



Armed Forces Retirement Home

Communicator

VOLUME IX NUMBER 3

GULFPORT, MS - WASHINGTON, DC

MARCH 31, 2012

At AFRH-G

American Legion Auxiliary National President visits



Kris Nelson, the American Legion Auxiliary National President (center), meets Bob Harris during her tour of the AFRH-G on Wednesday, March 28. She and state and local members of the American Legion Auxiliary toured the Home and visited with residents in the dining hall. Pictured far right is RAC Chairman Bill Parker, that conducted the tour for the group.

Sock Hop marks the opening of Jerry's Diner

New dining hall dedicated with party

By Nicole Chappell

On August 23, 2011, an earthquake with a magnitude of 5.8 struck D.C. wiping out many of AFRH's daily operating facilities in the Sherman Building. Hit particularly hard was the dining hall which served as a gathering area for a multitude of purposes. As a result, the fitness center in the Sheridan Building was redesigned to serve as a temporary dining establishment.

After many hours of creativity, a diner concept was born, transforming the temporary site into a classic 1950s diner. In honor of those efforts, AFRH celebrated the grand opening of Jerry's Diner with a 50's Sock Hop for all of the residents to enjoy. Many that attended dressed up in their finest fifties fashion, and danced the night away proving that the fifties had far better dance moves more challenging to execute than those that we use today! Those of us lucky enough to be chosen to be their partners, learned a thing or two about smooth moves that night. Residents who chose to watch from the sidelines enjoyed a variety of tasty treats feasting on sliders, corn dogs, fried chicken, coconut shrimp and more. Wine, beer, and classic soda rounded out the menu and contributed to the festive occasion.

Special thanks to Dave Watkins, AFRH Administrator, and Charles Dickerson, Chief of Resident Services, Lori Thompson, Art Specialist and Diner Concept Creator, Grace Dant, AFRH Administrative Officer; Laura Fogarty; Additional Recreation employees Jerry Carter, Michele Bailey, M.C. Murano, Recreation Therapy employees Carol Mitchell, Sarah Keenan; Friends of the Home, and the Dining Hall staff.



Howard Shirley and Karla Norris do the jitterbug at the Grand Opening of Jerry's Diner. The festivities were held on March 22.

National Volunteer Week is April 15 - 21

Celebrating People in Action

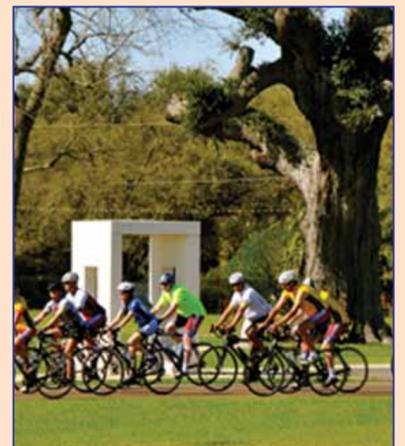
Join AFRH Washington & Gulfport as we celebrate our volunteers through activities and special events this week.

Inside this Issue



Rear Admiral Tidd visits AFRH-G

Page 5



Veterans Ride2Recovery

Page 6



More photos of Jerry's Diner Sock Hop

Page 8

AFRH COMMUNICATOR

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

Serving Washington, D.C. and Gulfport, Mississippi



ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

Become a resident today!

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
DIANA LYNN DOPP

Have you ever met someone who spends a great deal of time doing for others? Someone who is an exceptional "volunteer" and whatever you need to have done she is there to give you a hand. From Cataloging DVD's for the library, teaching Computer Classes for "Dummies" or doing a prayer at the morning Chapel Service; or just encouraging a staff member in need of a word or teaching the Food Service staff to decorate cakes – that's our Diana.

Diana was born in small town, Rockville, Connecticut, in the 50s – you see Diana is our youngest female in Gulfport, therefore you will never know her birth date. After high school she married James Dopp and had three children, Heidi, James and Joan. She worked at United Technology Research Center where she soon discovered she needed a college degree. She was advised to go in to the Navy Reserves where she could obtain the G. I. bill to get a free college education. Things unfortunately did not go according to plan. Her entrance into the military was a storybook only entrance. She signed up on a Saturday to be a Reservist, in data processing and was told that there was a years wait. Diana was already 32 years old and did not want to wait. Four days later the Recruiting Office called and said she was in and was offered her orders that Friday. Diana only had three days to get things in order. Furniture quickly disappeared and the kids were sent to live with their Dad. Next thing you know, she's off to boot camp. There she

gets more surprises - she had a six year active duty commitment, not a two year stint in the reserves. She made the best of it!

Diana reported for active duty in the Navy on August 13, 1982, and after completing basic training in Orlando, Florida, attended Data Processing 'A' school in San Diego. In January of 1983 she reported to Fleet Intelligence Center Europe and Atlantic, Norfolk, Virginia, where she received Sailor of the Quarter and Sailor of the Year and was nominated for Shore Sailor of the Year. In January 1989, DP2 Dopp reported to Rota, Spain, for duty at Fleet Ocean Surveillance Information Facility and was advanced to Data Processing First Class in June 1990.

Diana is a Gulf War veteran who in 1992 was assigned to the USS Prairie AD-15 until its decommissioning then went to the USS Niagara Falls AFS-3 at Agana, Guam, completing two tours in the Arabian Gulf and Southeast Asia. She reported aboard USNS Niagara Falls (AFS-3) in September 1994, and transferred to her ultimate and final



Diana Dopp

command, Joint Analysis Center Europe in March 1995. During Diana's career she earned the Joint Service Commendation Medal, Joint Service Achievement Medal, Navy Achievement Medal with four gold stars, Joint Meritorious Unit Award with three oak leaf clusters, Navy Unit Commendation with one bronze star, Navy Meritorious Unit Commendation with one bronze star, 2 Battle "E" Awards, Good Conduct Medal with 1 silver star, Navy Expeditionary Medal with bronze star, National Defense Service Medal with one star, Armed Forces Expeditionary Medal, Southwest Asia Service Medal Sea Service Ribbon with bronze star, Sea Service Ribbon with one bronze star, Overseas Service Ribbon with two silver stars and four bronze stars, and the Kuwait Liberation Medal (Kuwait).

She retired with 20 years military service but was so enthusiastic about government she became a civil servant for another 10 years doing exactly what she did in the military.

Diana's field was Computer Security, one of the few women in the field at the time – another trailblazer in her day. She has three married children, Heidi Meyers, James Dopp and Joan Saucier, and three grandchildren Stephen Meyers, Cameron James Dopp and Jacob Saucier.

Some of the residents refer to Diana as "Mother Theresa" as she looks out for and takes care of her fellow veterans. We are glad Diana ended up active duty and not in the reserves!

AFRH-W Veteran Highlight

Michigan native served around the world in the Air Force

By Christine Baldwin
AFRH-W Librarian

Robert Hill was born in Detroit, Michigan. His mother was Canadian and his Dad American. He joined the Air Force in 1968 and took his Medic training at Hill AFB in Utah. Robert used this training in South East Asia; in Ubon, Thailand; and Vietnam until 1974. His main job was suturing. Robert did miles and miles of sutures, including hundreds of soldiers and even sewed some little girls' faces back together. Even though he was Air Force, because of the nature of his work he ended up serving in every branch of the service (except the Coast Guard).

After Vietnam, Robert went to Germany and later Italy. While there the main worry was about Russia. One day, he went

outside, and while doing exercises, Robert heard an announcement from the tower. The MIGs were already in their neutral zone. The tower announced "10, 10, 10" which meant that it's red hot! Then two of our F15s came out of the bomb-proof bunkers. Robert had never seen planes go that fast. You couldn't see them, but you could hear them. Then, you couldn't even hear them. Needless to say the MIG's turned tail and left in a hurry.

Robert had flown in many different aircraft, including the C-130, when they were transporting our deceased military home to the United States. He had also been on the Concorde in the early 70's. It seemed like one minute he was in Italy and the next he was in New York.

Robert retired in 1988. Though he had always given money, he never knew where or what the Armed Forces Retirement Home was. Robert was very happy to "discover" the home and has been here for fifteen years. Since he is a people person, Robert loves talking with people and enjoys staying active.

Robert Hill spent 20 years in the Air Force and has lived at the AFRH-W for 15 years.



Message from the Chief Operating Officer



As we move into Spring many things are happening at the Armed Forces Retirement Home. In less than a year we

Care, Memory Support, and community areas. On-site equipment will be moved during the third phase in areas such as the dining, fitness center and office areas. Keep in mind the majority of the equipment will already be located in the facility when it is turned over to us from GSA. During the fourth or adjustment phase we will determine what functions/areas will open first after we have verified that all the equipment works and all critical elements of the building operation are in working order sufficiently to open the Scott.

The fifth phase is the certification process that ensures the facility and equipment is ready for use. The Residents (Long Term Care and Memory Support) will be relocated in the Scott Building and the Assisted Living Residents will be relocated into the Sheridan Building 2nd and 3rd floors south during the sixth phase of the transition. The seventh and last phase will be the closure of the LaGarde building.

Within the STP we have developed an action plan to carry out all the details required for Resident and employee relocation into the Scott and Sheridan Buildings. We have identified several actions that need to be completed before, during and after the opening. Currently Justin Seffens, Agency Facility Manager, is reviewing all equipment that is being ordered for Scott and Sheridan (Assisted Living area) Buildings. Chuck Dickerson, Chief Resident Services will develop and modify dining, janitorial and food service equipment maintenance contracts. Pamela Young, Chief Health Care Services, has already implemented a resident assessment for all Residents currently residing in Long Term Care, Memory

will open the Scott building at the Washington facility. In Gulfport we are plantings trees and working with the General Services Administration (GSA) on various projects that have been identified by staff and Residents. I want to keep all Residents, employees, family members and stakeholders informed of our progress as an Agency.

Over the last two months AFRH-W has been working on the Scott Transition Plan (STP) in order to make a smooth transition for Residents and staff members in the new building. Currently we believe the transition will take approximately 6 weeks that will include a total of 7 phases throughout the entire move. The first phase will include the building turnover from GSA to AFRH. During this phase AFRH-W will prep and test areas such as the fire alarms, elevators, utilities, nurse call system, sanitizers, phones, internet, indoor pool operation and the theater audio visual system to make sure they are operating properly. The second phase will include stocking areas such as the Wellness Center, dining facility, recreational areas, Long Term



Staff members Rebecca Perry and Lynn Holt take notes during a Scott Transition Plan meeting. In less than a year the new Scott building will be ready for occupancy by Residents and staff members.

Support and Assisted Living. These are just a few of the areas that we have started to address with many more areas and services that are currently being reviewed and developed.

In the next few months AFRH-W will start hosting Resident Focus Groups in order to keep you informed about the opening of the Scott Building. I would ask that all Residents in Washington plan on attending these group sessions. I can assure you my team will listen to your questions and concerns. This is your

Home and we want to make sure that we are doing everything possible to make this a smooth transition.

It is my pleasure to announce that John Cage has been selected as the Supervisory COR in our Gulfport Campus Operations team. Next month I look forward to discussing the AFRH Advisory Council meeting that will be held in April.

Steven McManus

Ask the COO (Question & Answer)

Q: Is there a double standard for military retirees and non-retirees at AFRH in Washington?

A: AFRH is home to retirees, service connected, war theater and females veterans prior to 1948. Fortunately the majority of services at AFRH are provided to all residents. AFRH is currently looking into the Pentagon legal services not offered to all residents but just retirees. AFRH-W has designee status for residents to utilize the services at Walter Reed National Military Medical Center. Access to the PX/BX system is a benefit to active duty and retirees. The benefit does not extend to AFRH residents outside the confines of AFRH unless agreed to by individual branch of service.

Q: Can a TV be located on the south wall of the Sheridan lobby for a trial basis and have a vote to determine if this is a good fit?

A: The Sheridan main lobby is utilized for special events and performances at this time. The current location of the TV in the lobby facilitates special events. At this time we are not considering an additional television in this area or moving the current one.

Q: During the period of transition from the Old Scott Building to the construction of the "new Scott" and the LaGarde closure, the AFRH-W Residents are asked to endure numerous hardships and inconveniences. Has any thought been given to seeking Congressional Legislation to reduce the AFRH-W Resident Fee to a sub-standard rate similar what Gulfport Residents paid prior to 2006?

A: A fair question. We sincerely appreciate the support shown by Residents during this transition period. Although many of our programs have been reduced in size to some degree, many have not changed. The Washington Home still offers and provide the same amenities and services.

Q: When someone talks about turning out the lights what do they mean? There are always lights on 24/7 (i.e., Fire Lights and Safety Lights) whatever you want to call them. I know of at least one Home Resident who goes around and turns off

lights not being used by anyone. As you, yourself stated in the Paper -"Save" - turn off electric not being used. A light switch can be turned on just as well as turned off, so what is the problem? It used to be the Floor Manager had to turn off 1/2 of the lights at 9 p.m. and back on at 6 a.m. We should be going green.

A: You are absolutely right. AFRH is currently working on an Environmental Campaign for both facilities. In the very near future the campaign will be launched. In the meantime I ask all Residents and employees to turn off lights if they are not currently being used.

Q: Residents need to know who to see and what the procedures are to get suggestions to the staff - to get something on the site plan (i.e., additional trees, BBQ Pit etc.). This also includes items to add things to our home. Presently it is called to the attention of the RAC and approved or dropped before everyone in the home is aware of it. Who can we ask?

A: I have requested Resident suggestion be address through the Resident Advisory Committee. I would also suggest providing your suggestions to the Chiefs in Resident Services, Campus Operations and Health Care Services.

Q: Thermostats are being adjusted by Residents and turned to the highest HOT levels in the Towers.

A: The COO would like Campus Operations to check thermostats in the elevators and common areas to make sure no one except the maintenance contract and Campus Operations has access to the thermostats.

Q: What is the status of Senior TV (cable-internet and phone) services?

A: The Senior TV survey has been completed and sent to Senior TV for review. An update regarding Senior TV will be presented at the next Town Hall meeting.

Thank you for the questions. COO comment/suggestion boxes are located in common areas of both campuses. Feel free to ask your question and it will be answered in this forum in a future editions of the *AFRH Communicator*.

AFRH-G Beautification Project



With the help of a Navy Seabee, Charlie Jenkins places potting soil around a tree being planted as part of the AFRH-G Beautification Project. Residents have been instrumental in getting a variety of trees planted around the grounds, in coordination with Campus Operations. To date, 27 trees been planted this spring.

Million Veteran Program:

Partnering with Veterans to Revolutionize Health Care

The Department of Veterans Affairs (VA) Medical Center in Washington, DC, is one of 50 VAMCs selected across the nation to serve as an enrollment site for the Million Veteran Program (MVP), a research program that will help us better understand how genes affect Veterans' health and illness. The ultimate goal of the program is to transform health care.

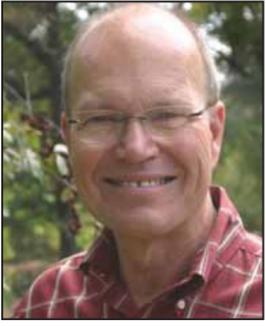
The Million Veteran Program (MVP): A Partnership with Veterans is a national, voluntary research program conducted by the Department of Veterans Affairs, Office of Research & Development. MVP aims to enroll as many as one million Veterans over the next five to seven years. Participants will be asked to complete a one-time study visit (approx. 20 minutes in length) to provide a blood sample for genetic analysis. Participation also includes filling out health surveys, allowing ongoing access to medical records and agreeing to future contact. This research program will establish one of the largest databases of genes and health history. The results of MVP may lead to new ways of preventing and treating common illness.

Dr. Ayman Fanous is coordinating the local effort. Tary Hanna, Research Coordinator, and Jarrod Collier, Research Assistant, also aid in the recruitment efforts in hopes of bringing in many more Veteran participants at the VA Medical Center.

By participating in MVP, Veterans will help contribute to the knowledge-edge base that may result in developing personalized treatments for military-related illnesses, such as post-traumatic stress disorder, as well as more common illnesses, like diabetes and heart disease. Results from MVP will help improve health care for Veterans and all Americans. MVP has extensive safeguards in place to keep Veterans personal information secure and confidential. Participation will not affect access to health care or benefits. For more information or to participate, call toll-free 866-441-6075.

Don't forget to "Think Green"
Energy Conservation

From the AFRH-W Administrator



I am not a sandwich person. I do not like fast food restaurants. I guess if I were starving and the only food being offered was hamburgers, I might eat one. I don't eat French fries or potato chips.

I only like homemade cookies that are soft and gooey but only every once in awhile. I once ate earth worm cookies in Arkansas. The only cuts of beef that I like are the tongue and heart, but utterly relish, Steak Tartare, which is raw beef chopped small, seasoned with spices and lemon juice. My favorite meat is any type of seafood and I like it enough that I could easily enjoy it three times a day. I particularly take pleasure in sushi and ceviche. Don't feed me white meat of chicken or turkey, only the dark will do for me. Pig feet, chitlins and cracklings, oh man, can I ever devour them. I will certainly eat salads of all varieties and plenty of vegetables and fruit. I do enjoy sweets but not chocolate. Cheese? Bring it on, but my favorite types are the kind that most people turn their noses up to, limburger, aged brick, Stinking Bishop, etc. Stinking Bishop is a washed rind cheese dating back to the Cistercian monks who once settled in Dymock from Gloucestershire, England. This cheese is a spectacular dairy experience. Washed in fermented pear juice, called "Perry", the cheese develops a stinky, pungent, orange-colored, sticky rind as *Brevibacterium linens* ripen the cheese from the inside out. At room temperature, this cheese will run across a plate. My favorite vegetable is asparagus and I like it best when it is raw, but I also like it cold or hot, or any way that it is served and will even open a can of the stuff, drink the liquids and then eat the remainder of the can. I crave legumes, any style. I don't

snack between meals. I am never tempted to eat at night.

I love international foods and I will try anything and usually enjoy it very much. Ethiopian, Vietnamese and Indian are my favorites. Chuck's wife, Miko, taught me how to make my own Kimchee and boy, can I ever eat that.

Now, my wife Sue tells me I am weird and I guess I must admit that there is a gaping hole of a difference between the way I and most Americans eat. Sue and many of our children like beef and most meats but not the cuts I like. Isn't it interesting how we all like different kinds of not just foods, but everything in life? We each have our preferences. I admit that I am a picky eater. Though if I were at someone's home or even in a different country, I would eat anything that would be served to me. And I would enjoy it because that is a choice I make to do so. My parents were once served cooked rat, and though I have never eaten rat, if that is what I was served in a third world country, I would not only eat it but would enjoy it.

Eating for me is a great joy and I would venture to say, it is for most everyone. I've only known one person who does not love to eat and he tells me that it is more of a necessity for him. I read in a book that Abraham Lincoln was of that sort; he ate to exist and did not enjoy state dinners, thinking they were a waste of valuable time.

When in the Navy, I was a Commissaryman or a cook on submarines and our food budgets received a third more per man per day more than land bases or surface craft. The reason for that was for the moral of the men who were cooped up for great lengths of time. I totally understand that food is very important to the most of us. It is not merely a requirement for life, but it is a major part of our lives that most enjoy very much.

Guess what? We have complaints about the food that is served at the Armed Forces Retirement Home. And there will al-



Residents get served up tasty meals in the dining room.

ways be complaints because eating and food is central to our lives. Commercial cooking is not like eating the type of food that my mother or grandmothers prepared. And it is different than what I like to cook since I am a from-scratch cook. One criticism is that vegetables are often over cooked here. But there is a reason for that. When we shut down the kitchen in the old Scott Building we lost 68% of our freezer space which demanded that we had to switch to canned vegetables because we just do not have the space. Fred Hornsby and Greg Wilson both regularly say that they hate serving canned vegetables and this is the first time in their careers that they've had to do so. It is a temporary dilemma and as soon as the kitchen opens up in the new Scott early in 2013, that will end. Most objections are because of our individual likes and dislikes. The food that I like would be repulsive to many of you reading this article, yet they are my delight. Resident Bill Fowler who heads the Food Committee meets frequently with the Kitchen staff and they work continuously at improvements that they can bring about. I

went recently with Fred, Greg, Bill Fowler and several other Residents to a Food demonstration by one of the companies who supplies food for the AFRH-W. We were served many different foods, but not only did we just eat certain items, but the hosts compared one label of food with another. From that excursion, some decisions were made to introduce new and better tasting food entrees. All of us who took part that day basically voted on which was the better product.

The fact is that we have wonderful choices here at the Home. I have been in this line of work for over 20 years and have never seen so much variety anywhere else. When I go through the lines, there are always several selections I may make so that I can satisfy my preferences.

I thank all of the people who work diligently to prepare the hundreds and hundreds of meals each day. I know they are doing the very best they can to satisfy each of you and I applaud them.

David Watkins

Notes from the AFRH-W

Chairman, Resident Advisory Committee



In last month's column you were notified about the name change of the RAC. In the column I said that I would let you know what the change means and how it might affect the work of the RAC. Well, I am able to say that there will be no

changes to the way the RAC works. All that has happened is a name change. Of course, there might be those who feel that a name change means that other things are happening so far, that is not the case. No matter what name is used, our work continues; insuring that we are doing all that is needed to assist the Resident in making this home – theirs.

As for the title of the head of the RAC you will notice that I have changed the name from "Chairman" to "Chair". The only reason for this change is to remove a word that might be considered "sexist" and replace it with a modern sounding title. With the increased number of female members who will be meeting the requirements for admission to the home, I felt that now is the time to make this change. And what better time than just after the name of the RAC has been changed. After all, who knows, the next Chair of the RAC just might be female. An additional change is now all committees under the RAC are now sub-committees; a change of name not mission.

Now for information about things that are good about things here at the home. Let's give a big thank you to all the staff of The Mobile Dentist. Since this organization has been doing work here at the home, I have not heard of any problems associated with their work. In fact, I had my annual checkup recently and was in and out in about 20 minutes with all problems taken care of. From what I understand the Residents of the home are expecting

superb service from The Mobile Dentist, and getting it.

At the start of the month the RAC Chair, along with the Home Administrator, David Watkins; the food Contract Surveillance Officer, Greg Wilson; the food Service Supervisor, Fred Hornsby; the Project Supervisor for the Dining Hall, Liz Garris and a Resident of the home, Nelson Jamison visited one of the many food vendors that the home works with. This visit resulted in several requests that certain food items be added to the home menus. So in the next few weeks look for several changes to food being served to you the home Resident. A change that was placed into effect faster than I thought it could be was the patty used for the lunch fast food service (or hamburger), it is now a better tasting product than the product that was being served. Again, if you attend the monthly food service committee meeting, you can request that certain foods be added to the menus. Then starts the process of finding it, costing it, and if the price is right, getting it placed into the cooking cycle. Like all things that are provided to you, the Resident, sometimes, the process makes it look like nothing is going on but rest assured that things are happening.

As of March 20, 2012 the Washington home had a total of 525 Residents. This total included 328 in independent living; 53 in independent living plus; 55 in assisted living; and finally 89 in long-term care.

Also as of the 20th of March the number of floor Representatives that are still needed has dropped to just one; that for the second floor of the Sheridan Building and the number of sub-committees that still need a chair is Health and Wellness. The health and wellness committee is not the same as the one chaired by Mr. Jenterra but is one concerned with making recommendations for the promotion of health and wellness of all Residents. This means things like encouraging those things that make us healthier and fitter as we

age.

Finally, I am still asking for input that you feel the new Council for the Home should address, please let me know as soon as possible. This is because the next meeting of the Council will be the 19th of April at the Gulfport home. Call me, write me, or stop me in the hallway – any method works in getting the

message to me

Finally, WELCOME to all new Residents of the Washington home, this is your home. Please ask what is available, take advantage of the tours and trips and RELAX.

Esker McConnell



Esker McConnell, RAC Chairman and Administrator David Watkins cut the ribbon for the Jerry's Diner grand opening.

THINK SPRING POETRY AT AFRH-W

By Christine Baldwin

The "Think Spring Poetry" event took place on a very warm (81 degrees) day in early March! The residents enjoyed great poems, good food and conversation. Christine Baldwin started it off with "A Spring Song for Me" followed by the classic "Old Ironsides" read by our own Jim Webster. Next, Naomi Plummer gave a stirring rendition of "The Barefoot Boy With Cheeks of Tan". Though she couldn't make the evening event, poetess Ida Emily Simpson graciously allowed a reading of her 1994 poem "Progress". John Miller followed with several humorous poems from Dorothy Parker. A clever reciting of Robert Service's "Rhyme of the Remittance Man" was performed by Paul Grimes. Next, Patrick "Goldie" Goldsworthy read a thought provoking piece titled "Funeral for a Marine". The poetry ended with a poem written by Esker McConnell, "Going to the Pond". With refreshments served; conversation took over and a good time was had by all!

From the AFRH-G Administrator



As you all know by now, Mr. Richard Heath our former administrator has taken a position at Seabury Retirement Home in Connecticut. Until a new Administrator is hired, Chuck

Dickerson and myself will rotate as Interim Administrators.

I hope everyone is aware we have a new Healthcare Administrator - Ann Pechotta-Knapp. She comes to us with an extensive nursing background and experience in Long Term Care and Assisted Living. In fact, she used to work at AFRH-G prior to Katrina. If you see Anne in the halls, please give her a warm welcome.

I wanted to take this space to update everyone on the capital improvement projects and some other projects going on around the Home.

CAPITAL: All to be complete by 8/31/12

1. 62 Electronic Door Opening devices for laundry rooms, trash rooms and certain identified common rooms.

2. Dining Hall columns will receive protective corners on 15 columns.

3. Resident bathroom medicine cabinets will get a protective cover on the pointed corners.

4. The parking garage will get the parking stall stripes painted to include the 4 identified parking spots for large vehicles. The columns will get painted to match the color of the tower closest to it.

5. The doors on the South side of the building are going to get a new seal to prevent excess water from coming in during storms.

6. Loading Dock is going to get a video/voice monitor.

7. The Loading Dock is going to get a lift to hold up to 6000 lbs.

8. The South balcony is going to get a sunshade. This project could take awhile.

9. There will be an upgrade to the sprinkler system on the north side of the chapel.

10. There will be a canopy installed over the well pumping station.

11. Upgrade to the Vindicator System

12. There will be 20 120V receptacles placed at the front of the building for Christmas Lights.

13. Galvanized Steel Maintenance Bridge

14. Raised Garden Beds

OTHER PROJECTS:

1. Soundproofing Laundry Rooms – starting with B7th floor.

2. Bridge widening project for bridge on walking path.

3. Additional electrical outlets in Thrift Shop.

4. Tray line repair – starting soon.

5. Memorabilia from Walter Reed – being sent from DC.

6. Hall of Honors repair – done.

7. Flag Pole Repair – done.

8. Smoke Shack #1 – Done.

9. Outlets in Community Center – Done.

10. Clanking in Elevators – fixed.

11. Emergency Call Boxes in Dining Hall – pendants in place temporarily.

12. Adding Green House – trying to get a VA Grant.

13. Fountains in Reflecting Pond – getting proposal.

14. Electric Meters in RV Parking Lot. And many, many more projects have been completed.

Earlier this month we held a badge /guest Focus Group and I was asked to ponder a few items. One was why we make people who are just dropping off staff and/or residents get a visitors badge to just turn it right back in and the second item was why we can't have an extended stay badge. I am happy to report that I'm finished pondering and here is what has been decided. If you are just getting dropped off you DO NOT need a guest badge. However if your guest changes their mind and decides to come into the Home, you'll have to go back to the gate house and get a badge.

Second, if you have an extended stay guest – even one that is not staying with you at the Home – you will now be able to get an extended stay guest badge. All you have to do is let Security know the days your guest is in town and we will provide them with an extended badge and a parking pass with the dates of the stay. If they stay longer the resident will have to go to Security and get it changed. The badge must be returned at the expiration date.

I want to thank the over 100 residents who participated in the Focus Group on this topic. I know for sure that you all want to be great neighbors and treat everyone with the respect they deserve.

We have been having issues with our flag pole and flag. Recently the flag got tangled up on a weekend and a few residents contacted the Gulfport Fire Department who came over and took the flag down. A letter of thanks was sent to firefighters Steve Kerns and Randy Necaice. We presented them with

the Director's coin for their service.

WLOX-Channel 13 was at the Home on 3/16 to film the Vasser Night Owls. They are the only female acappella group in the United States and they chose to stop by the Home and perform for our Veterans. Their renditions of the songs they sang gave me chills! Each member was presented with a Director's coin.

Loyalty Hall opened in March for our Memory Support residents.

The Second Floor Carpet is being replaced from March 20 – April 16. Please do not try and use the second floor as a cut through during this time. The residents on the second floor have been very cooperative and understanding about this project. Thank you all.

There have been five residents selected

to go on the Mississippi Honor Flight to DC on April 24. They are: Marion Short, Hugh Wingo, Marian Powers, Marion Ritchie, and Nathan Burkett. These flights to honor our WWII veterans are at no cost to the resident and we are honored to have representatives from the AFRH-G attending. If you get a chance, be at the airport in the evening of the 24th and welcome the flight full of WWII veterans back to the Coast.

It has been a pleasure to serve you during my month as Interim Administrator. If you need anything, please do not hesitate to contact me or any of the AFRH team. We are here for you.

Laura Slack
Interim Administrator



Vassar College "Night Owls" perform for resident of the AFRH-G.

Residents delighted by Acappella performance

By Adelina Hay-Sowell, Volunteer Coordinator

On Friday, March 16th, the AFRH was visited by a "nocturnal" group known as "The Night Owls." The Night Owls are the oldest running all female Acappella group in the United States and they hail from Vassar College. It was a full house when these lovely young ladies wowed the audience with their vocal range and animated gestures to match the songs. Most of them took turns as a lead singer for each song, with the rest of the ladies providing the background music and chorus. Everyone thoroughly enjoyed the performance and they received a standing ovation and calls for an encore when they finished. After the encore, Laura Slack, interim AFRH Administrator, presented each young lady with an AFRH coin and they joined the residents for lunch.

This tour was the first time the group has traveled outside their local area and we hope they will make AFRH a regular stop in years to come.

According to legend, the Night Owls were born during the polio epidemic of 1942, when the whole student community was quarantined. No one was allowed to leave their dorm rooms except for classes. All social events were cancelled, tea in the Rose parlor was halted- all Vassar traditions were on hold. In the midst of this forced isolation, 16 brave young women threw caution to the wind. They dressed in black, snuck out of their dorms and met secretly in the basement of the library where they sang late into the night. Now, almost 70 years later, they continue to sing in all black in honor of their founding members. Their repertoire ranges from traditional jazz and R&B, to Rock and 80's pop.

-RAC approved a motion to appoint Jack Segars as Floor Rep for floor A6.

-RAC approved a motion to appoint Pete Peterson as Alternate Floor Rep for floor A6.

-RAC approved a motion to table the discussion on Tournament Fees paid out until Recreation makes a recommendation for next meeting of the RAC.

-RAC approved a motion to table the discussion of having a "Weight Watchers Program" set up in the home until next RAC meeting.

-RAC approved a motion to table the discussion on "Delivery of Meals to ailing Residents" until the next RAC meeting.

More Hospice Care Training is scheduled for 19 April 2012. Receive your Hospice Care training and receive the title of "Honor Guard". Be a part of the team who will sit with and tend to our Brothers and Sisters in their final hours before death and allow for Death with Dignity!!

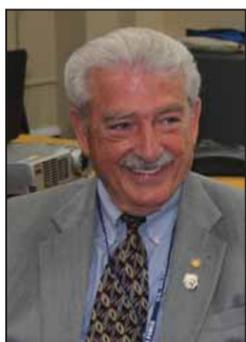
Many THANKS to all the Residents for participating in making OUR HOME a Better place to live. Your help, your suggestions, and Your Comments are helping us all become BETTER.

Enjoy!!

Bill Parker

Notes from the AFRH-G

Chairman, Resident Advisory Committee



March 2012 has been another perfect weather month here on the Beach. The Resident count here in Gulfport this month is now 504.

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!

Many of the Residents have "stepped up", day after day, to assist in the operations of OUR HOME, to make it a better place to LIVE. To name a few: Jack Male, thanks for the donation of a computer; Raleigh (Dawg) Player for volunteering to represent two Floors on the RAC; Helen Bieda who is always available to say a Prayer at the appropriate time and to pick-up any loose ends left undone; Diana Dopp who is always THERE in a time of need;

Heather and Charlie Baird who takes on the TOUGH jobs and does them outstandingly; Roy Beard for taking an almost impossible job and making it run like a new sewing machine; Jack Segars and Pete Peterson for stepping up to represent floor A-6 and our tireless Editor of the SCUTTLEBUTT, Byron Dennis, who is on the job 24/7 with an ear out for the current Scuttlebutt. Our sincere THANKS for all that they do. They and others make our Home, BETTER!!!

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 13th of March 2012. Some of the actions taken were:

OLD BUSINESS:

-RAC received updates from all Committee Chairpersons.

NEW BUSINESS:

-RAC approved a motion to appoint Myron Wash the new Food Service Committee Chair.



During a visit to the AFRH-G on March 3, Rear Admiral Kurt Tidd signs Bob Rutherford's Blue Jackets Manual. Bob was showing the Admiral the signatures he had from other Admirals, such as Admiral Boorda, and he wanted to sign the book as well.

Rear Admiral Tidd is the Commander, U.S. Naval Forces Southern Command, Commander, U.S. 4th Fleet. His visit to the Home included a tour and breakfast with residents.

AFRH-G March Activities

Volunteer offers residents pottery classes

Story and photo by Milt Williams
Art Specialist

AFRH-G has begun classes turning lumps of clay into pinch pots with all participants having the best time getting their hands "muddy" rolling and pinching the soft pliable clay into small bowls, pots, handles and all. We had fun getting acquainted with this medium and discovering how easy it is taking a small ball of clay and turning it into a one-of-a-kind artifact. By the end of the class it was hard to tell which brought more satisfaction, the finish product or the clay covered hands. The hands cleaned up and the pinch pots, after being fired in the kiln, will be a neat collectable. The real treasure was the interaction of Hugh Wingo, Clara Mihelic, Doris Jones, Corena Wash, Marion Wolke, Tom Lynch and Naomi Pointer as they followed along with Dena Ladner, our newest volunteer, a delightful and skillful pottery instructor.

Dena Ladner began volunteering at Valor Hall earlier this year and discovered that the AFRH-G has a kiln for clay and ceramics classes. Shortly thereafter she

expanded her giving and had her first clay class with the residents in March, which was a huge success. She is a native of the Mississippi Gulf Coast working and teaching in the arts, using clay as her primary medium of expression. She earned a Bachelor of Fine Arts degree in 2004 from William Carey University, Gulfport, MS. In addition to working her pottery studio and volunteering as our pottery instructor, she is a core artist with Communities in Schools of Greenwood Leflore, Inc., providing art programs that help at-risk teens set and achieve goals of graduating from high school and becoming productive citizens. Dena likes working with clay and sees it as a true gift from God. She is inspired by history and the many clay artifacts discovered around the world, especially Eastern cultures with texture, shape and color influencing her works. She feels her art is a combination of her own ideas as well as a part of every instructor she has had the privilege of studying under.

The residents and staff are most grateful for her volunteering here at AFRH-G and look forward to the next pottery classes. Contact Milt for info on the next class.



With hearts and hands (from left) Clara Mihelic, Dena Ladner, Hugh Wingo and Tom Lynch dig right in, turning lumps of clay into precious vessels.

Hey, Good Lookin'



By Susan Bergman, MT-BC, Recreation Services

At a recent Ice Cream Social in the Community Center, Jack Walsh was called out for "looking good!!" Several of Jack's friends huddled around him and asked him - "Wow! How do you do it Jack - you look great!" Of course, Jack replied, "Arm & Hammer toothpaste!" Naomi Pointer said, "oh, my...is that it?" Jack said, "I'll give you a big smack of a kiss and you tell me!" With humor and smiles, the gang gathered for a wonderful picture to mark the occasion.

TOP 3 KAFB GROUP DOUBLES THE LUCK FOR VALOR HALL RESIDENTS IN GAME OF BINGO

By Susan Bergman, MT-BC, Recreation Services

MDG / TOP 3 group from Keesler Air Force Base have begun to host the Valor Hall 3rd Thursday Bingo game. TOP 3 enlisted mentor newer enlisted members through community service projects and events at Keesler Medical Center and throughout Keesler Air Force Base in Biloxi. Residents gave a background of their military service, enjoyed hearing where each military volunteer works at Keesler Medical Center, and paired up to double their luck at bingo. Each table vowed

to beat the other and cheers abounded as volunteers played alongside residents. After a tour of AFRH, these volunteers visited with Independent Living residents in the main lobby as they discussed their uniforms and home towns. We thank MSgt. Joshua Sigler for organizing interested military volunteers and we look forward to seeing them each month at the Valor Hall bingo!



Volunteers from Keesler Air Force Base join the residents of Valor Hall for a game of bingo.

Splish Splash

Burn calories, have fun!

Water aerobics classes starting soon

Spring has sprung and it's time to put on those bathing suits again. Yes, Water Aerobics is back! I thought we could share some of the benefits of Water Aerobics, before it gets kicked off. Some of those benefits include:

- Exercising in water makes you feel about 90% lighter.
- When jumping or running in the water, your body does not experience the same impact that these movements cause on land.
- Water aerobics is an ideal activity for those with arthritis, back problems, foot or leg injuries, and knee conditions.
- If you find other group exercise classes intimidating because of complex choreography or windowed studios, the pool offers some discretion. Most moves are performed underwater so only you know if you missed a step.
- Expect to burn between 400 and 500 calories per hour in a Water Aerobics class. The actual amount you will burn depends on your size, the intensity of your movements as well as the water temperature and depth.
- When exercising in the water, you work against 12 times the resistance of air. Simply kicking and cupping the water helps contribute to muscle development, which translates into a higher metabolism and healthier body.

These are just some of the benefits of participating in a Water Aerobics class. Let's not forget the fun factor! Between our staff and our excellent volunteers that conduct this class you're sure to crack a smile or even laugh a little while you're in the pool.

We will be conducting classes on the following days and times: Starting April the 16th, we will be having classes on Mondays at 0915, Wednesdays at 1600 and Fridays at 1000. We welcome anyone that might be interested to join us for the fun!!



Disabled veterans ride for a cause



While traveling through the Mississippi Gulf Coast, cyclers rode by the AFRH-G and were greeted by residents lined up in front of the building cheering them on.

About the Ride: On March 3, 2012, nearly 200 disabled veterans participating in the Ride 2 Recovery Honor Ride rode through the AFRH to greet our residents. The purpose of Ride 2 Recovery is to raise funds and awareness for the mental and physical rehabilitation of our nation's Healing Heroes and to improve the health and wellness of healing heroes by providing a life changing experience that can impact their lives forever.

This particular group rode from Texas to Florida stopping at towns all along the way.



This veteran enjoys the challenge of the Ride 2 Recovery.



Master Chief Ron Kartz listens as a cyclist explains the modifications made to his bike which allow him to participate in the event.

AFRH-W March Activities

Residents win first place in Two Divisions

National Creative Veterans Festival Regional Competition

By Lori Thompson
AFRH-W Art Specialist

AFRH-W artisans' talent shined once again at this year's National Creative Veterans Festival Regional Competition at the VA Hospital on Monday, March 5th. If you were able to view the show, you know the judges had some difficult decisions to make! Congratulations go to Jim Webster, whose toy truck won First Place in Woodworking; Warren Helm, whose pencil drawing of school children won First Place in the Monochromatic Drawing category. Warren also placed second in Oil Painting; George De Montfort-Proksa's pastel and ink drawing won second place in the Mixed Media division. First place winners will now compete at the national level and the winners will be notified in May.

Thank you to all the Residents who participated in the contest and to those who came out to support our artists. Good luck at the national Jim and Warren!



Lori Thompson holds up a first place ribbon on Jim Webster. Jim won first place in the woodworking division of the National Creative Veterans Festival Regional Competition.



A winning piece of artwork
Jim Webster's toy truck that earned him first place.

Capstone Project in LaGarde

By Amanda Jensema, CTRS, David Flemming & Forrest Mortlock

The first Thursday in February and March were special ones for the residents. David Flemming and Forrest Mortlock organized a movie night at the LaGarde-King Health Center building for their capstone project. They are students at West Springfield High School in Virginia. A Capstone Project is a school project that is required of all seniors. It consists of 10 community service hours with three of those hours being leadership, as well as a written report. The movie that was shown was "The Painted Desert" starring Clark Gable & William Boyd and "Blue Steel" starring John Wayne, Eleanor Hunt and George "Gabby" Hayes. Snacks and drinks were provided for all the residents who attended. There was a good turnout with many veterans showing up. We set up the movie night in hopes that some of the residents would attend and enjoy it. The residents here are our modern heroes who served our country for most of their lives, so we definitely feel that they deserve the opportunity to come down and socialize and have a good time.



Residents enjoy movie night down at King Health Center.

Wheaton Academy Concert Choir

By Amanda Jensema

On Friday, March 16th students from the Wheaton Academy Choir visited the residents of the King Health Center. They are from Chicago, Illinois and have traveled across the country performing in such places as, New York City, St. Louis, Kansas City and Nashville.

The choir is comprised of 41 of the schools best musicians and singers and did they ever do a good job. They sang O Come, O Come Emmanuel, Jonah's Song, Noel, Esto Les Digo, Peace I Leave with You, Pilgrim's Hymn and songs from Latin, German and Spanish translations.

Their voices blended perfectly as they sang together and afterward the students took time to visit with our residents. It was a great evening for all and we told the students and there teachers that we appreciated them coming to our home.



Choir members visit with residents after they perform a set of songs. Residents enjoyed the performance from the student singers.

PALs program and visits continue to be a highlight for all!

People Animals Love (PAL) makes regular visits to the Armed Forces Retirement Home. If you haven't stopped by to see our furry friends and their owners, we encourage you to do so! Join us in the Sheridan Lobby or Front Lawn (when the weather is nice) on the first Sunday and third Saturday of the month or LaGarde Activity Room the second Tuesday and fourth Saturday of the month.

See the Recreation Calendar for more details.



Bowling News

By Ed Crump

Tully Donohue who just recently joined the bowling shootout won bowler of the month in January in which he has two first place finishes besides having high series handicap for the month with a 689.

Pete Hudson who has been on a roll the last four weeks won bowler of the month for February in which he accumulated a total of 11 points to beat Emil Bye and myself by one point. He has a first and 2nd place finish for the month besides winning both high game and high series scratch. He has two first place finishes during the month for only the second time since I have been running the shootout dating back to January 2008.

Pete Hudson started the month of March just like he ended the final two week of February. In the first two weeks he has won first place both weeks averaging a 199. He tied his personal high game in the shootout with a 246 to go along with a 613 series. In this first six games this month he has no open frames in for of these games. Pete is definitely on a roll.

The GEICO Bowling Tournament is still planned for June 2012. Once the dates are confirmed they will be posted on the bulletin boards. All residents are eligible to participate in this tournament once they have bowled a minimum of 12 games in the shootout. If you are interested in bowling in this tournament please stop by the bowling center any afternoon from 1 -4 p.m. and I will be more than happy to go over the tournament rules with you.

Loyalty Hall opens with stellar events held for the Residents

By Susan Bergman, MT-BC, Recreation Services

As residents moved up to Loyalty Hall, ocean views became the talk of all! The excitement continued with the first Loyalty Hall cookout on March 14 with volunteers, dining service, and team members joining in the Luck of the Irish green and gold theme. Fred Schell was all smiles with his cheese filled hot dog and frosty root beer. On Monday, March 19, Loyalty Hall residents created amazing masterpieces with Milt Williams, art specialist, and showed off their works of art to pet visitors, Dick & Leif. Residents, Naomi Pointer and Fred Schell were ex-

cited to see their good friend, Leif - 10 year old golden retriever - that knew them immediately in their new home. Can you believe this was Fred's first painting - amazing! After exercise on Tuesday, March 20, Bill Cleveland, Tom Crawley, and Fred Schell took a stroll with volunteer Eddie Duran and Recreation Assistant Robert Granvle to the bowling alley to test out the lanes. Bill's daughter Roselyn, visiting from Alabama, cheered everyone on and the scores kept going higher. The games were close but Bill's high score of 110 set the record! March events on Loyalty Hall have been stellar and we can't wait to spring into April, too!



Bill Cleveland and Fred Schell get ready to roll a strike during a bowling event held for the residents of Loyalty Hall.



AFRH Chief Operating Officer Steve McManus (center) helps Fred Schell cut the ribbon during the Grand Opening ceremony held at Loyalty Hall on Thursday, March 22. Other residents and staff assisted by holding the ribbon.



Naomi Pointer and Fred Schell show their artwork to pet visitors Dick and Leif. Also pictured (far right) is AFRH-G Art Specialist Milt Williams.

Jerry's Diner hosts Sock Hop



Nichole Chappell and Ed Woessner twirl around the dance floor during the opening of Jerry's Diner.



Carol Mitchell and Charles Felders get into the swing of things.



Robert Carlozzo and Lori Thompson showing the crowd how to put a little dance in their step.