

Black History Program

Soldiers visit AFRH to share in stories of heritage

By Alex McVeigh
Pentagram Staff Writer

Joint Base Myer-Henderson Hall Command Sgt. Maj. Jefferson Varner III took several soldiers to the Armed Forces Retirement Home in Washington, D.C., Feb. 26, to participate in their annual Black History Month Program, entitled, "The History of Black Economic Development."

The program featured selected readings, remarks from CSM Varner and several musical performances, from internal and external sources.

Twila Smith opened up the ceremony with a stirring



rendition of "A Change is Gonna Come," a 60's R&B tune by Sam Cooke, that served as a rallying cry for the Civil Rights Movement, and Joshua Jabaut read a Langston Hughes poem.

When CSM Varner took to the podium, he spoke about the contributions of African-Americans



Children from William E. Doar Jr. Public Charter School for the Performing Arts sang during the Black History Program held at the AFRH on Friday, February 26, 2010.

since the very beginning of our country, starting with Crispus Attucks, an African-American man killed during the Boston Massacre.

"He is a reminder that African-American heritage began at the beginning of America," CSM Varner said.

CSM Varner spoke about the remarkable progress America has made from slavery to civil rights, to the election of Barack Obama as the president of the United States.

"What country, with our history of slavery and oppression, has the ability to elect an ancestor of the same oppressed population less than 50 years after a major civil rights movement?" he asked.

After he spoke, a choir from the William E. Doar Jr. Public Charter School for the Performing Arts did a collection of songs that got people clapping their hands and tapping their feet.

"I thought it would be a great opportunity for them. We prepared a program of African-American music for the day," said Ben Whelan-Morin, a production supervisor and music teacher at the school. "They do get nervous sometimes, but

they're good kids and they love performing, so we try and get out as much as possible."

The musical finale was provided by resident Bernice "Goldie" Goldstein. A former bandleader in the Women's Army Corps band, Goldstein performed her own arrangement of "We Shall Overcome." The version was so well received that an encore was requested, and Goldstein gladly obliged.

"I usually play the birthday parties here every few weeks, but sometimes they ask me to do a program like this," Goldstein said.

The message soldiers, residents and students took away from the day's programs was summed up perfectly by CSM Varner during his remarks.

"It's because of the long, winding road, which you all traveled, with many turns and twists, love and heartache, joy and disappointment, success and failure," CSM Varner said. "All of you dared dream and challenged the moral authority of our time. Your tenacity has benefitted us all, your stature is one of strength and a will to achieve."

Navy's top enlisted tours AFRH-G



The Master Chief Petty Officer of the Navy, MCPON(SS/SW) Rick D. West, admires a stained glass window in the Chapel during his tour of the new facility on March 23, 2010.

Photo by Petty Officer 1st Class Jennifer Villalovos

STOP THAT GUY! HE STOLE MY BAG

Classes do help

From Resident Doris Jones

Our martial arts/tai chi instructor, Chuck, said I should relate this story to you. I am a student in the weekly classes that Chuck teaches here at AFRH. Last Saturday I had to attend a National American Legion function over in Rosslyn, Va. I took the Metro. All of a sudden I hear this lady passenger yell, "Stop that guy!! He stole my bag!"

I was sitting by the exit doors and just reacted, and tripped him up as he came by me, as he fell down spread eagle. I jumped up and thrust my heavy James Bond walking stick into his back. I told him not to move. Another passenger sat on him. Someone pushed the emergency call alarm. When the train stopped the doors opened, the police were right there. They put him in cuffs. The lady got her stuff back.

So I put into action what the instructor Chuck, taught me during those martial arts/tai chi classes.

So, the moral to this story is... "Beware of old ladies with canes."

Notes from the Resident Advisory Council



Several months after he left the Home I ran into an old friend of mine who had just recently returned to take up residence in the Scott Building.

“Well, Bill, (not his real name), “what brings you back?” I asked.

He replied, “John, I came back here to die.” Several months later, Bill accomplished that objective. At his passing, I had to compare Bill's attitude to that of another friend of mine, Jim Hammitt. Like Bill, Jim died here. But Jim didn't come here to die. He came here to live and that's just what he did. Jim lived out his life fully even to the point of driving himself to his final admission to the VA Hospital down the street. Life was so much IN this man. Jim helped out in the Library, ran a computer class, was the guiding light in establishing and running the Toastmasters' Club on campus. He maintained close family ties with his beautiful daughters, and was ever ready to help his fellow residents with their problems whatever those problems might be.

I believe Bill died several months before he was buried. On the other hand, Jim lived out his allotted span right down to his last few days, active, productive, involved, and contributing to the happiness of those around him right up to the very end. I think there is a lesson here for all of us and that is we must not squander the precious time we have.

Two poems come to mind, one by Robert Browning and another by Dylan Thomas. Browning wrote, “Grow old with me, the best is yet to be, the last of life for which the first was made.”

One thing is for sure, the “best is yet to be” is not going to happen to anyone if at first they don't at least hold that out as a possibility! This is what is referred to as a self-fulfilling prophesy. Henry Ford once said, “If you think you can, you can. If you think you can't, you can't. In either case, you will be right!”

The second poem, by Dylan Thomas, is titled, “Do not go gentle into that good night.” It stands in direct contrast to the idea that “old soldiers never die, they just fade away.” Locally there are so many different ways to avoid “just fading away” by remaining active and involved even as we age. Volunteer opportunities abound on campus as well as off campus.

Organizations looking for volunteers outside the Eagle Gate include, but certainly are not limited to, the Smithsonian, the Washington National Cathedral, the National Museum of Health and Medicine at Walter Reed, Washington Hospice, the National Park Service at the Vietnam Memorial Wall, and the USO. Winston Churchill summed it up very nicely when he wrote, “You make a living by what you get. You make a life by what you “give.” Who among us is so poor they have nothing left to give when even a little smile or just a kind word can brighten someone else's day?

I encourage you to avoid the temptation to merely “fade away.” I also encourage you to think hopefully and courageously, along with Browning, that “the best is yet to be,” and just might be, if you are willing to make that a personal goal and objective.

These poems are available in the library and your attention is invited to them both. So, “Grow old with me,” and come what may, “do not go gentle into that good night.”

*Most sincerely yours,
in community,
John A. Miller, V-Chairman,
Resident Advisory Committee*

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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:

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,

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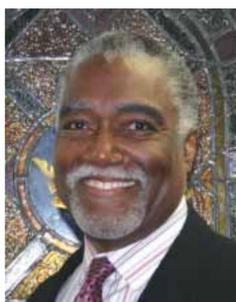
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From the Chaplain's Office

Breath-taking phenomena

Though it's been a while since you have heard from the Chaplains' Office through this medium, we want you to know that we are still here and available for you. Our strong desire is for you to see and feel the influence of this office more than simply to hear or read of it. You as readers continue to be quite gracious to the Chaplains as we walk among you on this beautiful campus.



I have been blessed to have experienced some breath-taking phenomena within the weeks.

At the February monthly memorial service, the Old Testament reading came from the book of Job 36:22 - 37:13. It's in this passage that the fourth of the companions who respond to Job's plight finally speaks and somewhat puts to shame the three friends who have accused Job of obviously having done something wrong to deserve the wrath of God; and Job himself for desiring to justify who he is and what he has done before these friends and before God. We hear this young voice saying to these four listeners;

“God is exalted in His power. Who is a teacher like Him? Who has prescribed His ways for Him, or said to Him, 'You have done wrong?' Remember to extol His work, which men have praised in song. All mankind has seen it; men gaze on it from afar. How great is God - beyond our understanding! . . . He says to the snow, 'Fall on the earth,' and to the rain shower, 'Be a mighty downpour.' So that all men [whom] He has made may know His work, He stops every man from His labor. The animals take cover; they remain in their dens. The tempest comes out of its chamber, the cold from the driving winds. The breath of God produces ice, and the broad waters become frozen. He loads the clouds with moisture . . . At His direction they swirl around over the face of the whole earth to do whatever He commands them.”

More recently we were in the midst of another breath-taking occurrence of a different dimension. On January 12th of this year, the nation Haiti was hit by a devastating earthquake. The world momentarily stood in awe as it watched the unfolding news of the grave extent of our earth shifting. Many of these same nations around the world sprang into action to assist in some way to bring about relief and reconstruction - and so did the “little nation” called AFRH-W.

On January 21st at a monthly town

hall meeting, you heard that the Chaplains' Office would be a repository for funds being donated to four different organizations that were providing direct relief to victims in Haiti. The Protestant Chapel Council had already agreed to donate to each of the four organizations \$2,500. It is breath-taking for me to be able to report to you the following collected totals for each organization: American Red Cross - \$1,292; Doctors Without Walls - \$3,612; International Disaster Emergency Services - \$732; and Save the Children - \$4,412. In less than twenty days you gave a total of \$10,048 in cash and checks for the Haiti relief fund! What a phenomenon!!

A grand total of \$21,148 was sent from the Chaplains' Office, to the above four named charities, with additional monies being sent to the Catholic Relief Fund, also involved in the Haitian relief effort. Thank you for your generosity! I am not at all surprised. For, I have many times seen at the Home clear examples of unselfishness exhibited by you. Clearly, for me and others who have heard, this example of giving was breath-taking!!

Though I did say only two examples of breath-taking phenomena, allow me to add quickly a third. Who can deny the beauty of the ever-present, periodic occasion of seasonal changes in Washington, DC? Enjoy the long-awaited spring in its unfolding glory!!

John P. Goodloe, Sr.

Message from the Chief Operating Officer



If you are walking past the main elevators and turn right on the first floor of Sheridan, you will notice a new office space with three AFRH healthcare staff members. These staff members are part of our new pilot program called Independent Living Plus (ILP). The establishment of this pilot program is a major step in realizing the AFRH vision for Aging in Place. Proudly implementing this pilot program as the Resident Support Team (RST) are current AFRH staff members: Home Health Nurse, Omobola Akinkuowo, LPN, and Home Health Aides Rosemary Harden and Alavain Wilkey.

AFRH continued fulfilling its vision "to actively nurture the Health and Wellness Philosophy of Aging while providing our nation's heroes with a continuum of Life Care Services in a community setting" by reshaping and improving its operations through the Scott Project and the Independent Living Plus pilot program. A major focus of the Scott Project has been to shorten distances between your res-

idence and your activities on this large campus so you can be more independent and mobile. With the completion of the Scott Project, those distances will become even more manageable for everyone.

So what is Aging in Place, you ask? In the past, if a person had trouble living alone, it was a sign it was time to move in with family or go to a nursing home. Today, for most people, this is no longer the case. Now you can live on your own, for many years, in your home of choice. As you grow older and require help with everyday tasks the support comes to you. This is called Aging in Place.

This approach can greatly extend your stay in your own comfortable living space. Should you develop a chronic health condition, like diabetes, arthritis, or Alzheimer's, cognitive difficulties, a range of paid services may be obtained to support you. In fact, you may even elect to use special assistance equipment or hire in-home caregivers to ensure your independence.

AFRH's first step in implementing an Aging in Place program is through the establishment of the ILP pilot which promotes the Aging in Place philosophy. ILP is geared towards helping you remain in your familiar environment (your own room) and enhance your quality of life. The goal is to help you live independently and comfortably, for as long as possible, while remaining an active member of the AFRH

community. And all of that promotes better wellbeing for you.

So what does that mean for you? Say you are only having problems with managing your medications or physical mobility, the ILP program may be right for you. First, we will complete an assessment to clearly understand your unique abilities and needs. Then, the staff will create your personal Plan of Care identifying services that will promote and extend your independence. Perhaps you have other needs. The essential support that can be provided through ILP includes bathing and showering, daily reminders, diet supervision, housekeeping, limited laundry, medication management, physical mobility, rehab services, and social interaction.

The Resident Support Team (RST) will coordinate your needs and manage your personal Plan of Care. They are conveniently located in Sheridan so you do not have to travel to find them or seek their assistance. They will make visits to your room to provide support to you. Right now, as this is a pilot program, we are continually evaluating our service delivery and there are no extra charges for these services at this time.

If you are interested in finding out more, please stop by the RST office in Sheridan or call them at 202-730-3372. Remember, you will get more out of your days with this new program and feel more in step with the AFRH community. And that is what we are wanting for you - to thrive here at AFRH.

Timothy Cox

Gulfport Update



Work being done just off the west end of the building, around the pool area.



Finishing touches begin in the Exercise Classroom, located next to the fitness equipment area on the first floor.



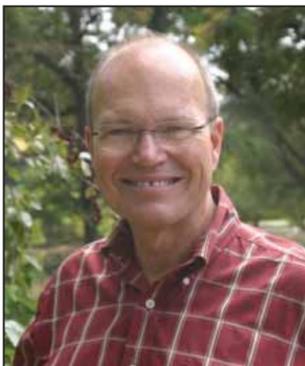
Work continues on the pool located outside the west end of the building.



The front of the new building with sidewalks and roadwork roughed in.

From the Director

One of AFRH's residents wrote, "When an elderly person dies, it is as if a library burns." Older people are a deposit of experience and wisdom. They are treasures. Even when they don't function like they used to they're still useful and can contribute greatly to the world.



This fascinating story should make us anxious to be elderly and start messing with store clerks like this. (An elderly woman obviously in her 80's comes through the check-out line with a single bottle of wine. The store clerk begins to scan the bottle through). This was the conversation that proceeded:

Customer: "Wait! Aren't you going to check my ID?"

Clerk: "Er, no, ma'am, I don't think it's really necessary..."

Customer: "Well, that's not good! You should check all ID if you're selling alcohol."

Clerk: "Well, okay. May I see your ID, please?"

(She hands over an ID card that is obviously fake).

Clerk: "...Ma'am, this card says you're 17."

Customer: "Oh, dear! You've caught me! I'm much too young to be buying this! It's a good thing you were checking IDs. I'd better just go now!" And the old lady skips out of the store.

You can make a difference in the lives of others. Refuse to allow yourselves to become like the contents of the vintage encyclopedias on their shelves. Even if you can't change the whole world, do what you can. Question yourself, "What can I do? Where can I have an impact?"

Whatever your interests and talents, you can use them to help others improve their lives. Whether you're best at planning parties and social events, or you're a good listener who likes a friendly visit. Do it! Young people need to learn how to change the oil in their car. Ladies, new mothers need to learn from someone how to juggle the demands in life. You can write letters for others; give a speech on one of your passions, teach a one-time cooking class or help someone learn computer skills and web navigation.

There are projects to suit every interest. Why not go to a foreign country on a short term work or mission trip? If you are interested in working outside, why not build homes in the Caribbean? If you love to work around children, there are orphanages, churches and schools all over the world where you could work side by side with the local community. Other programs are aimed at teaching English, conservation, or working with underprivileged children, to give just a few examples. Adult volunteers provide a wealth of badly-needed expertise which is desperately needed in developing countries throughout the world. And when you return to your normal

routine, you'll have more than a t-shirt to remind you of the connections you have made when you travel with a purpose.

Gene Cohen, M.D., Ph.D., of GWU's Center on Aging, shares insights gleaned from his work as gerontologist in *The Mature Mind: The Positive Power of the Aging Brain*. He reports that studies show that the brain's left and right hemispheres become better integrated during middle age, making way for greater creativity. Consider these:

- Harry Bernstein, author who published his first book, *The Invisible Wall*, at 96.

- James Fisher, blacksmith who returned from retirement to become the first person over the age of 100 to achieve the Chartered Accountants qualification.

- Buster Martin, a well-known plumber, said to be the oldest worker in the UK at age 104.

- Grandma Moses, American folk artist, who started painting in her 70's.

- Peter Oakley, aka geriatric1927, British senior famous for his YouTube videos.

- Clara Peller, started acting at 84 and became famous for her "Where's the Beef?" catch-phrase.

- Olive Riley, blogger who started blogging at 107.

- Arthur Winston, who at age 100 retired from his job working for the Los Angeles Metro after 72 years missing only one day, that being for his wife's funeral.

You are creative. Your days can count. As Zora Neale Hurston has Janie say in *Their Eyes Were Watching God*, "you've got to go there to know there."

David Watkins

Bowling Column

By Ed Crump

The dates for the Geico Tournament have been finalized. It will be held June 21-22, 28-29 at the Bowling Center beginning at 1:30 p.m. each day. Anyone can bowl in this tournament but to do so they must bowl a minimum of 12 games in the bowling shootout to be eligible. Handicap for the tournament will be decided on games bowled from January until tournament sign up deadline which will be June 20 at 4 p.m. I strongly urge anyone who is thinking about bowling in this tournament to bowl the minimum 12 games in the shootout as soon as possible, otherwise it could be too late once you make up your mind. The bowling shootout is held every Thursday at 1:30 p.m. in the Bowling Center. The Geico tournament is a handicap tournament in which the handicap is based on 100% of your average from 200. The bowlers who have the highest averages don't always win the handicap tournaments so anyone has a chance to win this tournament! A sign up sheet will be posted the first week in May for those bowlers who are interested in bowling in this tournament. The rules and amount of cash prizes will be posted on the bulletin board in the Bowling Center the first week in May. So I hope to see a good turnout for this tournament. If you have any questions regarding this tournament feel free to come to the Bowling Center and see me. I'm usually there most of the time.

Charlie Gammon took bowler of the month honors in February when he accumu-

lated a total of 13 points. He had first, second and third place finishes during the month which accounted for 10 of his 13 points. His other three points resulted in a series which he bowled 75 pins over his average which was worth one point while his final two points were a result of averaging seven pins a game more than he averaged in January which was the most by anyone else in the shootout.

Pat Hudson finished second for bowler of the month in February with nine points. He had a first and third place finish for the month besides having high game scratch with a 213 and high series scratch with a 576. He had a 178 average for the month and currently carries a 172 average in the shootout which is the highest average of anyone.

Mimi Rivkin and Willa Farrell tied for third for bowler of the month in February with eight points each. Both had a first place finish while Willa had high game handicap for the month with a 248 and Mimi had a high series handicap for the month with a 676. Both of these women bowl in the Tuesday night handicap league.

In the Tuesday night handicap league after four weeks Willa Farrell leads with 17 points while Charlie Gammon, Phyllis Bradford, Mimi Rivkin and myself each have 16 points. Smokey Prussman has high game scratch with a 215 while Charlie Gammon has high game handicap with a 239.

I would like to remind all bowlers in the shootout that we start over next month for new averages. Once you bowl six games starting next month that will be your new average. In the meantime you continue to use your current average until you have bowled six games.

CREATIVE CERAMICS CONTEST WINNERS

On March 7th the Ceramics Division held a creative ceramics contest. Each participant decorated a vase adding their own touch of elegance and style to their piece. The winners were the following: 1st place- Edith Ellington; 2nd place - William Fowler; 3rd place - Doris Jones; and the honorable mention - Don Egolf. Congratulations to all the winners. Thank you Esker McConnell for assisting with this project.

From the Library

13 is a lucky number

By Christine Baldwin

After a rousing "Soldiers, Sailors, Air Force, Marine, Coast Guard," storytelling kickoff on February 20th, 13 residents showed up for the first stage of a book gathering event. Meeting for just an hour on the 27th, each resident told a fascinating story from his/her military career. Some had pictures to share. Even though this group includ-

ed veterans of World War II, Korea, and Vietnam, each story touched a remembrance for the next person's tale. Some laughter, some gasps of astonishment, and over all awe came from each telling.

This story gathering event is done in partnership with the Double Nickels Group, a Reminisce Theatre group, which not only will help write and publish the book this summer, but will put a play together about the stories!

We want to hear your story! If you would like to participate and share your experiences in the military, contact the Librarian, Christine Baldwin, ext. 3319.

Notes from the Auto Hobby Shop

By Henri Gibson

Auto Hobby Shop Volunteer

Well, here it is April and spring has finally come. For all of you that have been home bound for the last couple of months the warm air and sunshine comes as a welcome relief. Now we all can start driving and seeing DC and surrounding areas again. But first... a few reminders

Lets talk about OIL!!! Everyone knows that one of the cheapest preventive measures for your automobile is to change your oil and filter regularly. But let's save some money while we save our cars. You know that little sticker that the oil change places put on our windshields telling us to return and change our oil and filter at 3,000 miles or three months, well that will make them a lot of money and save you nothing.

If you read your Owner's Manual, on late model cars, manufacturers tell you to change your oil and filter anywhere from 5-10,000 miles and every 6-12 months. Changing your oil sooner just costs you an unnecessary expense. So read your Owner's Manual for the specifics for your vehicle.

If you are a low mileage driver get in the habit of changing your oil and filter every six months. Since I've been here at AFRH and don't drive as much as I used to, I change my oil in April and then in October. Now if I find that I've driven 5,000 miles before then, I change my oil sooner. I also change the weight of the oil I use depending on the season (summer-heavier weight oil and winter a lighter oil). If you use synthetic oil follow the recommendation of the oil provider.

Now two more things before I go. First, don't buy the cheapest brand of oil. Stick to name brands you know. Second, some auto mechanics will tell you to try to stick to the same brand of oil throughout the life of your car. Different manufacturers use different blends of additives in their oil and believe you me your vehicle can get used to a certain blend of oil. Happy Driving.



Henri Gibson adds a quart of engine oil during a recent oil change.

King Health Center activities

KHC's St.Patrick's Day Party

By Steven Briefs

Our residents and staff joined together for an old fashion, St. Patrick's Day party recently. We played a variety of favorite Irish songs like 'My Wild Irish Rose' and 'Danny Boy'. Serving green cake and beer, we tested our resident's memories with quiz questions like, what is the emblem of Ireland? (Shamrock) and what do Irish people eat every day? (Potatoes). Ms. Gloria O'Flarity said her grandparents came from Ireland. Other residents said they had visited Ireland and it was beautiful. Everyone had a great time!

Music IS Appreciated

By Amanda Jensema

A new program being held every other Thursday following BINGO is a program simply called Music Appreciation. Residents get the opportunity to suggest what they want to listen to. From there we discuss who or whatever they chose and we listen to some of their songs. We have covered favorites such as Garth Brooks, Barbra Streisand, Elvis, Frank Sinatra, Johnny Cash and many more. We recently covered music by Dolly Parton which was a big hit. We discussed her career and listened to several of her popular songs such as "Jolene" and "Coat of Many Colors" just to name a few. Residents and staff were up dancing and singing along. The program has been growing in size and has become a regular program the residents look forward to!



A resident dances to a familiar tune during the Music Appreciation program.

Puzzle Room Activity

By Steven Briefs

Supervisor of Recreation Therapy

Residents Jim St.Cyr and Luman Smith worked together to build two puzzles in the KHC Recreation Center. Each puzzle has 1,000 pieces and takes a few days to complete the picture. It seems if you can take the time to complete a puzzle you must also be a good fisherman. They both require patience! Jim and "Smitty" visit the KHC and the Recreation Center often, Jim helps with the residents of the Day Club and Smitty makes sure everyone else is doing their job.

Stay In Shape

By Carol Mitchell

Residents at KHC LaGarde are trying out a variety of fun fitness programs to stay in shape! Fitness programs to date include: Parachute Workout, Resistance Band Stretch, and Music Motion. The KHC Stay in Shape program is adapted to the needs of all residents.



A group of residents from King Health Center enjoy a parachute workout.

Bowling & Daiquiris

By Amanda Jensema

Who knew that the combination of bowling and daiquiris would be so much fun...or could it be the money they could win? No matter what the reason the residents had a fun filled Friday with the wind howling in the background. Eight volunteers from the National Capitol Region Joint Enlisted Council volunteered their afternoon to assist with the program. Without their help it wouldn't have been as big a success. We had 15 residents participating in the bowling and at the end we had FOUR winners. In 1st place was Mr. Bronfman, 2nd place was Mr. Valentine, and there was a tie for 3rd between Mr. Davis and Mr. Bowman. Before and after the bowling residents enjoyed their strawberry daiquiris which were made both with and without alcohol. All in all everyone who participated, residents, volunteers and staff, had a magnificent end to their week!

Happy Birthday JINGO

By Amanda Jensema

A fun time was had by all who participated in the Happy Birthday JINGO game on Friday morning. The residents of the King Health Center enjoy playing the different varieties of JINGO that we have here, especially since they can win money sometime! What also makes it fun is they get excited when they figure out the clues. Every month we play JINGO and we change the theme. Other sets we have include Geography, Presidents, Animals, Sports and more! Who knows what it will be next month...we'll just have to wait and see.