

## The power of music

*Residents see first-hand how music can positively impact the youth of our communities*

By Susan Bergman, MT-BC, Recreation Services

On Tuesday, April 12, 2011, the Saenger Theatre in Biloxi, Miss., rang out with 750 students from seven schools across South Mississippi. On stage, the Gulf Coast Symphony Youth Orchestra joined with members of the Gulf Coast Symphony Orchestra in a performance called "Symphony Sings!" The Link Up performance is a music education program from the Weill Music Institute of Carnegie Hall in



Naomi Pointer enjoys the performance with other members of the AFRH-G during a trip to the Saenger Theatre in Biloxi on April 12.

which students play recorders and sing along with the orchestra. The recorders are provided by the symphony and the music is provided by Carnegie Hall with no cost to the schools. Although this performance was not open to the public, several AFRH-G Valor Hall / Assisted Living Residents and staff were given the opportunity to experience the excitement and power of how music can impact the youth of our communities. The conductor acknowledged the Armed Forces Retirement Home Veterans and dedicated a symphony selection in their honor. Resident Naomi Pointer tapped her feet and conducted along with exuberance! She said, "...and these are all elementary children in the audience...and those in the orchestra on stage are

all high school students... amazing!" She stated how this experience helped her to feel as if she were in the middle of the music again recalling her days playing the bass drum. Tommie Peterson-Lucas was all dressed up for the event and brightened stating, "I just love going to the orchestra!" Jim Sowers and Bill Cleveland took in every note with complete attentiveness to detail. This will be an event to look forward to in the future! The schools included Cherokee Elementary in Pascagoula, Gautier Elementary School, East Central Upper Elementary in Hurley, Vancouver Upper Elementary, Central, and West Elementary in Gulfport, and St. Vincent de Paul Catholic Elementary in Long Beach.

*"...she stated how this experience helped her to feel as if she were in the middle of the music again recalling her days playing the bass drum..."*



Susan Bergman and Tommie Peterson-Lucas at the Gulf Coast Symphony Youth Orchestra production.

## Armed Forces Foundation

### Hill Country Barbecue honors local veterans

By Alex Strand  
Armed Forces Foundation

On Wednesday, March 30, the Armed Forces Foundation, Hill Country Barbecue and celebrity meat man Pat Lafrieda teamed up to provide an educational butchering course and Texas style

barbecue lunch to a group of our nation's service members.

Lafrieda led an informal beef butchering demonstration for over 50 guests from the Armed Forces Retirement Home and 30 plus members of DC's 8th and I Marine Barracks along with wounded warriors from

the Bethesda National Naval and Walter Reed Army Medical Centers. Immediately after Lafrieda stowed the butcher knives, Hill Country rolled out a fully catered lunch of Texas style-barbecue and sides.

Sponsored by the Armed Forces Foundation, the event provided the opportunity for this cross-section of service members, past and present to join together over a great home style meal and learn more about how to get the most out of their cuts of meat.



Residents of the AFRH-W join active duty members from the DC area in a BBQ luncheon sponsored by the Armed Forces Foundation.

#### About the Armed Forces Foundation

*The Armed Forces Foundation is a non-profit organization dedicated to providing solace to members of the Armed Forces community during their time of greatest need. Listed as an "America Supports You" - Homefront Group resources by the Department of Defense, they provide direct financial support to Service Members and their families.*

## Inside this Issue



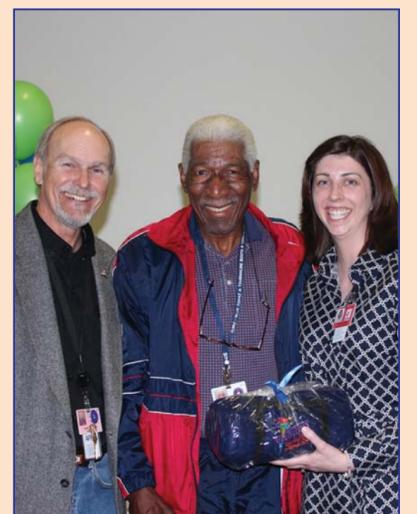
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## AFRH COMMUNICATOR

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*Serving Washington, D.C. and Gulfport, Mississippi*



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

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

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

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

Female veterans who served prior to 1948.

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### "Here Comes Peter Cottontail"

Submitted by Susan Bergman, MT-BC, Recreation Services

"Hoppy Easter...Hoppy Easter...Here Comes Peter Cottontail!" On Thursday, April 21, the rabbit visited Valor Hall / Assisted Living for an Easter celebration. Residents hunted their Easter pictures that were posted throughout the resident lounge, turned them in for candy treat bags made by the ladies in Independent Living, and guessed how many jelly beans were in the jar for the guessing game. Several individuals found themselves bowling for bunnies and then sunny themselves out on the patio as it was a beautiful day. Smiles abounded as the Easter Bunny caught everybody in action. Ford Phillips got a kick out of the activities as he celebrated his "88" birthday hunting for his Easter picture. Harold Parker and Forest Schneider went bowling



Peter Cottontail hopped in for a visit to Jesse Self and other residents in Valor Hall.

for bunnies. To conclude, Bill Cleveland said, "catch that wabbit," and the bunny bounded off until next year saying "Have an Egg-cellent Easter...you're eggs-traordinary!"



Robert Granvle, Recreation Therapy Assistant, passes out Easter baskets to Harold Parker (left) and Forest Schneider and all residents in Valor Hall.

# Message from the Chief Operating Officer, Acting



In last month's Communicator article I closed by saying I would discuss smoking at AFRH in April's Issue. A few Residents have raised concerns about not being able to smoke in their rooms or

However, some Residents raised concern for those who had smoked most of their life. There was a feeling by some that we/AFRH should do more for smokers. Our initial effort was to promote and conduct "smoking cessation" classes for smokers. The key was to help smokers not smoke. In late January 2011, our focus changed and became more resident centered. At a focus group in Gulfport, I discussed the Agency's approach to smoking, summarized below:

- We will continue to promote "smoking cessation" training for those interested;
- We will create/build safe and environmentally controlled, programmed areas for smoking.
- All Resident dormitories and AFRH facilities will be smoke-free.

Every month when I go to the Gulfport facility my first stop is at the designated smoking area on the facility to talk with many of our smokers. When I am out and about on the Washington facility I also stop and talk with smokers. It is clear that our smokers understand the concern of secondary smoke and they appreciate the feelings of nonsmokers; they just want a safe environment to enjoy smoking. We are going to create that environment working with residents.

There are many Federal requirements like Executive Order 13058 that set standards for smoking in Federal facilities, and state laws like Sections 29-5-160 through 29-5-163 of the Mississippi Code [the "Mississippi Clean Indoor Air Act"] that set state standards for smoking in public. Also, our LEED certification in Gulfport and soon in DC, require us to update our policy that will be published later this month, continuing to show that we are resident centered and focused on protect-

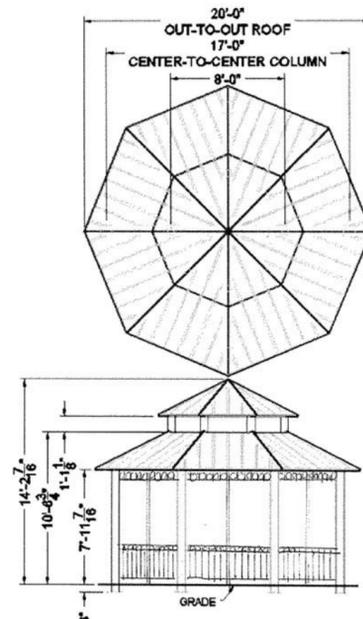
ing nonsmoking residents from secondary smoke while creating a safe environment for smokers.

In next month's issue of the Communicator I will be discussing our first local board meeting to be held in Gulfport since Hurricane Katrina. The upcoming local board meeting is scheduled for May 18, 2011.

*Steve McManus*

**Right -Concept designs for the smoking areas.**

**Below - a photograph of what the smoking environment will look like at each campus.**



## AGENCY ANNOUNCEMENT

### Dr. Sissay Awoke has been named AFRH Medical Director



Steve McManus (left), AFRH Chief Operating Officer (Acting), announces the selection of Dr. Sissay Awoke as the new agency AFRH Medical Director. Dr. Awoke is the first person to serve in this position and his duties will include oversight of Healthcare Services at both campuses.



With a new AFRH Medical Director position being filled by Dr. Sissay Awoke the following staff members moved into the following positions: (Left to right) Dee Dee Foster, Acting Director of Nursing; Pamela Young, Acting Chief of Health Care Services; Dr. Sissay Awoke, AFRH Medical Director and Dr. Kailash Chopra, Acting AFRH-W Medical Director.

### Lincoln Flag returns to Washington after 120 years

By John Miller Resident, AFRH-W

It was twenty five years ago that I first saw the blood stained flag used to cushion President Lincoln's head moments after he was shot. I came upon the flag unexpectedly at a small museum in the little town of Milford, Pennsylvania, just south of Interstate 84 some 10 miles west of the border with New York State. How the flag came to be there is an interesting story.

April 14, 1865: The Lincoln's had gone to Ford's Theater to watch a production of "Our American Cousin," starring Laura Keane. Moments after the President had been

shot, Laura and the stage manager, Thomas Gourlay, rushed to the Presidential box and a flag used to decorate the box was removed from the balustrade and placed so as to cushion the stricken president's head. The president was then carried across the street to the Petersen House where he died the next morning. Thomas Gourlay took possession of the flag and it eventually came into the possession of his daughter, Jeannie Gourlay. Jeannie was a member of the cast of Our American Cousin and in a letter written in 1923, a year before she died, Jeannie recalls seeing Booth standing in the wings while she was on stage and then again, moments later, rushing past her off stage having just shot the president. Jeannie moved to Milford, Pennsylvania, in 1888 taking the flag with her.

Jeannie died in 1924 and the flag came into the possession of her son, V. Paul

Struthers. In 1954, Paul donated the flag to the Pike County Historical Society in Milford where it is now permanently on display at the Columns Museum.

In 1996, after an extensive year long investigation by experts in the field, to include testing the blood stains, the flag was deemed authentic. As such, the flag ranks equal in importance to Betsy Ross's flag, the flag raised over Mt. Suribachi on Iwo Jima, and the "broad stripes and bright stars" of Fort McHenry fame.

With the encouragement and support of the Lincoln Group of DC, the Lincoln Flag was returned to the District of Columbia for the first time in over 120 years where it was displayed at the Visitors' Center at President Lincoln's Cottage, April 11 through April 17.

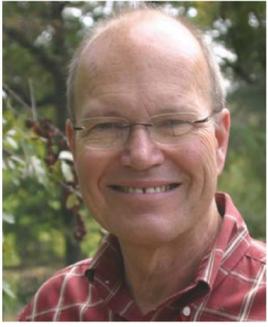
Google Pike County Historical Society, exhibits, Lincoln Flag, for additional information on this priceless relic of an event that

changed forever the course of our nation's history.

The Lincoln Flag from Pike County Historical Society on display at President Lincoln's Cottage.. Photograph courtesy of President Lincoln's Cottage.



## From the AFRH-W Director



Life is about finding joy! Many think life is about our responsibilities, working hard, difficulties, etc. I don't think so. Seeking joy is not natural. It

takes effort. It needs to be penciled in lightly on every to-do list. Without that reminder, we'd forget.

Life is changeable. It might be short. It's fluid and can be interrupted at any point. Happiness is a gift and a choice. Those are the compelling reasons to find the joy in each day. Tomorrow might not bring the same opportunities for joy and laughter, so grab it while you can!

Fortunately for me, I live next door to a family with five children. Colonel Michael Ellis and his family live on the AFRH campus. Dr. Ellis, an Army physician who works out of WRAMC. He and his wife, Luminita, and their family are a joy in my life. Their children are Julia, who just turned six; the

triplets, Sophia, David and Andrew are three; and Daniel is about to celebrate his first birthday. The children suck me right into their joy. They are a constant reminder that joy is all around us if we simply open our eyes, ears, minds, and hearts to it.

Children are blissfully unaware of how vulnerable we all are. Most live for the moment and when given the opportunity, they will thrive in the moment – taking in as much as they can, asking questions, making connections, laughing, moving and living richly.

For these children, the eagerness and joy to take on the world is a part of every breath they take and it's contagious. Whether it's a bucket full of stones they explore while wondering aloud, feeding peanuts to the squirrels or stretching their muscles while climbing their jungle gym, they explore with joy and enthusiasm.

I love these kids. When I drive by in my golf cart, they run up to me, all chiming together, except for Daniel who isn't talking yet, "Mr. Watkins, Mr. Watkins" and proceed to tell me what is so awfully exciting or asking me a question, and they have many of those. One day I left the hood open to my

car so I could add fluid, and they were so troubled for me thinking that the car was broken down.

The girls are beautiful. Daniel is all smiles. The two little boys, David and Andrew, though two of the set of triplets, are different. David, I predict, will follow in his father's foot steps but Andrew is going to be an engineer, and I would guess a mechanical engineer. He gets scolded the most as well because he loves the golf carts and is seriously tempted to climb up on them. When the entire family is out playing, Andrew will sneak up by the garage and stand behind its edge and look to see if his Mom or Dad is watching, and if not, will climb on the golf cart. Then he gets caught! Poor little guy. Maybe he will even some day be a test car driver for one of Detroit's finest, who knows. David loves to drive a battery operated kid's car, but Andrew wants the "real thing".

I can tell I am a Grandpa because the joy these children leave with me is invigorating. Oh, by the way, Sue and I already are the proud grandparents to two boys but another is on the way. Our middle son, Jesse and his wife, Mary Ann are due to have their baby in July. Just ask me about my grandchildren and I can go on and on.

Often adults feel they are the holder of knowledge and experience and that our job is to pour said knowledge into the heads and bodies of children. However, when you take

on the mindset that adults role is to wonder alongside children, it's easier to share the joy and often, to learn something new about the child, yourself and/or the world.

Years back, Art Linkletter interviewed 3rd grade children by asking, "What does your father do?":

First Kid: "My dad's a cop and a bartender. He's sure busy."

Art: "How can he do both of those jobs?"

Kid: "Well, first he gets the people happy and then arrests them."

Second Kid: "My dad's a lawyer."

Art: Does he put people in jail?

Kid: "No, he's on the innocent side."

I suppose you want to be a lawyer too.

Kid: "No, a cop, so I can put my daddy in jail."

Why would you do a thing like that?

Kid: "He spanked me last night."

As I said, life is about finding joy!

Looking for joy doesn't have to be in children, but they are so amazing it should be easy through them. Yet there are so many places we can find happiness. This world is full of wonders, beauty, science, etc. Our world is full of astonishing things in which we can marvel.

Next time you see Julia, Sophia, David, Andrew and Daniel . . . take pleasure in them.

*David Watkins*

## Notes from the AFRH-W

### Chairman, Resident Advisory Council



The longer I remain at the Washington home, I am amazed at the number of Residents who day in and day out are doing things to assist other Residents when they have problems or just to be nice to one another. Many times, all of us tend to focus

on the bad that happens and fail to thank those who are doing good things. So, I want to take this opportunity to thank all of the Residents who are doing great things around the home. You are the people that make living in this place better each and every day. The small numbers of people who have problems living in an environment, such as ours, are dwelt with by the Ombudsman or the Chief, Resident Services.

The new bus pickup and drop-off area in the exercise area of the Sheridan building is now operating and from the comments I have heard is working out just fine. As with any change to the ways things are done now as opposed to the way they used to be done, problems arise but are solved, now, in minutes not hours.

The Scott Rebuild is starting to make changes to the property. You know the fence, the traffic patterns etc. These are just the start of a project that will transform the old Scott building into the up to date building

that will house most of the Staff along with the services that we have gotten used to. A New library, dining facility, mailroom and just a few months it will be welcoming both old and new Residents and as the line in a musical says "everything is up-to-date in Kansas City." And the new Scott building will be just that up to date, modern, delivering all services in one area. This is the way the future will be at the Washington home.

The Resident Advisory Council continues to look for floor representatives. This has been a recurring problem during the time I have served as the Chairman. I intend to focus on this problem during the month of May and if I approach you and ask you to serve as a floor representative or chairman of one of the committees, I hope you will say YES or point me in the direction of a person you think could be an asset to the Resident Advisory Council.

The remainder of the column is for you to tell the Resident Advisory Council something that it needs to know. I want your input on what you think we should be doing (or need to be doing) for the Residents of the Washington home. Just jot down something and see that I get it. SEND THE COMMENTS TO: Esker F McConnell, AFRH-W 1222 or slip them under my door at Sheridan 7018 or you can even give them to be in the Dining Facility, or when you see me in the hallways; I do not care I need your input to make this place better tomorrow than it is today. If that fails you can see that they get to the Ombudsman in Sheridan 1302.

**Esker McConnell**

### TELL THE RAC SOMETHING IT NEEDS TO KNOW:

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Signed: \_\_\_\_\_

### The Scott building update

**Hensel Phelps has mobilized to the site, erected its construction fence and is prepared to begin all hazardous material abatement on the existing Scott Building. Soft demolition of the upper floors of the existing Scott Building is scheduled to begin in mid May. Cutting and capping of the utilities to the existing Scott Building is also scheduled to occur in mid-May. Main demolition will begin in July 2011.**

**Right: AFRH Agency staff Stan Whitehead (left) and Maurice Swinton completed a walk through of the existing phone and IT systems that will be removed from the Scott building in the very near future.**



## Resident competes in national senior games

**Seniors from all over the country gather to see who will bring home the medal**

*By Ed Crump*

I will be competing in the 1500-meter race walk participating at the National Senior Games in Houston, Texas on June 24, 2011. This will be my second appearance in the 1500-meter race walk in the senior games. In 2009 I finished in twelfth place out of twenty-one participants, which was not too bad for my first competition on the national level.

The 1500-meter race walk is considered the toughest event in the senior games. The official judges abide by the rules to the fullest extent. For example in 2009 nine competitors were disqualified during the race. The key to a successful race is to make sure that your front leg is always straight when you hit the ground. Several judges are posted at different locations around the track and if they detect you doing something against the rules they will drop a yellow flag on the track and inform you of the rule infraction. Three yellow flags during the race will automatically disqualify you for the

competition. When a red flag is dropped on the track a competitor is automatically disqualified right then and there.

I qualified for this year's race by finishing in first place in May 2010 for the Washington, DC area. I will also be participating in the senior games in DC area this coming May.

All in all I'm looking forward to participation in the National Senior Games once again. It is a way to compete against other seniors my age from all over the country. It



**Ed Crump walking.**

is a challenge and that's the way I like it. My thinking is I have as good a chance of bringing home a medal as anyone else in the race. So between now and race time I will be doing speed walks at times during my daily walks are the Washington grounds.

## From the AFRH-G Director



It's May and here on the Mississippi Gulf Coast that means two things: it's heating up outside and its time to get outside and enjoy it. The last couple of weeks I have

seen more residents out and about on campus enjoying the walking path, outdoor sitting areas, bicycles and the pool. I encourage everyone to get outdoors, even if for a short time, to take in the warm breezes and nice view we have of the Mississippi Sound.

Last month we surpassed the six-month mark since our opening and I continue to be amazed at the amount of support and interest we receive from our local community. Seabee volunteers are still here on a daily basis and we are so very thankful for their continued support. In other areas of the community, on April 12, we hosted 17 members of the Keesler AFB Spouses Club for lunch and a tour. On April 21, 13 members of the Mississippi Gulf Coast Retiree Partnership toured the Home. Both groups were very impressed with our new home and look forward to sharing future community activities with us. We also had over 60

prospective residents and their families tour the home this month.

The recreation staff continues to do a wonderful job planning activities and trips for our residents. On April 12, 39 residents loaded our bus and headed to Biloxi to attend the performance of "Dreams - A Celebration of America" at the Beau Rivage. The performance, by WINGS performing arts of the Lynn Meadows Discovery Center, honored World War II veterans. It was a very special treat for our veterans.

Several Assisted Living residents traveled to Biloxi's Saenger Theatre on April 12 to attend "Symphony Sings," a special performance by the Gulf Coast Symphony Youth Orchestra and the Gulf Coast Symphony Orchestra. The article and photo about this event is on page 1. The residents that attended seemed to really enjoy this outing.

Next month the activities calendar is full with more trips, games and classes. On May 6, AFRH Spring Games begin with awards being presented at Liberty Call on May 20. The two big day trips of the month are to Bellingrath Gardens in Mobile on May 14, and the World War II museum in New Orleans on May 22, both back by popular demand. There is also a Swamp Tour and Chalmette Battlefield Tour in New Orleans on May 31.

Memorial Day weekend we will be hosting a variety of activities in honor of our veterans. On Friday, May 27 there will be a Memorial Day picnic for all residents in the patio area right outside the dining hall. After the picnic we will open our doors to the local community for tours between 2 and 4 p.m. This is a great opportunity for us to show our community how much we appreciate their support. Please invite your friends and family to see your new home. On Memorial Day, Monday, May 30, we will conduct a Wreath Laying Ceremony at 8 a.m. at the flag pole

followed by a POW/MIA Table Dedication ceremony in the dining hall. If you are not currently participating in recreational activities, I encourage you to do so. It's a good time to get to know some of your fellow residents and to have fun while doing so.

Finally, please continue to give us feedback about how we can make your life at the AFRH-G a richer life experience. Together we can continue to build a legacy that will last for generations to come.

Have a great month,  
**Richard C. Heath, Director**



From left - Page Noe, Bob Rutherford, Gene Dickens, Roger Boucher and Jerry Doga during a fishing trip sponsored by the U.S. Coast Guard. Coast Guard members from recruiting stations from all over the Southeast Region visited the Home last month and took a group golfing, fishing and bowling.



Though a bit windy, these walkers are taking advantage of the beautiful warm spring days in south Mississippi. The walking path circles the outer perimeters of the property and most days residents can be seen walking or bicycling for exercise.



Water Aerobics classes are held every week at the pool. Classes are every Monday, Wednesday and Friday at 9 a.m. Everyone is invited to participate.

### AFRH Century Club Walking Challenge

Sign up and pick up your log book in the Fitness Center. Walk 100 miles in 3 months and get a free AFRH t-shirt.

## Notes from the AFRH-G Chairman, Resident Advisory Council



April 2011 has been a very busy month. A Resident survey on satisfaction with the current TV-Phone-Internet service was conducted. The survey says the Residents

would like other choices to select from. We are researching the other options.

A Resident survey on NEX product selection satisfaction was conducted. The results of the survey, is causing a new system to be set up to provide a better selection of products to be purchased and a quicker special request response time.

A Morale, Welfare, Recreation,

(MWR) Committee has been formed to help and assist in the planning of the MWR activities for Residents. Look out for the up-coming Sunday Champagne Brunches to be started in May 2011.

The Military Memorabilia Committee has been formed and actions are underway to begin selection of which pieces of Military Memorabilia will be placed, where. More info to come as the Committee begins to perform.

The Resident Advisory Council met on the 12th of April 2011. Some of the actions taken were:

- Briefed the Council on the results of the Direct TV Survey.
- Approved the funds to set-up a Computer System for the new RAC Office.
- Briefed the Council on the NEX actions for improving Service to the

Residents.

- Discussed improvements for the smoking area.
- Received an up-date on the Resident Drivers program.
- Discussed purchasing a Juke Box for Resident entertainment.
- Approved the purchase of an Air Compressor for the bike shop and for use by the Residents for performing automobile tire service.

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**

## Memorial Day Picnic & Open House

**Friday, May 27**

**Picnic for residents during lunch hours in the patio area outside the dining room.**

**Open house for the local community to include resident's family and friends from 2 to 4 p.m.**

**Tours will be conducted every half hour from the main lobby.**

## AFRH-G April Activities

### Teens spend evening at 'Senior' Prom

By Adelina Hay-Wasser  
AFRH-G Volunteer Coordinator

The term "Senior Prom" probably conjures up images of girls in fancy dresses and boys looking uncomfortable in a suit jacket. Silk flowers on garden arches for photos and music to dance to! On April 8th, the Armed Forces Retirement Home held a "Senior Prom" with participants who live here at AFRH-G, as well as a wonderful group of young people from St. Paul's Episcopal School in Mobile, Alabama. The teens travelled by bus to join in this sweet intergenerational opportunity to mingle with the residents. They brought red, white and blue balloons and table decorations to create a festive atmosphere. First the group went to the Assisted Living Tower D to visit with the residents there. One young man put on "40's music he had on his IPOD, while the teens tied balloons onto chairs of the residents. One of the staff members commented that she had never seen some of the residents move so fast to get dressed and join the young people! The residents and students were so engaged in



Photo by Resident Volunteer Joe Lavryk

Students from St. Paul's Episcopal School in Mobile, Ala., have their photo taken with Oliver Ferrington at the AFRH-G Senior Prom.

conversation in Valor Hall, they came down a little late to the prom! Once there they danced with residents, took photos and shared their enthusiasm by thanking all the residents for their service to the country. One young man

plans to attend the Naval Academy and he had the opportunity to meet several residents who served in the Navy. It was a great night of fun and learning for the students and residents.

### Seabees always appreciated

By Debbie Pearson, Art Specialist

It was a Tuesday afternoon in mid-March. The sun was shining bright, the wind was soft and gentle and the temperature was just perfect. It was a beautiful day to go outside and paint. I gathered my art supplies and headed down the hall. On my way I ran into three Seabees. I asked them to help me which they graciously agreed to do. Room by room we went asking our Valor Hall residents to join us outside to listen to music, paint, and visit. All three Seabees assisted the residents in getting comfortable and painting with them or for them. We talked, laughed, created, and had a good time. We love our Seabees! Thanks to all the men and women Navy Seabees who help out day after day.



### Grill on!

#### First cook out of the year a big success

Submitted by Susan Bergman, MT-BC, Recreation Services

On Wednesday, April 13, 2011, AFRH-G Valor Hall / Assisted Living residents and staff enjoyed their first monthly cookout on the patio. The day was beautiful - blue sky, cool breeze, snappy music, and the company of friends, family, and co-workers. The smell of grilled hamburg-

ers and special cheese-filled sausages were a hit!

Comments included, "can't you see, I can't stop tapping my feet to the music...this is great...I loved the hamburgers...being outside was terrific...the menu was fantastic!"

Fred Hornsby charmed residents by making sure the grill was smoking and smelling delicious. Staff from dietary, recreation, healthcare, chaplain services, resident services, and many more came to assist to make this event an extraordinary success!!! Thank you to everyone for the teamwork that our veterans so deserve.

### Watercolor Class

By Debbie Pearson, Art Specialist

Just look outside of most any window here at the AFRH-G and you will see the Gulf of Mexico, sand, palm trees, sea grass and probably some birds. It's beautiful and peaceful. If you are lucky enough to look outside during sunrise or sunset, it is even more beautiful. Today we tried to capture some of that colorful beauty by using acrylics as watercolor. We used water color paper, sponges, paper towels, and various brushes to achieve different effects. Similar, yet different, everyone painted a beautiful beach scene with a variety of color. Beautiful paintings Bette, Edna, Nancy and Marion! Keep up the good work!



From left - Betty Lakatos, Edna Hall, Nancy Ritchie and Marian Wolke display their art work.



Supervisory Recreation Specialist Lee Corban brings a lunch plate to Forest Schneider.

### Rebecca and "Mr. Binks" Rabbit Visits

AFRH-G employee, Rebecca Capps brought her pet rabbit for visits on Saturday, April 16, as a special event for the week before Easter. "Mr. Binks" enjoyed visiting with residents and staff throughout the building. "Mr. Binks" is also known as "Jar Jar Binks." The rabbit was named after this Star Wars movie character as they both have large floppy ears and look-alike appearance. It was great to have a glimpse of a relative to the Easter bunny and we can't wait until he hops back in for a visit again!



Rebecca Capps, a nurse in the Wellness Center, introduces her pet rabbit, Mr. Binks, to Barbara Folk and Rita Ball.

### AFRH-G Spring Games

May 2-13, 2011

Bocce, Bowling, Shuffleboard, Walking and more

### Mark Your Calendars

#### May 14

10 a.m. TRIP TO BELLINGRATH GARDENS (Mobile, AL)  
Includes Greyhound Park

#### May 22

9:30 a.m. WWII Museum Trip & Mulates Cajun Lunch in New Orleans

#### May 28

6 p.m. Trip to Free Concert  
Sounds by the Sea by the Gulf Coast Symphony-Centennial Plaza in Gulfport. AFRH will have 40 reserved seats. Sign up in Bocce by May 25. AFRH will be recognized by Mayor.

#### May 31

8 a.m. Swamp Tour & Chalmette Battlefield Trip,

# Washington April Activities

## Social highlights life of the rock 'n roll king

### “Elvis is in the house”

By *Steven Briefs, Supervisor of Recreation Therapy and authentic Elvis Look Alike*

On Friday, April 1, King Health Center residents enjoyed meeting Elvis Presley. We had a special social highlighting Elvis Presley’s music and history. We learned that Elvis’ favorite food was a fried peanut butter and banana sandwich. So we served those sandwiches to our residents and once they got past the idea, they said it tasted good. Along with his music we also served strawberry



Carolyn Mitchell and Eric Crime listen as “Elvis” aka Steven Briefs strums a favorite tune on his guitar.

daiquiris and we even had a staff dress up to look like Elvis. All the residents wanted their pictures taken

with him and even the staff thought he looked like the real thing. (Only slimmer!) It was a great time for all.

## RESIDENTS SUPPORT DOUBLE NICKELS AWARD

Eight residents of AFRH-W attended the 26th Annual Mayor’s Art Awards ceremony on Wednesday April 20 to support the Double Nickels and their nomination as a finalist for the “Innovation in the Arts for 2011.” Last year Antoinette Ford, founder of this Reminisce Theater Company, did three large initiatives with the home, including the 1st edition of our book “Who We Were” and a one-act opera with the Washington National Opera Company highlighting some of these stories.

Along with staff members Nicole Chappell and Christine Baldwin were George Smith, Richard Whittle, Catharine Deitch, Phyllis Bradford, Billy Ray White, Warren Helm, John Kershaw, and Wilfred “Mac” McCarty. All of these residents have been active with the Double Nickels projects for the home and enjoyed the program very much!

**AFRH-W Artist Reception**  
**Sunday, May 15th**  
**3:00- 5:00 PM**  
**Ruffino's Spaghetti House**  
**4763 Lee Hwy. Arlington, VA**

## KHC Bowling Finals

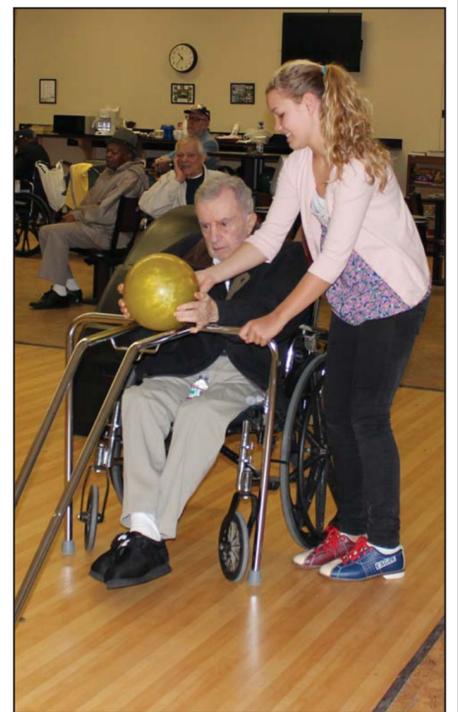
By *Carol Mitchell*

It’s been an exciting and bonding season for the Norwood Middle School Intergenerational Bowling League. The residents of King Health Center and the students were paired together to bowl in a league for the school year. Residents and students enjoyed meeting and getting to know each other gaining memories to last a life

time. Students were able to learn how to bowl along with assisting some residents in utilizing adaptive bowling equipment. The year ended with the top two teams bowling in the finals on April 4th. The first place 2010/11 KHC Intergenerational Bowling League winners were Resident Earl Clifton and student Taylor Wynn. Special thanks to AFRH Bowling Operator “Smokey” for ensuring the lanes operated smoothly and to Debbie Pakaluk, the Norwood Middle School community service teacher, for her continued support of this exceptional program.



Left - Bowlers from Norwood Middle School with AFRH-W residents.



Right - A Norwood Middle School student shows Pete Dounis how to use adaptive bowling equipment.

## Recreational Services offer a wide variety of activities!



Catharine Deitch shows off her painting talent in the world of ceramics.



Lorraine Murphy is learning the fine art of scrapbooking.



Robert Cavanaugh gets ready to spin the big wheel during the Wheel of Fortune competition.



Ruby Bloomer gets down into the details of the ceramic bowl.



Nicole Chappell serves up some fine tasting wine at the Wine and Cheese Social.

## Celebrating People in Action

### Residents volunteer over 17,000 hours helping others

By Carolyn Weber  
AFRH-W Volunteer Coordinator

Each day, our volunteers make a difference in our community. They do many things around the Home that you may take for granted. Some of the helpful day-to-day things are locating a book on the shelves of our library, promoting your item in the Thrift Shop, and finding the right size belt in the Clothing Store. While those tasks may seem small they also answer the call when a resident needs to make a trip to the doctor, or

opening the Bowling Center and providing tips on improving your game. Plus don't forget the wonderful movies that fill our theatre with action or suspense. Without those willing to fill these roles many of these functions would not be possible.

On Friday, April 15th, we honored 79 of our resident volunteers who dedicated themselves to taking action in our community and bring fellowship into the Home. Since last June, our volunteers contributed over 17,000 volunteer hours with a value over \$500,000 to the Home (according to the Independent Sector). Although, there are many benefits received by our volunteers that are priceless.

Thank you to all of the volunteers who continue to take action!



Volunteer Coordinator Carolyn Weber thanks Patrick Goldsworthy for his many hours of volunteer service. Also pictured (center) is Al Mori, AFRH-W Ombudsman.



Resident volunteer Mary Varva accepts a gift from Carolyn Weber and a certificate from AFRH-W Ombudsman Al Mori.



Volunteers share their enthusiasm for the AFRH-W Volunteer Program during a ceremony held on April 15. The Volunteer Program is hugely successful thanks to the many residents that donate their time so generously.

## U.S. Coast Guard volunteers committed to AFRH Pond Project

By Carolyn Weber

The renovation of the AFRH Pond to us means the installation of an enhanced stairway to the water, decking that will allow for better access to the fish, and painting and landscaping of the area to enhance its beauty making it a point of destination for resident and employees alike.

To the men and women volunteers of the Coast Guard Washington, D.C. Chief Warrant Officers Association and the Chief Petty Officers Association the term "Pond Project" means much more. The Pond Project has come to signify a point of significant pride, a coming together by these men and women for a common cause, an expression of their skill that they hope will be admired for years to come. Twice a year, the DC CWOA and CPOA donates manpower and the use of their equipment for Pond improvements.

CWO Sean Fennell has been instrumental in the project from the start. He states, "Everyone at Coast Guard Headquarters knows the name, Pond Project. To our Coast Guard volunteers, the Pond Project has become a project of pride, solid workmanship and good will. It is the opportunity to give back to a community we hold in such high regard."

If you took the opportunity to come down to the pond while the men and women are volunteering their efforts to enhance the pond you may see front loaders excavating yards of soil, posts sunk into the ground, benches stained and stabilized, boards of decking cut and placed to exacting precision and the planting of beautiful clematis flowers all with a tell-tale smile on their sweat covered faces. What you will hear is the rumble of machines, the announcing of measurement, the joking and camaraderie with an occasional unprintable word or two (lest we forget they are all still sailors) demonstrating their pride in their work. The work being done on the Pond Project is much more than the movement of dirt and attaching of boards or the placement of benches but rather it is the efforts of the Coast Guard volunteers to give just a little back to the women and men at the Armed Forces Retirement Home who gave so much to help shape this great land of ours.



Coast Guard volunteers remove debris from around the pond area so that they can begin to plant flowers.



Volunteers measure and mark a board that will be used to replace the decking, keeping it safe for residents to enjoy throughout the year.



Four volunteers work together to get exact measurements as they put together a stairway to the water.