

Australian gift will enhance the Vietnam War memorial

Residents witness history with announcement of donation by Australia

Washington, DC - On March 7, 2011, three AFRH-W residents had the privilege of attending an historic event on the steps of the Lincoln Memorial in which Australian Prime Minister Julia Gillard announced the Australian government's \$3.3 million gift to build the Education Center at The Wall. This is the first government institution to donate to the Education Center, and the first foreign gift the Center has received. The Australian gift will enhance the Vietnam War memorial.

"The Australians were our steadfast allies during the Vietnam War," said Jan C. Scruggs, founder and president of the Vietnam Veterans Memorial Fund. "We are gratified that the Australian people feel so deeply about helping us build the Education Center at The Wall, to honor all who served and sacrificed during that war. We welcome their partnership once again in this important endeavor."

Australia and the United States have a history of friendship and mutual support that goes back to the last century. Australians fought beside U.S. service members in World



AFRH-W resident John Miller shakes hands with Australian Prime Minister Julia Gillard on the steps of the Lincoln Memorial on March 7, 2011, after the announcement of the Australian's government \$3.3 million gift for the Education Center at the Wall.

War I, World War II, Korea, Vietnam and the current conflicts. During the Vietnam War, Australia sent its Army, Navy and Air Force to assist in the war effort, including nearly 42,000 Army, just under 13,000 Royal Australian Navy (RAN), and over 4,700

Royal Australian Air Force (RAAF) personnel. In all, 521 Australian service members died as a result of the war, and more than 3,000 were wounded.

Residents that attended were John Miller, Corrine Robinson and Charles Felder.

Welcome Home Mardi Gras Ball Extravaganza

By Adelina Wasser
Volunteer Coordinator

Friday, March 4th the Krewe of NAMACS (Navy, Army, Marines, Air Force, Coast Guard) hosted their "Welcome Back Home" Mardi Gras Ball, for the first time since Hurricane Katrina closed down the previous home in Gulfport, MS. About 200 residents, both old and new, guests and staff attended the festive affair. The event started with the parade, featuring the King and Queen of the Ball. Their identities are kept secret to all but a few till the day of the ball. They were pulled along the parade route on their "floats" by a prancing, laughing group of jesters, throwing beads and waving to their subjects as we neared the Community center for the Tableau. After a

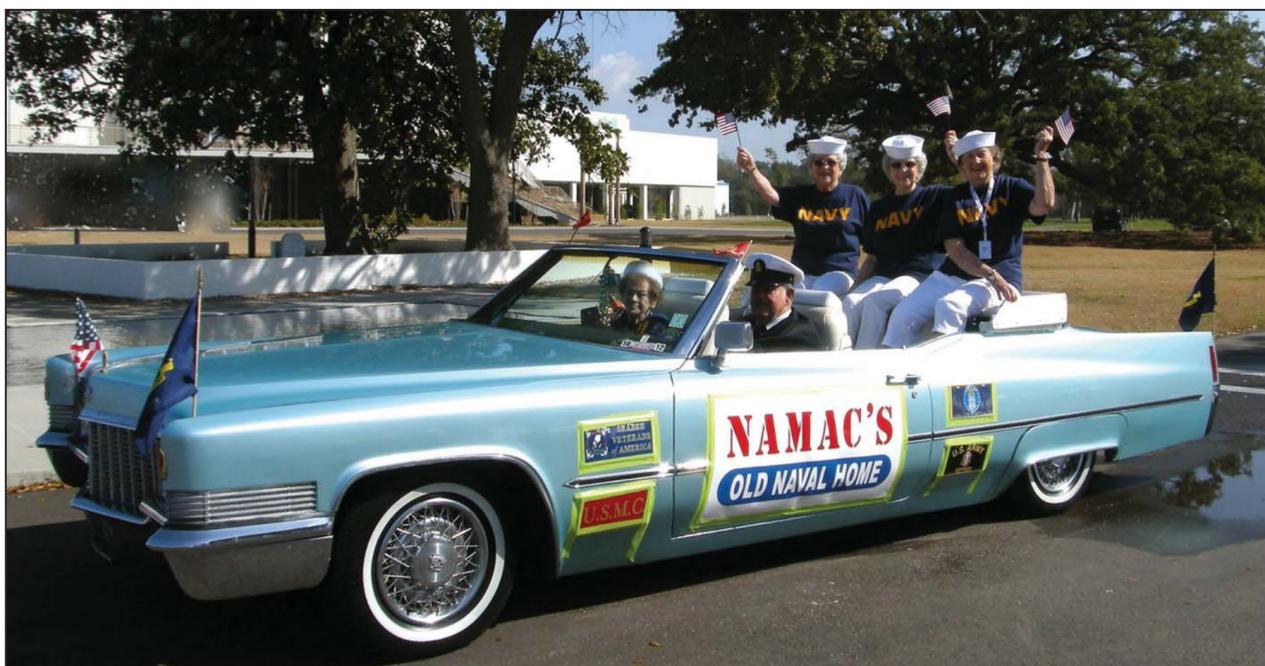
circuit twice around the room, Queen Marion Ritchie and King James Vancil took their seats on their royal thrones, cheered by their family members, residents and staff. Director Richard Heath toasted the 2011 Namacs King and Queen and then the party commenced!

The room shone with the Mardi Gras colors of purple, green and gold, umbrellas hung from the ceiling and beads and coins were everywhere! The Mardi Gras committee of Irene Smith, Barbara Folk, Sally Manning, Betty Lu Dennis, Bob Harris, Huge Wingo, and Maurice "Sonny" Scardino were



Queen Marion Ritchie and King James Vancil.

acknowledged for all their hard work in putting the event and decorations together. Irene Smith then "passed the scepter" of chairmanship to Barbara Folk, who will be the new Mardi Gras chairman for the coming year. The food was wonderful and specially prepared by dining services, the music was lively and a wonderful time was had by all.



The Navy ladies with driver Maurice (Sonny) Scardino, Irene Smith, Sally Manning, Barbara Folk, and Bettylu Dennis participated in the Timber Lake Mardi Gras Parade in Pass Christian on February 26, 2011. It was fabulous to see Sonny's decked out 1970 baby blue Cadillac with top down in the midst of decorated golf carts. They had many beads to throw and handed out special toys to youngsters. The parade circled the Timber Lake golf course and included golf carts decorated when themes such as an Egyptian style pyramid, an Alaskan style igloo, and of course the traditional Mardi Gras colored carts. The ladies were the highlight of the parade thanks to Sonny for coordinating the Navy shirts, hats, and ride!

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Serving Washington, D.C. and Gulfport, Mississippi



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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.

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Health Fairs at AFRH benefit residents and employees



Brenda Samuels from Recreational Therapy speaks with Willia and Donald Cooper about services offered at AFRH-W.



Billie Blythe has his blood pressure checked at the AFRH-G Health Fair held on Friday, March 11. The health fair sponsored by the Wellness Clinic and the Social Services Department, was held in AFRH-G's Community Room. Forty-six companies, including the Social Security Administration, the American Cancer Society, Sartin's Discount Drugs, a host of mortuary companies, Durable Medical Equipment companies, Hospitals, Home Health and Hospice were in attendance and approximately 200 residents participated.

Message from the Chief Operating Officer, Acting



As an Agency we recognize that capital improvements are an investment in the future of our facilities. It is also important to know that all capital improvement projects must

be consistent with our Mission, Vision and Guiding Principles.

As a Federal agency, we also have specific guidelines that we must follow such as: The Health Insurance Portability and Accountability Act (HIPAA), National Environment Policy Act (NEPA), National Historic Preservation Act, Strengthening Federal Environmental, Energy, and Transportation Management (Executive Order), and Americans with Disabilities Act (ADA). Currently we have a five-year accreditation through the Commission on Accreditation of Rehabilitation Facilities (CARF) - Continuing Care Accreditation Commission (CCAC) that we must maintain. We must ensure that any capital improvement projects are consistent with the Quality Standards set by CARF-CCAC to maintain our accreditation.

- analyzed by cost, feasibility and compliance and the overall impact on residents. An important aspect of CIP is to ensure that our person-centered care will continue to be the main driver at both facilities.
- Below is a list of the proposed projects in various stages:
- designate tower locations in garage by color coding
 - road signage
 - installing repeaters to enhance cell phone usage for security and 911 response
 - outside designated smoking areas
 - handicap accessible doors for the chapel, dining room and library

- As a result of the Scott Project, Washington has many ongoing and completed projects:
- temporary dining in North Sherman
 - secure, environmentally controlled walkway between Sherman and Sheridan
 - relocation of Chillers and Information Technology Hub
 - keyless entry to enhance security and accountability
 - repair sidewalks
 - new elevators and Assisted Living renovation in Sheridan
 - boilers for Sheridan and North Converter room
 - outside designated smoking areas

Over the last two months management teams have been in the process of developing a AFRH Gulfport Capital Improvement Plan and an AFRH Washington Capital Improvement Plan for their respective facilities. The Capital Improvement Plan (CIP) encompasses anything from infrastructure requirements to lifestyle needs and with that we are establishing a priority for each proposed project. Each proposed project will be

We are looking forward to working with both management teams and the Resident Advisory Councils at each facility regarding the Capital Improvement Plans.

This month the AFRH-Washington Team met with the Design-builder (Hensel Phelps), construction manager (Jacobs Engineering), and the GSA Project Team in a



Pamela Young, Regina Floyd (Director's of Nursing for Washington & Gulfport), and Dr. Awoke Sissay Health Care Administrator/Medical Director AFRH-W discuss the capital Improvement Plan for each campus. Pamela also received a unanimous vote from her colleagues regarding her suggested person-centered care reading material. 'Love Your Patients' by Scott Lewis Diering will soon be available in both libraries.

Partnering Session for the Scott Project. It was a good meeting and the theme that carried the day was remaining resident focused during the construction period. Over the next few weeks Hensel Phelps will begin staging for the construction. This will include a few of the following and more:

- staging of materials and equipment in the ball field
- increased activity around the Scott Building
- construction marking and safety barrier around the Scott
- disposal of waste and materials from the Scott

It is possible Hensel Phelps will begin demolition of the Scott Building before our April issue of the Communicator. As soon as we know the specific date for the demolition

we will ensure the date is well publicized. We are also trying to setup a webcam so Gulfport residents can also see the demolition and monitor the construction. As discussed in many focus groups this project will be over in a short period of time - less than two years and the clock has started. We appreciate your continued support and sacrifice as we begin this important project for the Washington Home.

As most of you know the U.S. Coast Guard is now eligible to reside at AFRH. This month CPO Rayford Keen became the first Coast Guard retiree to have his application approved.

Next month I will be discussing in detail the smoking concerns and issues at each facility.

Steve McManus

169th Engineer Battalion

Echo Company soldiers take on the residents in friendly competition in several activities

Over 40 soldiers from Echo Company made their annual visit to AFRH-W. The soldiers were greeted by Greg Moore, Public Affairs, who briefed Echo Company on their monthly contribution and the support it provides the Armed Forces Retirement Home not only now but well into the future. Greg went on to explain the 50 cent contribution is the best investment they can make for their future as well. Once the briefing and tour was completed the soldiers took on the residents in several different activities, which were coordinated by Carolyn Weber, AFRH-W Volunteer Coordinator.

This was a welcome break for the soldiers of Echo Company. What do these

service members of Echo Company, 169th Engineer Battalion do? They conduct and support individual training to produce Disciplined, Motivated, Values Based, and Physically Fit Geospatial Engineers (21Y) who are Combat Ready to Fight and Win Future Battles as contributing members of their first unit of assignment.

In conjunction with The School of Geospatial Intelligence (TSG), E Company is responsible for training prior service and AIT soldiers in the Military Occupational Specialty (MOS) 21Y Geospatial Engineer, BNCOC Phase II, ANCOG Phase II, Warrant Officer Basic Courses (WOBC), and Geospatial Warrant Officer Advanced Course (WOAC).

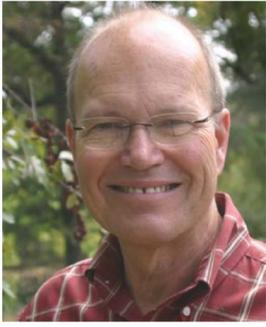


This soldier lines up his shot during an 8-Ball tournament held on the Sheridan 4th floor.



Let the card game begin! First these young soldiers must learn the rules of the game from Greg Abell who knows his way around a card table.

From the AFRH-W Director



The future is the indefinite time period after the present. Whether it's less than a millisecond away or a billion years, its arrival is considered

inevitable due to the existence of time and our experience in life. Due to the nature of the reality and the unavoidability of the future, everything that currently exists and will exist is temporary and will come to an end. And that can be creepy.

We love the old. We enjoy routine and feel secure in what we have experienced. Comfort comes to us in that which we know. The future is uncertain. Due to the element of the unknown, risk and uncertainty will be a part of our lives. And because of not having control of the future, it can frighten us.

AFRH Residents . . . just consider what we have brought upon you this last month. The Scott is secured like a bank vault. Then the incline through the outlandish tunnel. A few meals have been late because we haven't been able to work out all the snarls yet. How dare we take away the rights of smokers? Rights that have been here forever! Anger and confusion has been expressed because you did not have a voice in making a decision. Frustration, misunderstanding, uncertainty and even gossip.

Notes from the AFRH-W Chairman, Resident Advisory Council



So, I just would like to thank all those who supported me in the last election for Chairmanship of the Resident Advisory Council (RAC) at the Armed Forces Retirement Home Washington. I know, no one submitted their name to run

against me so; it was not a hard election. I intend to continue just as I have in the past, doing those things that will make things better for all Residents of the Home. Not everyone will agree with what the RAC does but rest assured that it is working for you even if you do not think it is. In addition, no matter how many Residents are on the RAC, its mission remains the same. I continue to ask for and hope that other Residents will join us as we move toward our mutual goal - that of insuring that things are getting better every day for the individual Resident of the home.

I need to write about a problem that has come up recently on the 7th floor of the Sheridan Building. It seems that an unknown person has been defacing items on a Residents door. I just need to remind each Resident that what is on the outside of each resident's door is their personal property and is not to be defaced, written on, moved, or changed in anyway. If you see something on a door that you do not like (for whatever reason) the way to solve the problem is to let the Ombudsman, Al. Mori or the Chief, Resident Services, Chuck Dickerson know what you feel is wrong. If there is a problem, they will meet with the Resident and attempt to solve the issue. It is not up to you to be the one who decides what should or should not be placed on any Resident door on the Resident floors in the Sheridan Building.

Another issue that has arisen is that of wearing head coverings in the Dining Facility. It seems that some Residents have gotten angry at other Residents who wear head coverings (hats, scarfs etc.) in the Dining Facility. So let me inform every Resident that there is no rule that forbids other Residents from wearing head coverings in the Dining Facility. If you have a problem with people who wear these head coverings the only thing I can say to you is GET OVER

From my heart, I say, I am sorry for the difficulties we have brought upon you. One battle for management is the realization that any decision is going to affect someone, whether real or perceived. Very few decisions are made with absolute certainty because complete knowledge about all the alternatives is seldom possible. Thus every decision involves a certain amount of risk. Many folks from inside and outside the gates were involved in decisions that were made which are affecting you.

Recently I attended a conference. Especially interested in one class, I arrived early and snagged a front-row seat. As the speaker began, however, I was distracted by a couple of voices in the back of the room. Two guys were mumbling to each other. I was giving serious thought to shooting a nasty glare over my shoulder when the speaker offered an explanation. "Forgive me," he said. "I forgot to explain why the two fellows at the back of the class are talking. One of them is a representative from Romania. He has traveled her to learn about leadership. But he doesn't speak English, so the message is being translated."

All of a sudden everything changed. Patience replaced impatience. Why? Because patience always hitches a ride with understanding. The wise man says, "A man of understanding holds his tongue" (Proverbs 11:12).

I ask you, respectfully, to be patient with us. We see things so much more clearly because of all the labor involved in the plan-

ning. Just remember that the time may come when you may wish to cover your head because of some medical treatment that you are receiving.

As we move toward the rebuilding of the Scott Building there is another item that all Residents need to get involved in. That is changing the culture of the way we look at what this location is and what it should provide to the Residents. One change that has been going on for a period of time is moving from what used to be a Residential Hotel for Retired Military Members to what now is a Retired Military Retirement Home. The very nature of the change tells us how we must look at what is provided to the individual Resident and how they receive services that are provided for them. Let's take just one example. Look around your room is your bed at the correct height for a person who is getting older? Is the toilet also at a correct height and is it easy to use for a person who is getting older and needs more assistance if the height is not reduced? These are just two of the things that all of us, the staff, the Resident Advisory Council and you the Resident must begin thinking of. As we get older, most of us will not be able to do the same things in the same way as we did when we were 35 to 40 years of age. At the same time, we can continue to take part in and assist others who wish to take part in the many activities that are available to them at the home. This is just another way to say that all of us must find ways to involve Residents no matter what our age or status is, in doing things that make their life better while they are Residents of the Armed Forces Retirement Home Washington.

The vision for this home was worked on and finally work completed and simply stated is this: We are a retirement community committed to excellence, fostering independence, vitality and wellness for veterans and staff, making it a vibrant place in which to live, work and thrive. This is our vision and strategy for the years 2011 to 2015. More on this will be provided to the residents as the summer arrives.

As a final note, if you have a suggestion about something that you feel the RAC should be doing just stop me and let me know. I don't care where I am or what I am doing, as long as I am the Chairman of the RAC I am open to listen to your concerns anywhere, anytime.

Esker McConnell

ning. Residents, there is no way we can help you understand every nuance because you've not spent the hours in the Conference Rooms. Believe me, our ultimate goal is to create the very best Home in the world for you and those to come in the future.

I once grabbed the wrong bag at the airport. The luggage looked like mine. Same size. Same material. Same color. Thrilled that it had emerged early from the baggage catacombs, I yanked it off the carousel and headed to the hotel. One glance inside, however, and I knew I'd made a mistake. Wrong size, style, and gender. (Besides, my pants would be too short with stiletto heels.)

What would you do in such a case? You could make do with what you have.

African Americans in the Civil War

By Nicole Chappell, & Christine Baldwin

On February 24, AFRH celebrated Black History Month in the Scott Theater. This year's event recognized "African Americans in the Civil War." Chaplain Goodloe opened the program followed by an inspirational music selection "Lift Every Voice and Sing" by Frank Leonard, who invited everyone to join in. Richard Whittle gave an informative talk on the African American Congressional Medal Recipients. The guest speaker for the program was Wesley Brown, the first African American graduate from the United States Naval Academy. He spoke about the numerous battles that the African Americans participat-

Cram your body into the tight clothes, deck out in other-gender jewelry, and head out for your appointments. But would you? Only at risk of job loss and jail time. No, you'd hunt down your own bag. Issue an all-points bulletin. Call the airport. Call the airlines. The taxi service. The FBI. Hire bloodhounds and private investigators. Push Chief Cavanagh to the max. You'd try every possible way to find the person who can't find her suitcase and is wondering what gooney bird failed to check the nametag.

No one wants to live out of someone else's bag. Our motives, though not completely understood by all, are pure. We desire the future to be bright. Thus we continue on.

David Watkins

ed in from the beginning to the end of the Civil War. Another highlight of the afternoon was an impressive performance given by WEJD Public Charter School. Upon conclusion of the program residents and guests enjoyed refreshments and music by Billy (music man) White. Recreation Services would like to thank all volunteers and coworkers for making this a successful event. In addition to, we would like to give individual thanks to Wesley Brown, David Watson, Charles Dickerson, Chaplain Goodloe, Richard Whittle, Frank Leonard, Barbara Mickens, Susan Chubb, Ruby Bloomer, Recreation Therapy, and Food Services.

Staff staying healthy in the fitness center

By Jerry Carter

Staff members have been exercising and having fun in the Fitness center. They go by the name of "Jerry's Angels" and anyone is welcome to join the exercise group. The group include Alberta Pinkney, Phyllis Cunningham, Connie Dunham, Tanya Richardson, Antoinette Boyd, Kiran Greenidge and the exercise class leader Leslie Boggus. Currently the class is doing the KettleWorx. This workout only takes 20 minutes, but when you finish you know you've had a good workout. Everyone's reason for exercising is different but as a group Jerry's Angels goal is for overall improved health. Here are some objectives of this class: weight loss, muscle toning, stress release, improved blood pressure and blood sugars. The group has only one rule and it's to leave the job at the threshold. The ladies are asked not to discuss work or work related issues during the classes. It's about having fun, exercising, and getting in shape at the same time! The class meets on Monday's, Wednesday's, and Friday's from 4:30 p.m. until 5:00 or 5:30 p.m. depending on what type of exercise program being offered that day.



Phyllis Cunningham employee is taking advantage of an afternoon workout in the fitness center.



Several employees are taking advantage of the exercise class offered three days a week.

From the AFRH-G Director



I enjoy writing this column each month but I must admit that picking a topic is not always easy. As a life long student of history and its obvious connection with AFRH, I usually do some research and write something about a noteworthy historic event. As the saying goes, write what you know.

of San Jacinto, the decisive battle in Texas' war for independence from Mexico, the 1906 earthquake that destroyed San Francisco, the birth of the Pony Express, the beginning of the Falkland Islands War, the creation of NATO, the bombing of the West Berlin disco and the resulting bombing of Tripoli, Libya. I find it truly amazing that so many significant events occurred in April, especially the beginning of so many wars. I suspect that there is no conclusive answer to the question 'Why April?' and while I was aware of all the items I listed, I could not have placed all of those events in the month of April.

The one event we can all (except maybe some people who Jay Leno talks to on his Jaywalking segments) place in April is All Fool's or April fool's Day.

There are different theories as to the origin of April Fools Day and unlike many such days, there is no "first" April Fools Day. It is possible that this tradition began in 1582, in France. Prior to that year, the new year was celebrated for eight days, beginning on March 25 with the celebration culminating on April 1. When the Gregorian calendar was introduced, New Year's Day was moved to January 1.

As you might recall CNN was not to be on the air for another 400 years and there were no known televisions and radios in 1582 anyway, so word of the calendar change moved slowly. There was a more traditional segment of society that did not accept the

new calendar when word reached them and continued to celebrate the new year on April 1. These free-thinking souls were labeled as "fools" by those more structured in their thinking, were subjected to practical jokes and were sometimes sent on "fool's errands". Over the centuries the day evolved into a day of fun and practical jokes in many parts of the world, so be on your guard on the first.

Life at AFRH-Gulfport is settling into a comfortable routine although we still have a few "shake-down cruise" growing pains. The

long time Gulfport residents treated new residents and staff to a great Mardi Gras celebration in March and residents and staff attended the Keesler AFB Air Show featuring the Navy's Blue Angels. We also attended the christening of the "Arlington" at the Northrup Grumman Pascagoula Shipyard. The Arlington is named in honor of those who perished in the 9/11 attack on the Pentagon.

Well that's it from here for April....now what do I do for May?

Richard C. Heath



Grand Opening of AFRH-G Amateur Radio Hobby Shop - On Tuesday, March 15, AFRH-G Amateur Radio Operators Allan Hubbert and Paul Downs welcomed residents and members of the Mississippi Coast Amateur Radio Club. They proudly demonstrated the new radio equipment and gave tours of the home. Residents who would like to get involved in this great hobby should contact Recreation Services or the resident Amateur Radio Operators to learn more about the training needed.

Notes from the AFRH-G Chairman, Resident Advisory Council



This month started with many Mardi Gras activities and events. The Annual AFRH-G Mardi Gras parade on March 4, 2011 was fun for all, thanks to the Krewe of

NAMAC's, and especially leader Irene Smith. The crowning of the King (James Vancil) and the Queen (Marion Ritchie) was a very special event. After the parade and crowning event the activities were focused on the Mardi Gras Ball with

music, dancing, food, and merriment.

The newly elected Resident Advisory Council met on the 8th of March. Some of the actions taken were:

- Developed a system to eliminate/control the flyers and informational papers and keep them off the dining tables.

- Approved the purchase of two covered, three-person swings to be placed for over-looking the Beach and Gulf Coast.

- Heard an up-date on the project to open the wall between Fiddlers Green and the Community Center.

- Heard an up-date on the progress of obtaining a Blood Pressure/ weight/ Pulse machine for the Fitness Center.

- Briefed on the proposal to have the

outside benches become memorial benches and available for purchase as a Fund Raising project for the Home.

- Committee appointments will be upcoming; those residents wishing to serve on a committee should contact the Chairman.

- The suggestion to make the public/community phone more private and in a less noisy area was discussed. The Chairman will have discussions with Campus Operations in search of a solution.

Here on the Gulf Coast, spring has sprung!! Flowers are blooming, trees are budding, the grass is green, and the beaches are beginning to be filled with fun and sunshine. It sure feels good to be back home again.

Many thanks to the Residents, to the Mardi Gras Krewe, headed-up by the New leader Barbara Folk, to Charlie Jenkins for all the beautiful tulip beds around the Campus,

and to Marian Powers for the donations to buy the bulletin boards for all the floors in the three towers. Also, thanks to Harold McDonald and to "Snuffy" Smith-----and the list goes on & on & on-----!!
THANK YOU!!

These are Great Times. A new Home, a new RAC, a new Strategic Plan focusing on Resident Centered Care. Does it get any better than this? We think it can and my personal mission statement is to make the Home a little Better, and when that's complete, we make it a little better again. We all have a duty and a responsibility to those who will follow us, to make the Home a little better for them.

Enjoy!!

Bill Parker

More of the AFRH-G Mardi Gras celebration



Festivities started on Friday night, March 4, with a parade featuring Queen Marion Ritchie and King Jim Vancil (pictured here). The parade route ended in the Community Center where the King and Queen took their throne (see photo on page 1). Residents and guests spent the remainder of the evening dancing to the music and enjoying good food and fellowship.



Billy Williams and his guests offer a toast during the 2011 Mardi Gras event.



Residents and guests sit back and enjoy listening to the music and taking in the festivities of Mardi Gras.



From left - Debbie Pearson, Hugh Wingo and Adelina Wasser pose for a photograph at the Mardi Gras dance.



Buron and Helen Noel at the Mardi Gras Ball.

AFRH-G March Activities

Local artist shares technique with residents

By Debbie Pearson, Art Specialist

Local artist, Milt Williams, has been coming to visit with our residents and demo his style of painting each Wednesday during February. In March he began teaching the residents to paint. True to our local landscape, the "artists" painted a lovely lighthouse on the bay scene with acrylic paint. Shown here is Milt helping Marion Wolke, while Tom Lynch, Rosemary Tully and Doris Jones work on their own and wait for their personal instruction from this talented and kind instructor. We love our volunteers. They help make our life here at the Home that much sweeter. Thanks Milt, for all of your time, your energy, and your wonderful patience. And great job, guys, your paintings came out fantastic!



VALOR HALL / ASSISTED LIVING GULFPORT ST. PATRICK'S PARTY

By Susan Bergman, MT-BC, Recreation Services

On March 17, green adorned the dining area and Irish music was in the air. Residents of Valor Hall got a chuckle out of the bagpipe playing leprechaun that encircled them in song. Green and gold beads...lime sherbet and gingerale...everyone had green inside and out to make sure they wouldn't be pinched! After trivia about the Blarney Stone & Saint Patrick, residents went out on the patio to take in the sunshine and inspiring sound of the highland bagpipes. Independent Tower residents gazed down from their balconies to take in the sights and sounds, too. With jigs, reels, and marches - you couldn't help but clap & tap your feet!

Getting to know your fellow veterans

Margarita Meet and Greet

By Debbie Pearson, Art Specialist, AFRH-G

On Saturday, Feb. 26, 2011, the residents at AFRH-G came over to the Community Center for a little Meet and Greet and to drink some Margaritas. We had regular lemon-lime flavored Margaritas, strawberry flavored ones, frozen or on the rocks, with or without

salt, plus we had tortilla chips and several different flavors of dips. The residents were asked to sign in and get a pair of "No" beads, pick a card, and take a sheet with questions and a pen. We played the game that if you could get someone to say the word "no" then you could ask them for their beads and if they got you to say the word "no" you needed to give your beads to them. All of the

tables had a card on them, from the Ace, 2, 3 all the way to the Queen and King. Whatever card you picked from the pile was the table you were asked to sit at, hence meeting others and getting to know your fellow residents a little better. The questions were a way to get the residents talking to each other and finding out info about each other. Find someone with more than 4 grandchildren. Find someone with a Pilot's license. Find someone from your home state.

Everyone seemed to enjoy themselves

quite a bit. There was a very good attendance and a lot of smiles and laughter. People were going from table to table in search of finding the answers to the questions and found that they were meeting new people, and finding out new things about old friends. What a great time we had! One resident, Harry Rhizor, was very pleased and said we should "...do this again".

(By the way, Harry, we will!)

What's The Point?

By Debbie Pearson, Art Specialist, AFRH-G

What's the point of having Meet and Greet Socials? If you ask me, its stories like the one I heard from Charlie Jenkins and George Hodgson. At a recent Margarita Meet and Greet Social one of the things that the residents were asked to do was to answer a series of questions that often required finding someone else who had, or was, the answer (i.e., find someone who has a pilot's license). I don't know if it was that page of questions, the table that they both sat at, or the fact that everything happens for a reason, but that day Charlie and George found out something about each other that has made a difference in each other's lives.

As it turns out, both Charlie and George each served on the USS Saratoga; one on the CVA60 and the other on the CV3. As it turns out, these two specific ships have their reunions together and both Charlie and George attend these reunions regularly. As it turns out, they both believe that they've both been at the reunion at the same time and just didn't know each other at the time. During the Margarita Meet and Greet they did meet, they did find out about their past and as it turns out, they plan on going to the next Reunion being held in Pensacola, Florida in 2012 together. To me, that's the point!

Are there any others out there who served on the USS Saratoga? If so, let me know 228-897-4430 or debra.pearson@afrh.gov.



Participants in the Margarita Meet and Greet get to know other veterans with an icebreaker game.

AFRH-G "THROW ME SOMETHIN' RECREATION!"

By Susan Bergman, MT-BC, Recreation Services

On Fat Tuesday, Nathan Burkett was quick to catch the flavors, favors, and fun of Mardi Gras. Debbie Pearson, Art Specialist and Susan Bergman, Music Therapist were decked out in Mardi Gras style to bring the festivities to residents on Valor Hall / Assisted Living. Purple, green, and gold could be seen everywhere with balloons, sparkling masks made with residents, and table decorations created in the fun art groups. Each resident door was decorated with beads, too! In the distance, you could hear "Mardi Gras Mambo" through the halls as the parade of music and carts decorated with beads, masks, stickers, & glitter came closer. Thirteen year old volunteers, Jack



Debbie Pearson (left), and Susan Bergman shower Nathan Burkett with colorful Mardi Gras beads during the parade in Valor Hall.

and Ben, greeted residents and brought extra throws, stuffed animals, and doubloons to share in the celebration. Each room was visited and several residents replied, "oh...you made my day...let the good times roll!"

March into Spring Birthdays!

By Susan Bergman, MT-BC, Recreation Services

After St. James Elementary performed for Valor Hall / Assisted Living residents, Naomi Pointer was determined to find someone with a March Birthday close to her March 19th Birthday. She kept asking, "Is your birthday in March?" "Is your birthday in March?" "Is your birthday in March?" Sweet success - she finally found a student from St. James Elementary School with a birthday in March and they became instant friends. Naomi called out, "get a picture of us" and they both were tickled about their discovery. Naomi quickly joined the Mardi Gras parade of children through the hall, led the way, and became surrounded with students who crowned her with beads. She truly was the queen of the parade.

Later in the month at the Valor Hall / Assisted Living monthly birthday dinner, Naomi shined as Richard Health, the AFRH-G Director, joined her for a picture. She said, "let's sit down in front of the fireplace...why not...it's my birthday for heaven's sake...and make sure you get the St. Patrick's Day decorations in the picture, too." Later, Naomi replied, "I didn't know the Director knew me...that was very special...I feel quite privileged."



Naomi Pointer with children from St. James Elementary School.

Water Exercise Classes

starting on April 4 at 9 a.m. Stop by Rec Services to sign up for a spot today!

Fat Tuesday

Celebrated in the Washington

By Nicole Chappell

*"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 Tuesday, March 8th in the Sherman Multipurpose room for our first "Fat Tuesday 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; MSG Higham, Eric and SGT Potts, Alicia from A, BTry/1-265th. In addition to, Laura Fogarty, Susan Chubb, Lori Thompson, Carolyn Weber, Jerry Carter, Mr. Snow, & the Dining Hall staff for making this year's event successful.



Willa Farrell and Hank Smith take center stage dancing to a variety of music from jazz to rock and roll.



Victoria Stewart, James Riordan and Muriel Kupersmith join several residents in celebrating "Fat Tuesday."

Another eventful month for AFRH-W Arts and Crafts

By Lori Thompson

On Monday, March 7th, AFRH-W residents visited the Veterans Administration to view the local entries into the National Creative Veterans Festival competition. The judging took place in the morning and AFRH-W artists took first place ribbons in three categories and one second place recognition. Mimi Rivkin's painting of a golf ball in leaves won first place in watercolors; Warren Helm's large portrait won first place in pastels and Warren also took first place for a pen and ink drawing and second place for an oil painting. Their first place pieces will now go on to the national round of judging and the winners will be notified in May. Congratulations and good luck to AFRH-W artists Mimi Rivkin and Warren Helm! Thank you to all residents who entered the show.

Also on Monday, March 7th, several residents visited the Natural History Museum to view the crocheted coral reef exhibit. What an incredible display. Residents were awed by the delightful colors and wide array of techniques. From the hair-thin crocheted thread wisps of jelly fish to the jumbo clams and the plastic bag reef, the show is simply stunning. If you haven't seen it yet, stop by soon because the exhibit closes in April.

Josh Davidson, a filmmaker from the Veteran Artist

Program, returned on Tuesday, March 8th to gather more footage of AFRH and to capture active duty photographs of our resident artists who are in "Ageless Art," the documentary about AFRH-W artists. He added these to the film and it has been entered into the GI Film Festival Competition. The dates and viewing places of the film tour will be posted in the bulletin.

On Wednesday, March 16th, many of you saw the weaving demonstration on our new loom at the Health Fair. Please stop by the Ceramic Studio to sign up for the loom and weaving lessons. Willa Farrell has already finished her first scarf and is now weaving a second one!

During the first week of spring, volunteers are flocking to Sherman North to help prepare the Craft Center, the new Community Arts Room and the new Listening Room for our opening reception on Monday, March 28th at 1:30 p.m. A special thank you to MSG Higham and Chief Gerwig for their assistance in gathering volunteer troops to unpack/organize the new rooms.

Easter molds are now being poured in ceramics. If you would like to participate but cannot lift the molds, we will pour the molds for you. Please check April's calendar for this and other spring crafting events. Happy Spring everyone, we can all unscrinch our shoulders now!

St. Patrick's Day Ice Cream Social

By Nicole Chappell

On Thursday, March 17th, we celebrated St. Patrick's Day with our Monthly Ice Cream social in the Sherman Multipurpose room. Residents and staff all wore their green in honor of this historical holiday. The Recreation staff and volunteers served a variety of flavors, toppings that included green cherries to finish off the ice cream sundaes. Billy White "the music man" played a collection of Irish music. Special thanks to, our terrific volunteers; Susan Chubb, Ruby Bloomer, Dover Air Force Base and MSG Higham, Eric and SGT Potts, Alicia from A, BTry/1-265th. In addition to, Laura Fogarty, Lori Thompson, Christine Baldwin, Carolyn Weber, Michele Bailey and Jerry Carter for making this event successful.



Colonel Eddie Adelman, USAF retired, pours on the chocolate syrup for this lucky resident.

Straight down the alley

By Ed Crump

The two top stories in the shootout over the last two months have been the outstanding performance of both Smokey Prussman and Ralph Wineland. Both of these bowlers have been on a tear. I'll first start with Smokey Prussman who won bowler of the month honors in January. He accumulated a total of twenty points, which is the second most ever accumulated in one month. Only Pete Hudson with 21 points in December 2010 has accumulated more. Smokey finished in the top four all four weeks in January with one first place finish along with two second place and one fourth place finish. He became just the third bowler to finish in the top four on four different occasions for one month to join Ralph Wineland and Pete Hudson in this select group. His streak continued the first two weeks in February when he had a third and fourth place finish. By finishing in the top four for six weeks in a row he set a shootout record. It was the first time he has won bowler of the month since January 2009.

Ralph Wineland won bowler of the month for February, which was the fourth

time he's won to tie Eugene Allison and Buron Noel for the most ever since it was started back in January 2008. He put on an awesome performance during the last two weeks of January and the first three weeks in February. He has three first place finishes in a row to set a shootout record as well as two second place finishes. During the five-week stretch he averaged 198 that included seven games of over 200 and another five games in the 190's. He won high series scratch in both January and February with a 619 and 607 series.

After the first two months of the year Smokey Prussman and Ralph Wineland are tied for bowler of the year with twenty-six points each. Two bowlers that I would like to congratulate are Bob Schonherr who won bowler of the month back in October and Phyllis Bradford who won it in November. It was the second time each of them has won bowler of the month.

I would like to encourage all bowlers and non-bowlers to stop by the bowling center during the shootouts. You will be amazed at how much fun you will have.



By Jerry Carter

"BOWLING WITH THE MARINES"

On Wednesday, March 9th the Henderson Hall Marines visited the Sheridan Bowling center. They bowled several fun games and interacted with resident bowlers throughout the evening. All had a good time and the residents look forward to another visit from the Henderson Hall Marines.

Navy Appreciation Week on the Mississippi Gulf Coast

Residents participate as special guests at patriotic events all along the Coast

Communities across South Mississippi recently celebrated its proud history with the U.S. Navy. On March 18-25, 2011, Mississippi hosted its first ever Navy Week. The festivities kicked off on Friday, March 18 with a special VIP air show featuring the Blue Angels for the residents of the AFRH. Over the weekend the Blue Angels performed at Keesler Air Force Base in Biloxi at their annual Open House. Saturday night, March 19, members of the Blue Angels crew stopped by the AFRH-G to meet the residents. Also on Saturday morning, Rear Admiral Ted Branch, Commander Naval Air Force Atlantic, visited the AFRH-G and had breakfast with the residents.

Other activities of Mississippi Gulf Coast Navy Appreciation Week included a Patriots Parade and street party in Gulfport, proclamations by mayors in all Coast communities of Navy Day and the week concluded with Seabee Day on March 25.



The Navy's Blue Angels streak over the flight deck at Keesler Air Force base at the preview show held on Friday, March 18. AFRH-G residents had front row seats to watch the show.



Pat Thompson, a former Chaplain at the AFRH-G, visits with residents at Keesler for the air show. Over 50 residents attended the Blue Angels air show.



Charlie Jenkins, Barbara Folk and Sally Manning take a photo with one of the Navy's Blue Angels crew members during their visit to the AFRH-G on Saturday night, March 19. The history of the Blue Angels began at the end of World War II when the Chief of Naval Operations, Chester W. Nimitz, ordered the formation of a flight demonstration team to keep the public interested in Naval Aviation. The Blue Angels performed their first flight demonstration less than a year later in June 1946.



Some of the Blue Angels in front of the AFRH-G. Since the inception of the Blue Angels in 1946, they have performed for more than 463 million fans around the world.



Residents were special guests of honor at the christening ceremony of the USS Arlington (LPD-24) which was held on Saturday, March 26. Nearly 30 residents traveled over to Pascagoula as guests of Northrup Grumman to attend the christening and the reception. The ship is named for the city of Arlington, Va., honoring the 184 victims in the air and on the ground, who lost their lives when American Airlines Flight 77 crashed into the Pentagon Sept. 11, 2001.



Left - Rear Admiral Ted Branch, Commander Air Force Atlantic, visited the AFRH-G on Saturday, March 19 as part of Navy Week on the Mississippi Gulf Coast. Here, resident Bob Rutherford takes the Admiral around to meet residents at breakfast.