cards, paper flowers and Mardi Gras beads from the group. Cub Scout Pack 211 visited Valor Hall also.

May I Have This Dance

By Milt Williams

Photo by Susan Bergman

February's Liberty call had been set for 1400, the dance was at the AFRH-G Community Room and the invitations were sent and received with enthusiasm. The lovely Naomi Pointer with her delightful friend, Fred Schell, where the guests of honor from Valor Hall and had been looking forward to this event for weeks. Many enjoyed visiting with friends and guests and when the music played, most kicked up their heels on the dance floor. The place was "rocking" with good music from Arcadian Cajun to Country Western, which by the way is Naomi's favorite, being 100% from Iowa.

Susan Bergman (Music Therapist) and Milt Williams (Art Specialist) had the privilege of joining the party and shortly after arriving Susan was whisked off to the dance floor by an energetic gentleman. Milt had the honors of dancing with Naomi across the musical landscape as Fred cheered us on from the quest table. It was a cheerful time for all.

Thanks Fred and Naomi for making this dance an event that will always bring a warm smile to our hearts and especially to Naomi for putting up with Milt's two left feet!



Naomi Pointer and Milt Williams take a spin on the dance floor during Liberty Call.

How Does Your Tomato Grow?

By Susan Bergman, MT-BC, Recreation Services

Don Ober and Jack Horsley have set out on a tomato plant mission for the Valor Hall second floor patio garden. Don diligently watched and observed the sun for many days to stake out the perfect tomato spot on the patio. Jack kept the dirt in safe keeping and unloaded the miracle soil at just the right moment. Don shared his pictures of grape, cherry, and better boy tomatoes with Valor

Hall residents and staff. The orange buckets were now primed and ready for deployment thanks to the Seabee "Can Do" volunteers. On February 7, the tomato plant project had officially begun. We are already dreaming of tomato sandwiches, fried green tomatoes, grape tomato salad, and more!

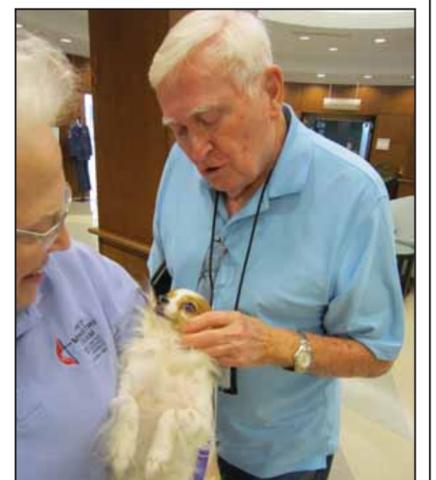
A huge thank you to our gardening friends Don Ober and Jack Horsley in Independent Living!!!

Fun at the Valor Hall Cook Out



Claude Hodge couldn't stop laughing as he was tickled with giggles over the light up Mardi Gras glasses worn by Susan Bergman at the monthly Valor Hall cook-out.

Fun with Pet Visits



Rod Ingram enjoys a pet visit with Papillon Houston.

AFRH-W February Activities

Mardi Gras

By: Nicole Chappell, Michele Bailey & MC Murano

*"Oh when the saints go marching in
When the saints go marching in
Oh lord I want to be in that number
When the saints go marching in!"*

Well the saints were marching in on Friday, February 17th in the Sheridan Lobby for our "Mardi Gras Celebration." The residents and guests in attendance danced throughout the night to smashing blues, rock & roll and jazz music provided by David G. Wright's Band. However, for those who preferred to relax their feet enjoyed the sight of watching live dancers take center stage, as well as, the line and hand dances. There were plenty of food and dessert choices such as Crab dip, BBQ meatballs, Chicken wings, Devil eggs, wine and so much more. Special thanks to, our wonderful volunteers; Susan Chubb, Lori Thompson, Reggie Ragland, CUA Football Team, & the Dining Hall staff for making this year's event successful.



Victoria Landon and Robert Lavender enjoying the sounds of Mardi Gras.



August Kulick, John Hess, Warren Pospisil, Michele Bailey and Dallas Lamb get into the Mardi Gras spirit.

"Sarah's Cooking Group"



By Sarah E. Kenan Recreation Therapy Assistant

In honor of Black History Month, KHC residents had a Soul Food cooking group. On the menu was Tuna and Macaroni Salad, Pineapple Upside Down Cake and a refreshing sweet tea. The residents were eagerly waiting to stir, mix and chop up the ingredients to put these fine dishes together. First they were given a brief history about Soul Food History which was mostly known as southern or comfort food. It was explained to the residents how hard it was for Black Americans to create the meals for their families. Black Americans often exchanged recipe's verbally with each other which led to the African cuisine. Back then breakfast was considered the most important meal of the day. The typical breakfast consisted of hoecakes and molasses. The residents thought it was so interesting to learn about this culture from the south. The residents mixed up the cake, breaking up eggs and putting in the flour, then adding it to the cast iron skillet. Yes, we also baked the pineapple upside down cake in a old cast iron skillet just like in the old days. In the oven the cake went to bake while the residents chopped and mixed up the delicious ingredients for the tuna salad. When everything was done residents enjoyed the fruits of their labors. (Some even had four helpings!)

Arts & Crafts World

Resident art on exhibit at VA Medical Center in Washington, DC

By Lori Thompson, AFRH-W Art Specialist

The National Creative Veterans' Festival regional entries will be on display at the VA Hospital on Monday, March 5th from 9 a.m. until 4 p.m. The regional judging will take place that day as well as a meet and greet artist reception. AFRH-W is represented in this year's competition with works by: Mike Martinez, George De Montfort-Proksa, Warren Helm, Jim Webster and Ken Faller. The winner's piece in each division will go on to the national competition. Good luck to AFRH-W artists and hope to see you there!

Blue Dominion bring the sounds of Bluegrass once again

By Lori Thompson, AFRH-W Art Specialist

Feet were tapping and no one was napping as Blue Dominion "picked" up our winter spirits with a lively bluegrass performance on January 22nd.

Band members Chris Dockins (Lead and Guitar) Lisa Bushman (Fiddle), Paul Donovan (Mandolin), James Hyler (Bass and MC) and Ken Whitley (Banjo) performed for a packed audience here at AFRH-W. Residents were amazed by the quality of the band's singing harmony and their music. A clue to how much Residents liked the group was when there were no flyers left to take down or pick up afterwards. Residents had taken the flyers and had the band autograph them at intermission! Thank you Blue Dominion for volunteering to entertain Residents! We are looking forward to hearing you again later this year. What an awesome new partnership!

Recreational Therapy hosts Valentine Jingo Party

By Sarah E. Kenan Recreation Therapy Assistant

The Assisted Living Residents gathered in their dayroom for a fun filled game of "Valentine Jingo." It was Valentine's Day and the residents and staff were in a festive mood for a morning of fun. The air was filled with love songs as the residents were getting ready to play jingo and received special tootsie roll pops to munch on.

The valentine game was a huge success with everyone getting excited about winning great prizes. After playing jingo it was time to party with a menu of home baked (you know who baked them) Red Velvet cupcakes with cream cheese frosting,



Sarah Kenan kicks off Valentine Day with a game of Jingo with Assisted Living residents.

ice cream, candies and a special sherbet punch. We were all anxious to try the amazing tasting treats. We also gave out old fashion Valentine cards which residents said brought back memories from their past.



KHC Superbowl Sunday

By Carol Mitchell

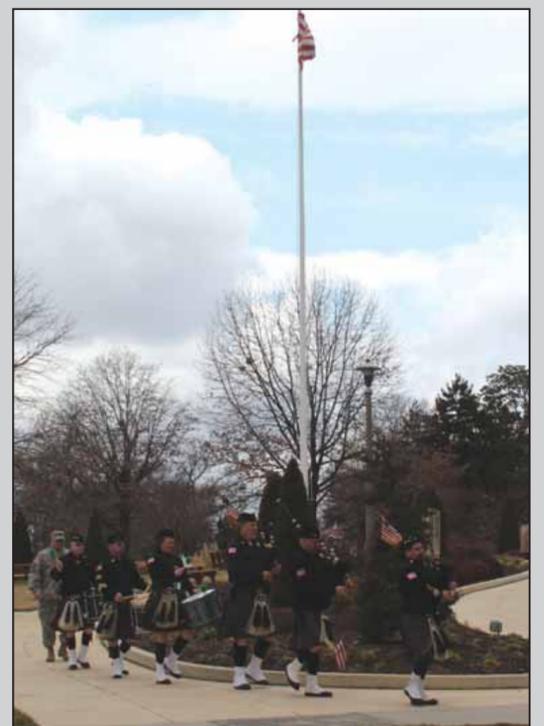
On Sunday, February 5th, more than 40 residents of the King Health Center celebrated Superbowl XLVI together in Recreation Therapy. The tailgating spread provided by Food Services included a great selection of food to munch on throughout the Superbowl including...BBQ pulled pork, sweet & sour meatballs, chicken tenders, cheese & crackers, chips & dip, and Desserts. Of course, what Superbowl would be watched without beverages to include beer, soda, water and the drink special of the night "Rum & Cokes." During the game residents were treated to football trivia and Superbowl history. We had 15 diehard Giants fans stay to the end of the game!

The New York City Transit Authority Pipes and Drum

By Carolyn Haug, Volunteer Coordinator

They were back at the Armed Forces Retirement Home - Washington in what was their 2nd annual Valentine's Visit on February 11th. During their tour of DC, they made a special stop here at the Home. Accompanied by Gold Star Mom, Kathryn Cross, the Pipes and Drum performed for our residents at Sheridan and LaGarde. Cards and NYC Transit souvenirs were passed out for all those who attended.

"We had such a great time last year. We couldn't wait to come back and play again." stated Kathryn Cross.



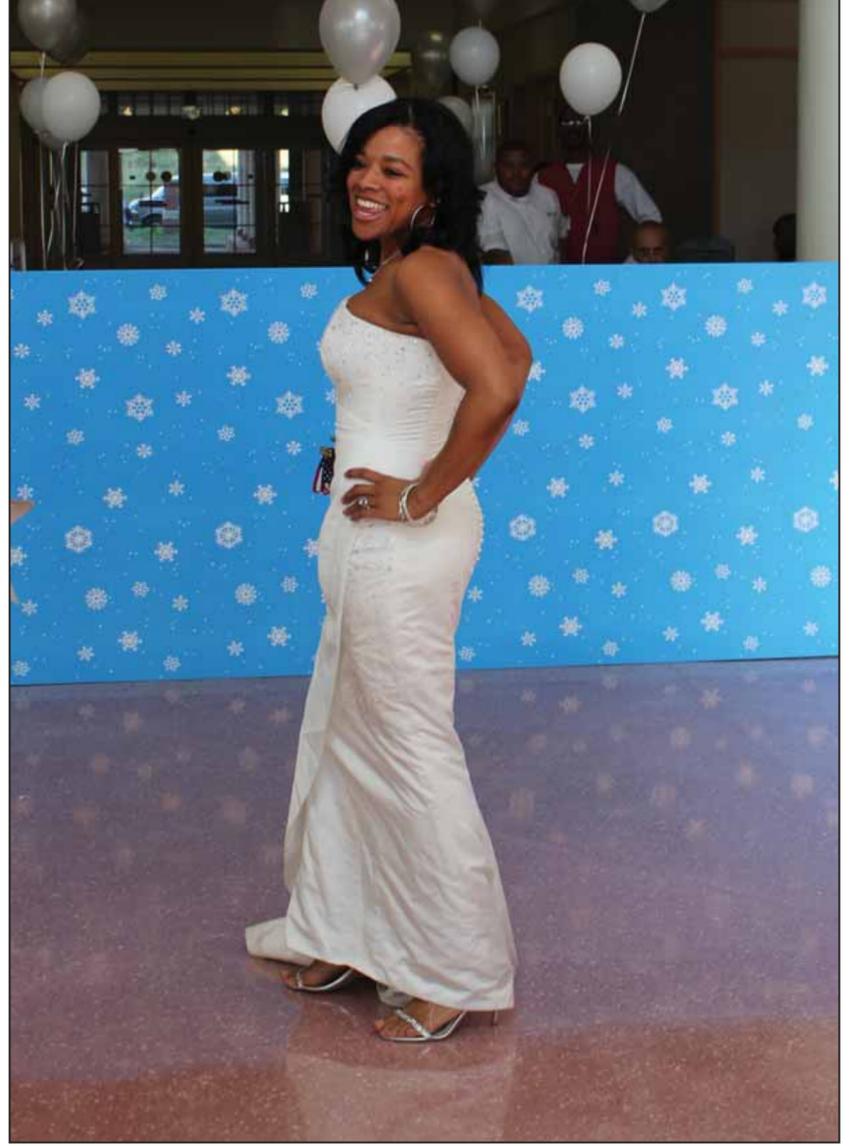
Washington**Annual Winter Wonderland Fashion Show better than ever!***By Carol Mitchell*

It was Friday, January 27th and the LaGarde Mainstreet runway was set up for the AFRH Winter Wonderland Fashion show. Residents and Employees participated as models and strolled down the catwalk to wonderful tunes provided by resident music master Bill Jenterra. The show included a variety of categories starting off with Wedding attire. AFRH Librarian Christine Baldwin generously supplied her grandmother's vintage wedding gown from 1906 to start off with and was then followed by three other beautiful wedding gowns worn by employees Sarah Kenan, Deedee Foster, and Carolyn Haug. Some of the other categories included: Night Life, Ethnic/Cultural, Business, Sports, Formal, and the crowd pleasing Swim Wear worn by Tonya Richardson and Anntonette Boyd. The "Show" had residents and employees joining together for an afternoon of fun especially when the Redskin Crew models were led out by Naomi Davis!

Check out the AFRH website (afrh.gov) to view a great selection of fashion show pictures.



Lynn Holt and Maurice Taylor display grace and style during their walk down the runway.



Deedee Foster walked the runway in pure elegance in her very own wedding dress.



Thank you to all the Residents and staff members who participated in this year's Fashion Show.

Mardi Gras 2012

A grand parade and party

*By Adelina Hay***Volunteer Coordinator**

Laissez les bons temps rouler" (Lazay-Lay Bon-Tom Roulay) which means, "Let the good times roll"...and do we know the meaning here in the heart of Mardi Gras country!

The good times rolled and rolled and rolled...at the Armed Forces Retirement Home in Gulfport! On February 17th, 2012, the residents brought down the house with laughter, great music, food and glamour! Old Hollywood was the theme of the dance, the ceilings were lit up like stars in the sky, black and white film strips, mardi gras umbrellas and lots of twirly stars dangled from up above, and classic movie posters hung on the walls. The celebration started at the Administration doors with our Mardi Gras parade. Wellness and Ability Works housekeeping decorated dollies for floats as well as several residents who came with their PMD's and wheelchairs all decked out as their own

personal floats! The highlight of the parade were the floats carrying the King and Queen of the NAMACS Krewe, Byron Stavrides and Frances Scott. Frances wore a beautiful red ball gown and fur stole, and Byron looked especially handsome in his suit. Each sported special King and Queen scarves and royal beads given by the Krewe of Gemini.

All along our parade route residents and guests lined up to catch the beads and coins tossed their way! The grand entrance by the King and Queen started the tableau, where they were recognized by Acting Director Laura Slack and Frances Scott was crowned by former queen Marion Ritchie. Michael Sowell assisted both the exiting Queen, Marion Ritchie and the new 2012 reigning Queen, Frances Scott, to their thrones while the Jesters assisted King Stavrides. The new King and Queen were toasted with champagne, the King and Queen had a special dance to start off the festivities and then the party was on! The night was a special one to be remembered by all.



Sally Manning and GiGi Malone add color and style to the parade. Residents and staff paraded down the hallways until they reached the final destination of the Community Center and the official Mardi Gras event began.



The 2012 Mardi Gras King Byron Stavrides and Queen Frances Scott seated in their thrones.



Party goers danced well into the night in the beautifully decorated Community Center. The NAMACS Krewe really outdid themselves this year!



Turning over the Crown Master Chief Ron Kartz gives the 2011 Mardi Gras Queen Marion Ritchie a farewell kiss and she relinquished her title to the new Queen Frances Scott.