

**AFRH-G**

## May is month of Spring Games



Andrew Pelkofer (left) and PJ Johnson take their turn in the shuffleboard contest during Spring Games at the AFRH-G. See the back page for results and more photos of the two-week event.

## Sailing the Potomac at the Capital Yacht Club

By Nancy Newlin, Capital Yacht Club

How did the Patriot Picnic evolve? I owe it all to my mother-in-law. Five years ago my mother and father-in-law were coming to Washington DC for Christmas. I wanted to plan a very special dinner, so I called my favorite restaurants and couldn't find any of them open on Christmas day. Not letting that stop me, I decided to have dinner at the Capital Yacht Club, which meant I was going to be the cook. As I was thinking of the menu, I realized it was really hard to cook a special Christmas dinner for just four people. The club is so large, with seating for about 70 people, so to make it an occasion, I decided to invite a few more people to dinner.



Residents of AFRH-W aboard the Summer Wind, a Merchant Marine vessel at the annual Patriot Picnic. The Capital Yacht Club invites residents to cruise the Potomac every year.

In the back of my mind I remembered a friend mentioning the wounded soldiers at Walter Reed Hospital and that they enjoy time away from the hospital. So a few phone calls later, I connect with the right people and have invited 20 soldiers, with their families, to Christmas dinner. As I mentioned this event to Command Sergeant Greer, he suggested I include the Armed Forces Retired Home, a place for the enlisted soldiers. One phone call later and 15 residents would attend.

So, to make a long story longer, a few more people added their friends and family, and the dinner had grown to over 70 people.

This unique group of enlisted military included soldiers that walk at the Tomb of the Unknown, enlisted from the Navy Yard, Coast Guard who were guarding the river, Marines from Barracks Row, and a few newly enlisted Army soldiers away from their family for their first Christmas.

So now came the hard part, what to serve. In the beginning, it did not occur to me how much this meal would cost, or how long it would take to prepare. I discussed it with a few members who I know can cook, and as we discussed the menu, it was very

*Continued on page 2*



Billy White navigates the Summer Wind down the Potomac.

## Inside this Issue



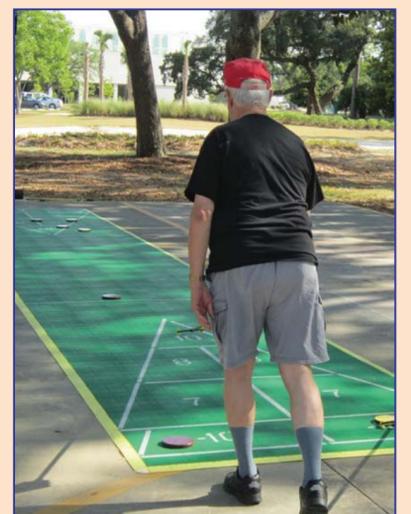
### Congressman Wilson-SC visit AFRH-W

Page 3



### Know your Coast Expo

Page 5



### Spring & Senior Games

Page 8

## AFRH COMMUNICATOR

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



ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

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

**Eligibility:**

Military veterans from each service branch can live at AFRH.

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

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

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

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

Female veterans who served prior to 1948.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH, PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400.

Visit us on the web at: <http://www.AFRH.gov>

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# Become a resident today!

#### Sailing the Potomac, from page 1

clear that every person had special memories of what their best Christmas dinner was, so with their help, we divided and conquered. My favorite is old fashion English Christmas, with standing rib roast, Yorkshire pudding and all the fixings. Karin and Jim's favorite was a southern specialty; Virginia ham, corn-bread and a lot of special dishes. And not to be out done, from our kosher friends, Scott and Freddie, two turkeys; one special kosher bird soaked in a brine solution and of course, one old fashion traditional bird. So the menu was set!

Estimating the cost to be about \$1000 and only a few days to prepare, our mission was defined. Word spread of the event and CYC members being very generous, offers to pay for the patriot's meals and offers to prepare special side dishes rolled in. We raised over \$1000 and about over 60 different dishes were prepared. This included something from everyone's family favorites: green bean casserole with the fried onions on top, jell-o molds, watergate salad, ten different potato dishes including sweet potatoes with marshmallows, more types of dressing and stuffing than I can remember, and along with 25 pounds of prime rib, two turkeys and two 15

lbs hams. Christmas Day celebrations started at 1 p.m. and ended with the last guest being driven back to Walter Reed hospital around 10 p.m. Did I forget to mention the different desserts? Pumpkin pie, pecan pie, Italian cookies, English favorites and a Yule Log to round out the multi-calorie feast. Oh we were so full!!!

So this story was supposed to be about the first Patriot's Picnic? Well here is where it started: as the guests from the Armed Forces Retired Home were headed for their bus, one feisty retired Marine - Ms. Willa Farrell - put her hand on my arm and said, "Honey this was really great, but what are you doing next?" Well this caught me a little off guard and I said, "I didn't know," but without missing a beat, she suggested a picnic in the Spring would be nice, so that's how it started.

The holidays ended, my work became busy, but one day in February I received a phone call from AFRH asking what was the date of the picnic. Willa was in the office of Sheila Abarr, Public Affairs Officer. I told her I would get the date finalized and call her back. The "CYC team" had a discussion and decided we would hold the first Patriot's Picnic.

### Business Center Notes

**ATTENTION Residents:**

Please submit your 2010 taxes and supporting documentation by August 22, 2011 to the Business Center so that we can compute your 2012 resident fee. If you have already submitted your paperwork please disregard. Failure to comply will result in your 2012 resident fee being set at the maximum rate. All fees will be calculated by Oct 31, 2011.

**Business Center Tax Collection Hours:**

**In DC - Mon, Tue & Thur 8 a.m.-12 p.m. and 1-4 p.m.  
In Gulfport - During regular Business Center hours**

### Voices of the Civil War

The Washington Revels performed at President Lincoln's Cottage on May 18. This popular program was held in the rain location, Stanley Chapel, with around 150 attendees. A special visit from President Abraham Lincoln highlighted the program of American folk songs, spirituals, patriotic music, and readings. The Cottage plans to make this an annual event and will welcome the Revels back next year.



## Message from the Acting, Chief Operating Officer



Hope everyone is doing well. As promised I stated in my last month article I would update you on the AFRH Advisory Board meeting that was held this month at AFRH-Gulfport. This is the first Advisory Board meeting in

which both facilities were represented since 2005. The AFRH Advisory Board was established to provide independent expert advice to AFRH leadership in order to continue to provide the highest quality of care and services to all Residents. The Advisory Board meetings will be held twice a year with one at each location.

The make up of the Advisory Board represents several different disciplines which include the senior enlisted leadership (all branches), local service providers such as Keesler AFB, Walter Reed Army Member Center (WRAMC), VA Medical Center & Hospital (Biloxi and Washington, DC), State Veteran Homes representation, Staff Judge Advocate and financial management expert, enlisted representative of the Services' Retiree Council, facility Directors, and most importantly the Resident Advisory Council Chairman for each facility. Also in attendance was the Senior Medical Advisor for AFRH.

As the Acting COO I provided the board with an overview of the AFRH, which included the history of facilities, revenue, financial status, Gulfport stand up, and the Scott Project. I explained our new vision, mission and new guiding principles that were established during our AFRH offsite meeting held this past February. The majority of my brief focused on our Person-Centered Care (PCC) philosophy, which is being incorporated into all levels of care and services for Residents. I explained that this philosophy is

not limited to only Residents and Government employees but also includes contractors and stakeholders. As I have said many times before that Person-Centered Care will allow the AFRH to create an Aging in Place environment for all Residents regardless of the level of care. AFRH-G is a good example of how a facility was designed and built in order for Residents to age in place and not require a level of care change because health care requirements or needs have a slight change.

A key portion of my brief was dedicated to the Scott Project, which as you know, will include services such as recreational activities areas, dining facility, Wellness Center, Rehabilitation services, long term care and memory support areas. But more importantly the AFRH is on the right track to right size both campuses and create an Aging in Place environment.

The Advisory Board was briefed on the restructuring of our Performance Improvement (PI). If you are not familiar with PI it is the examination of processes and systems to make an organization, service or product better. With the new PI in place the AFRH is able to examine firm data at the campus and Agency level for staffing requirements, adherence to CARF recommendations and open lines of communication in all levels and between both facilities. During this time I announced that the Agency has established an AFRH Medical Director position. The goal of this position is to provide a "One Model" approach in Health Care Services at both locations. This will also allow AFRH to



**Dr. Awoke Sissay (standing), AFRH Medical Director, briefs Advisory Board Members on his new role and responsibilities in the area of medical credentials. The AFRH Advisory Board met in Gulfport in May, the first Board meeting in which both facilities were represented since 2005.**

monitor the quality of healthcare processes in conjunction with CARF accreditation standards for the optimum Person-Centered Care environment.

During the briefing each Director and respective Service Chief provided updates in Resident Services, Campus Operations and Health Care Services. This included the Gulfport stand up, Scott Project, focus groups for Residents, relocation of dining services in Washington, and new Resident arrivals in Gulfport.

The Resident Advisory Council (RAC)-Chairman from each facility provided the board with the RACs overall function and support of the total resident population. Each Chairman requested assistance from Board members to help find and provide military memorabilia to be displayed in the Hall of Honors in Gulfport and Washington. Colonel Norvell Coots, WRAMC Commander, offered the possibility that military memora-

bilia from WRAMC could be donated to both facilities, due to the relocation of the facility in the very near future.

During the board meeting, I presented Ms. Pamela Young, Acting Healthcare Administrator at AFRH-W, with the CFO's Stretch Goal Award, which is conducted annually, and a result of cost savings identified during midyear financial review. Pam and her Team identified over \$1.2 million in savings. Campus Operations in AFRH-G was the runner up with savings over \$1 million. This is the third year of the competition, which has produced more than \$6 million in savings. Each year the competition gets tougher, but each year a team steps forward and produces a win. Congratulations to Pam and her Team at AFRH-W; a job well done!

Next month I will discuss upcoming community days at both homes.

*Steve McManus*

### House Armed Services Committee Member (HASC) **South Carolina Congressman Joe Wilson visits AFRH**



**Congressman Joe Wilson meets Raymond Whitelow and other residents during a walking tour of the Sherman Building.**

### **Bowling News**

*Ed Crump*

Pete Hudson dominated the bowling shootouts during March and April, which also included bowler of the month honors as well. He has been named bowler of the month on five different occasions. Hudson has won the bowler of the month honors than anyone since I started recording the information in 2008. Hudson put on one of greatest performance I have ever seen in my nearly eight years in the shootout on the final week and final week of the month. Going into the final week of the month he had not accumulated a single point during the month. He was seven points behind and managed to pull out another victory and an outstanding performance.

The shootout leader through April is Smokey Prussman who leads with 38 points while Pete Hudson and Ralph Wineland have 29 points.

## **Penfed Foundation hosts seventh annual Night of Heroes**

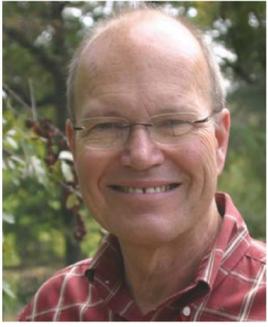
On May 19, 2011, residents from the AFRH-W attended the annual Night of Heroes, hosted by the Penfed Foundation. Each year, the Penfed Foundation hosts a celebration in our nation's capital to honor service members and the military community. This year's seventh annual Night of Heroes Gala recognized wounded military heroes and those of the medical community who provide the continuum of care from the battlefield to the home front.

The gala serves as an opportunity to say thank you to our nation's defenders and to help ensure that their needs, as well as those of their families, are fulfilled and never forgotten. The funds raised at last year's Night of Heroes Gala helped us contribute over \$500,000 in grants to our nation's military heroes. This year's event was even bigger!! With this record year, we will be able to increase our grant-giving abilities for 2011. The participation of everyone involved really ensured a successful event



**Active duty members from the U.S. Army pose for a few photo ops with AFRH-W resident Carrol Collins, USA retired (center), during this special event.**

## From the AFRH-W Director



Chuck Dickerson made an interesting find of some old documents dating 60 years back in the Home's history. Congressman W. Sterling Cole (N.Y.) purchased a heifer from the Soldier's Home on 19 March 1951. The heifer was sold as bred by one of the Home's sires from its prized dairy herd.

The animal was a two year old heifer (yet to produce a calf) and sold for \$425 and was immediately transported to the Congressman's farm in Bath, New York. The heifer did not "settle", meaning she never became pregnant. A good number of letters went back and forth between Congressman Cole, Howard Baker who was the Livestock broker for the Home and Brigadier General Roland Walsh, the Quartermaster of the US Soldier's Home. I found it of interest that Mr. Cole's letters were dictated and typed by his secretary on US Congressional stationery from his Washington office.

W. Sterling Cole represented the upstate New York district from 1935 to 1957 and was the youngest Republican member of the House, at age 31. He was the leading spokesman on atomic energy issues and later in his career was the chairman of the Joint Atomic Energy Committee. He also served

on the Armed Forces Committee.

The letters between the three individuals are informative. General Walsh finally encouraged the Congressman to have the heifer examined by a "qualified" veterinarian. The vet determined that the heifer was a "shy breeder", one that might (a slim chance) conceive but would never be able to again. Therefore, it was agreed that the animal was to be sold to a butcher. She was auctioned off for \$335.92 making a difference of \$122.08 from the price paid plus the transportation fee from the Soldier's home to the farm in Bath. A check was then issued to Mr. Cole to compensate for his loss.

Colonel Paul Goode's book, the United States Soldiers' Home, the dairy portion of the operation is talked about. "The farm, which raised hay and ensilage for the dairy, except for two bad years, always showed a profit on the one to 200 acres under cultivation. The first herd at the Home consisted of the three cows bought from Mr. Riggs in 1852. As the Home grew the herd was increased, but not for many years was there any serious attempt to grade it up. In 1893, due to tuberculosis in the herd, it was destroyed but reestablished in 1897 for the hospital patients. In 1906, the first pure-bred Holsteins were purchased; 10 years later the entire herd was pure-bred and half the milking cows were registered. The difference in value is shown by the relative money received in sales of stock; in 1915 a grade calf brought \$8.25 while one from a registered cow was worth \$89. Usually, with the

bulls, calves and heifers, the herd numbered about 200 head, with an average of about 80 milking cows. Enough milk was produced by grading up the herd so that in 1915, and the following year, rather large sales of milk were made to Walter Reed Hospital for the patients. In 1913, butter-making machinery was introduced, and the Home produced its own butter and buttermilk. A bull of the famous King Segis breed was bought, and the Home stock had a ready market among the neighboring dairymen. The dairy herd was the show place of the Home. The Board was in receipt of requests from many Governmental agencies, among them the Department of the Interior, the Indian School, the Panama Canal Dairy, the Army Medical School and others for the donation of young bulls to build up their herds. If the gift of this stock brought no financial return to the Home, it added to the fame of a herd already famous."

What great history there is at the



The first herd at the Soldier's Home consisted of three cows in 1852 and grew to 200 in 1915. The dairy farm was, at one time, considered the show place of the Home.

Armed Forces Retirement Home. And you are a part of that history.

I received a letter from a boy in Hartford, Michigan, named James Edward Baham. It has a profound thought in it and so I am sharing it with you: "Dear Soldier, I want to say thank you for your life-risking task. You are a person who should be called a warrior. A warrior is he who conquers himself. You are my hero. When I grow up I want to be an animal cop and an army soldier. I have to say goodbye now, but keep up the work Hero!" To me, it sounds as if James was sending it to someone who is still in the fight, but it truly applies to you because you were in the fight, and you continue to be a Hero.

David Watkins

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



Well that which many Residents said would not happen is happening. Yes, the Scott Building is being marked in readiness for the ball to fall. Soon work will be going full force on a new Scott Building. I need to remind the Residents that while this work is progressing, they should watch from a distance so that they will not be harmed by falling objects etc. Remember that the only person you harm by placing yourself in harm's way is you.

Some of the Residents have been asking me about the care and storage of bicycles on the property. In this matter the bicycles fall into two categories; first those purchased for the Residents by the home and second those bicycles purchased by Residents themselves. Those bicycles purchased by the home are taken care of and stored by members who work in the Recreation department. These bicycles have not been cared for as they should due to a lack of a volunteer person to care for and replace damaged parts for these bicycles; many of these bicycles are no longer functional. The second groups of bicycles are those owned by the individual Residents. What is done for those bicycles? For the most part it is not the responsibility of the home to care for or store these bicycles, even though racks are provided. If you wish to have foul weather devices purchased for your individual bicycle, you must purchase these for yourself. It is possible, if asked, that the Resident Fund could provide this type of protection and at the next meeting of the Resident Fund Advisory Board, I will ask that they be purchased.

This is also a good time to remind Residents of the Washington home that if there are items that they wish to have considered for purchase for use of the Residents they need to see me, call me, or submit information on what they might wish. My contact information is: Esker F McConnell, Chairman, Resident Advisory Council, AFRHW 1222. My Cell phone number is (202) 629-7583 and my computer number is (202) 506-8727. That is also the contact information for any problems or suggestions that Residents might have.

There are still some Residents who feel that the Chairman of the Resident Advisory Council should enforce rules of the home to include punishing Residents who break rules of the home. This is not my job. In cases where a rule has not been observed, I notify the Ombudsman or the Chief, Resident Services of the possible problem and they take care of speaking to the Resident. So, you can get mad at me if you wish, call me all kinds of names and I will continue doing as I have in the past.

Now I want to speak of something very important that is going to be discussed at the June, 2011 RAC meeting to be held on the 15th of June at 0900 in the Meeting Room just off the main area of the bottom floor of the Sherman Building. It is a problem that will not probably show up for two or three years but, if we do not act on it NOW this institution may change, in a way that would not have beneficial results for those who follow us at this place. I am not going to go into this now but will on the 15th - PLEASE ATTEND THIS RAC MEETING.

While attending the last Local Advisory Board Meeting dealing with matters relating to the home, it was noted that Walter Reed Army Medical is closing in August, 2011. With this closing many items of a historical nature may be available to use at the home (in the new Scott Building hall of honors) I am looking for Residents who would like to assist me in making inquiries of the staff a WRAMC to see what they can let us have. I did make the suggestion that all the items be sent to us and that we would share them with the members of the home in Gulfport. After we are all Residents of one home, two locations, with much history to remember and display.

I also mentioned that upon the departure of many of our Residents to the Gulfport facility that the number of complaints that I have been receiving has been reduced greatly. The new Chairman of the Gulfport RAC thanked me for the comment and the work that it has allowed him to accomplish.

I hope that all of you had a great Memorial Day and took part in events held around this day. In addition travel season is upon us and remember that wherever you go, however you travel; relax and enjoy yourself but keep your health and safety uppermost in your thoughts and actions.

Esker F McConnell

## Resident meets with former high school classmate through Skype

By Christine Baldwin

Raymond Anderson met the members of the Central High School band of Grand Forks, ND on May 24 through the technology of Skype. Ray is the author of their fight song, "Onward Central" and the students wanted to meet and talk with him. The band director, Christie Aleshire, had the group play his song first and then sing it to him. Ray told them that he had written the song in 1937 for a \$10 contest prize. He encouraged the students to get as much education as they could and to think about going into the Army if they wanted to go into the military. Fellow residents, Joe Wachter and Neil Ferguson,

both users of the free telephone system, Skype, were instrumental in making this meeting happen. Below are the words to Ray's song:

*"Central....Let's sing to Central  
To the finest in Dakota  
We go forward to success  
As Knights of old to win their conquests  
Onward, forever Onward  
In every deed our colors fly  
We're right in step; We've got the pep  
To carry on for Central High,  
So High"*



Raymond Anderson keeps time as the Central High School band plays the school song he wrote in 1937. Anderson is connected via Skype.

## Crump brings home fourth gold medal in 1500 meter walk

Ed Crump competed in his fourth Senior Games in the District of Columbia. More remarkably he came away with a gold medal in the 1500 meter walk for the fourth time as well. Currently Ed is training for the National Games that will be held in Houston, Texas next month. Ed stated he hopes to continue competing in the Senior Games for years to come.

## From the AFRH-G Director



As we close out the month of May and head full steam into June we continue to add to our list of "firsts" here at the AFRH-G.

On May 18, we hosted the first AFRH Local Advisory Board

here in Gulfport. The quarterly meeting will rotate between here and Washington, DC in the future so we will be hosting this event at least twice a year from now on. Feedback I received from members of the group that toured the home has been very positive. Thank you to all for the warm reception to our guests.

Spring games were held this month, another first since our reopening in October 2010. The games kicked off May 6. Thirty-five residents participated and in a two-week period, 146 contestants competed in bocce, golf, shuffleboard, walking, bowling, free throw, swimming, football and softball toss and the poker walk. The games concluded with an awards ceremony on May 20. I enjoyed passing out prizes to the enthusiastic Spring Game winners. It was

the first year for Spring Games and we look forward to watching the number of participants grow as more and more residents get involved in our recreational activities.

On Wednesday, May 25, we held our first "Know Your Coast" Expo in the Community Center. Organizations from the community shared information about places to visit and things to do on the Mississippi Gulf Coast. Many of our residents are new to the Gulf Coast area and this was the perfect opportunity to see activities that are out beyond our gates.

We hosted our first cookout of the year Friday, May 27 as part of our Memorial Day schedule of events. The day also included an Open House for friends, family and members of the local community to come out and see our new retirement home. The support we have received from the local community since we opened in October has been tremendous and we were thrilled to take this opportunity to let them see our new spaces and meet the residents that now call this Home.

On Monday, May 30, in honor of Memorial Day, we held a wreath laying ceremony at the flag pole followed by the dedication of our POW/MIA table in the dining room to pay tribute to the service men and women that never returned from war. Today,

more than 88,000 American are still missing from World War II, the Korean War, the Cold War, the Vietnam War. Active duty military volunteers from Keesler's Leadership Training School organized the ceremony and they, along with our residents and staff, honored those military men and women that never came home. It was a very touching service and I thank all those involved in making it happen.

If you haven't done so, please take the opportunity this month to thank our pool of

resident volunteers that have stepped up to help make things run smoother at the AFRH-G. We now have 90 resident volunteers. It is so rewarding to me to see these residents involved in our community and working side by side with our staff members. Together we are creating an atmosphere of camaraderie, kinship and purposeful living.

Have a safe June, welcome in summer and get to know the Coast.

*Richard Heath*



Residents learned all about the Mississippi Gulf Coast at the "Know Your Coast" Expo held on May 25 in the Community Center.

## Mississippi Honor Flight to Washington, DC

**(Editor's Note:** On May 11, 2011, seven AFRH-G residents traveled to Washington, DC on a trip sponsored by the Mississippi Honor Flight, a non-profit program that honors the service and sacrifices of America's "Greatest Generation," our World War II Veterans. Members of this group are organizing and sponsoring one-day, free trips to Washington, D.C. for these heroes to visit and reflect at



A World War II veteran takes photos to remember the day.

their WW-II Memorial. They also visit the Korean War, Vietnam War and Lincoln memorials, the Iwo Jima Monument and Arlington National Cemetery. The National Honor Flight Network is a nationwide family of local "hubs" dedicated to this purpose. There are about 100 Honor Flight hubs in the nation, but Mississippi Gulf

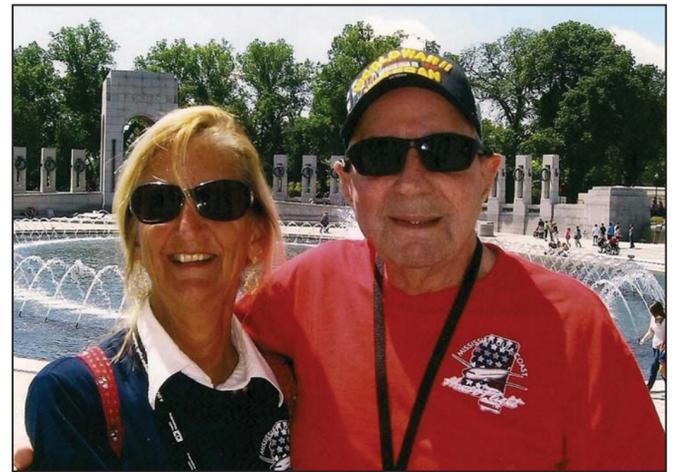
Coast Honor Flight is the first and presently the only one being organized here in Mississippi. The next Honor Flight from Gulfport is set for September 2011. What follows is one participant's recount of the day.)

*By Bryon Dennis*

Wednesday, May 11, 2011, was a busy day. Six of us (from AFRH-G) rode out to the Shriner's Temple in Woolmarket at 5 a.m. where three buses, a red one, a blue one and a white one, were waiting to take us to the airport after having coffee and snacks for us. We were in the red bus, in the lead. Twelve or fifteen police cars were in front of us with all the blue lights flashing, quite a show in the pre-daylight. All cross traffic was stopped on the way to the airport in Gulfport. Wondered what the I-10 traffic thought, seeing that half-mile procession. There were 92 of us from WWII, and some 30 or 40 helpers and guardians.

We left Gulfport on a chartered U.S. airplane at 7:20 a.m., arrived in Washington, DC and as we rolled up, a fire truck on each side fired their water cannons over the plane. Service members from each branch were lined up on the ground saluting and there was a large crowd of people in the airport greeting us, along with a military band. Three buses picked us up, a red one, a blue one and a white one.

We went first to the WWII Memorial, where a bagpiper from the Washington Fire Department led us into the Mississippi monument of the Memorial. We stayed there for some time for picture taking and then back to the buses for visits to the Vietnam Memorial, the Iwo Jima Memorial and Arlington Cemetery, where the buses were allowed to drive through the cemetery and stop at the unknown soldier's tomb. The last time I was there was 75 years ago. We stayed there to watch the changing of the guard and the lay-



World War II veteran Bob Harris with his sponsor Donna Cantrell.

ing of a wreath honoring Mississippi in front of the tomb. That was a very impressive ceremony and left us in tears.

There were box lunches for us to eat at a nearby park. The buses had us back to the airport in time to get checked through and leave at about 5:30 p.m., our time. There was partying, eating and a good time on the plane all the way back.

When we got back to Gulfport at 7:30 p.m., there were about 3,000 people, including the Mayor, waiting to greet us, again with the fire trucks and the band. A double line of Navy Seabees formed an aisle, saluting as we walked through. It was an experience of a lifetime.

World War II veterans from AFRH-G interested in participating in a Mississippi Honor Flight to Washington, DC, can contact Mary Kay Gominger in Public Affairs.

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



May 2011 was another very busy month. The Resident count is now over 480!!!

The Spring Games were held in the month of May. The Games were enjoyed by all who watched and by all those who competed. The first, second and third place winners in all three classes were announced and presented their prizes at the dance on Friday, May 20, 2011. (Just you wait till next time!!) A BIG-BIG Thanks for a "Job well done" to our Recreation Department!!

May was also the time for our First Ever Champagne Brunch. The Champagne Brunch was held on Sunday, May 8, 2011,

Mother's Day. A special Brunch menu with two carved items, an Omelet Station and Champagne, Mimosas and Poinsettias were served.

We have a separate "Buy-Sell-Trade" bulletin board which has been installed in the mail room area. Our volunteer over-seeer of the "Buy-Sell-Trade" bulletin board is Jack Male!! See Jack for the answers to any questions you may have. Thanks Jack!!

The work is completed on the revamped Public Telephone area and another BIG Thanks to our own Campus Operations!!

Note the Military Memorabilia Committee has installed some items in the lower level of the building entry!! Nice start!! Thanks to the Military Memorabilia Committee!!

The Resident Advisory Council met on the 10th of May 2011. Some of the actions taken were:

-Safety Officer, Frank Bermudez briefed the Council on several safety issues facing the Home.

-RAC Office (room #1409) has a computer system up and running complete with a printer, copier, fax and shredder. E-mail address is set as, racchair@gmail.com. The office phone is 228-897-4503.

-A World Map was approved for purchase and to be placed on the wall across from the wood shop.

-RAC approved the research on purchasing Challenge Coins to be sold in the Thrift shop and elsewhere in the Home.

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*

## Battle of Midway Commemorative Ceremony Friday June 3 9 a.m. Seabee Center Training Hall

If you are interested in attending, please contact Mary Kay in Public Affairs.

Transportation will be provided. Sign up by Wednesday, June 1

# AFRH-G April Activities

## AFRH-G Resident Places in 2011 National Veterans Creative Arts Festival

*How exciting is that!*

*By Debbie Pearson, Art Specialist*

Wolf entered this piece called "Alompum and Tax-A-Lax" in Category 51 (Transfer/Engraving Art Kits) in the 2011 National Veterans Creative Arts Festival. After taking a photograph image and blowing it up, Wolf transferred the image onto a wood panel and began the arduous and tedious task of pyrography (that's a pretty fancy word for "wood burning").

Wolf, you did a beautiful job!!!

Initially only digital images were required for viewing. Once the judges chose the top three picks, artists were asked to send the original pieces of artwork for further judging. We are so excited that our neighbor and friend, Wolf, was chosen among those top three. Now the original artwork is on its way to Fayetteville, AR where the Festival will be held so the judges can choose First, Second, and Third place. Congratulations to Wolf for being chosen ..... and Good Luck from all of us here at AFRH-G in receiving First Place!



Wolf Kiessling with his artwork. Wolf's entry was chosen as the top three in the 2011 National Veterans Creative Arts Festival.

## How Serious are The "Serious" Quilters?

*By Debbie Pearson, Art Specialist*

A wonderful group of ladies who call themselves The "Serious" Quilters came to AFRH-G in March and showcased their work, shared stories, visited with residents and agreed to come back the first Monday of each month. Their goal is to stir up interest in the sewing and quilting area and help get the residents working together on different projects. This was our first class and we had a wonderful turnout. How serious are they? Very serious about their work and helping us out, but not so much in their attitude which

is helpful, playful, fun, and lots of smiles. It's wonderful to have volunteers like these women in our community. In the back from left to right is Bill Parker, Susan Marsh, Bette Lakatos, Rhonda Rosette, Marion Wolke, and Susan Dees. In front we have Myrtus Reuter, MayKate Platz, Marian Ritchie, Mary Lovelady, Naomi Pointer, Susan Bergman, and Bill Cleveland.



The volunteer "Quilters" with residents.



In the Arts and Crafts Center, resident artists Bette Lakatos, Doris Jones and Marian Wolke show off their Fleur de Lis paintings.

## Fleur de Lis Paintings

*By Debbie Pearson, Art Specialist*

Ever since Hurricane Katrina hit, we've seen a proliferation of "everything" fleur de lis. It's practically an epidemic. You can find a fleur de lis on just about anything, and just about anything that has a fleur de lis on it, sells. Why the fleur de lis? It's a symbol from French heraldry that came to Louisiana in the 1500s when France settled in. It slowly drifted away but after Katrina it stood for the trilogy of re-new, rebuild, resurgence of the strength and pride of the people. Like Mardi Gras, the boundaries have spread far and wide. Many organizations, like the Boy Scouts, have the fleur de lis as their symbol, where others, like the Blue Angels, have named one of their formations after it. Google it sometime and click on "images". You'll be amazed at the numerous variations that have surfaced. Who knows, maybe you'll even see Bette, Doris, and Marian! You guys did an awesome job! Your paintings are beautiful!

## "Catch the Bandit!"

*Submitted by Susan Bergman, MT-BC, Recreation Services*

Margaritas, mojitos, salsa, mariachi music, & mayhem abounded in the Community Center on May 5 for the Cinco de Mayo celebration. David Sampson was taken by surprise when he caught a glimpse of the wanted bandito trying to hide behind him. As residents entered, they noticed wanted posters for the bandito's reward. Residents giggled as they

met up with the fastest maracas in town. "Arriba, arriba...shake, shake..." While the bandito tried to hide out, Mr. Sampson explained how he had recently relocated to AFRH-Gulfport from AFRH-Washington. He stated how he was extremely happy about his move here. He described his service and favorite places he had lived. He continued to giggle about the mayhem and said, "I need to leave but you can go hide behind the gentleman with the cowboy hat now." The Texan, Jack Oxford turned and giggled, too.



The elusive "Bandito" with David Sampson.

## We Caught A Beautiful Day!

*Susan Bergman, MT-BC  
Recreation Services*

On Thursday, May 19, Valor Hall / Assisted Living residents prepared to catch a beautiful day when they travelled to Fort Maurepas Park in Ocean Springs, MS. Gear packed...lunches in

coolers...shrimp jumping...hats on... - all were ready to go. One Resident Volunteer, 3 outside volunteers, and six Keesler Air Force volunteers helped escort residents and met every need along the way.

When arriving at the park, TSgt Tony Pihlgren was awarded Master Sergeant was presented with his new stripes. What excitement as AFRH-G residents watched members from Keesler Air Force base award their volunteer on their outing. They hand delivered this award to him after our residents had unloaded the bus at the park - amazing! After supplies were unloaded to the picnic shelter, several residents ventured across the street to the pier to eye the perfect fishing spot. Jesse Self was the first to cast out, he caught several fish, and witnessed his Air Force fishing buddies pull in a sting ray, trout, cat fish, red fish, croaker.. Could anything else be pulled in? Oh yes, an eel and a turtle - good thing the line snapped. Each resident and volunteer were provided catches and bites of some

type. After fishing, everyone sat back and enjoyed a delicious lunch prepared by dining services.

Bennie Howard said, "these are the best cookies I've ever tasted!" Two volunteers provided an "air show" with a Blue Angel Kite and a Bi-plane kite, doing daring moves in the sky. After loading up for the

return, Jack Oxford said, "This is the best trip I've been on since I got back to the home." Jim Sowers said, "I want to thank you and everyone who helped make this trip possible - it was perfect...it couldn't have been better." Thanks to everyone - we definitely caught a "beautiful day!"



Jim Sowers gets ready to cast a line. Residents were fishing at the Fort Maurepas Park in Ocean Springs.



Jack Oxford checks out the sting ray that was reeled in during the Valor Hall fishing trip held on May 19.

# Washington April Activities

## Golfing with the Pros

### PRO/Resident scramble 2011 a success

By Matt Kayson

On Thursday, May 19, eleven PGA Professionals converged on the Armed Forces Retirement Home Golf Course, Washington, DC, for the annual Pro/Resident Scramble. As the weather threatened to make the event a "no-go", not one golfer stayed away from the light rain to begin the day. After the light shower, the nine holes of golf turned out to be perfect golf weather - overcast with mild temperatures. As usual, the Professionals provided prizes for all the Residents, awarded at the cookout, from first through 11th place. And almost like clockwork, Quin Sullivan (Ret., Springfield CC) and his Resident partner, Roy Wheeler, won first place with a 6 under par score of 29. Right behind in 2nd place were Glenn Brown (Westwood CC) with Residents Mimi Rivkin, Jo Soboleski, Rudy Holloway, and Tony Morton, followed by host pro Matt Kayson (AFRH GC) and his partner Joe Taylor.

Special thanks to Quin Sullivan for his help in organizing the Professionals to attend the event and conducting the pre-round clinic. Also many thanks to Matt's staff and Associate Member volunteers who helped make the event and cookout run seamlessly.



Quin Sullivan (left) conducts a golf clinic prior to tee time. Quin has been a part of the AFRH-W Pro/Am for over twenty years.



Tony Morton keys in on his drive off the number eight tee box during the Pro/Am.

## GEICO hosts Resident Bowling Championship

By Jerry Carter

Geico sponsored the Geico Bowling Tournament, held here at AFRH on May, 16th, 17th 23rd & final day on 24th. This 4 day tournament packed plenty of fun games, social interaction, cash prizes, and competition among the participants. The winner of this tournament was Phyllis "IronWoman" Bradford who bowled total pins of 2675! She was outstanding during the entire tournament and rolled seven spares in one game.

Here are the results of the 2011 Geico Bowling Tournament:

1. Phyllis "Iron Woman" Bradford - 2675
2. Ed "Walking Man" Crump - 2564
3. AL Provencher - 2507
4. Bob Schonherr - 2503
5. Willa Farrell - 2500
6. Mimi Rivkin - 2500
7. Smokey Prussman - 2370
8. Ralph Wineland - 2218
9. Pete Hudson - 2178

Recreation Services would like to thank Geico for sponsoring this tournament and lastly all of the resident volunteers who do a outstanding job working in the bowling center, participants and spectators for being part of this bowling tournament.

## Belly Dancing performance at King Health Center

By Amanda Jensema

On Saturday, March 7th, the residents of KHC were treated once again to a Belly Dancing Performance. They performed many different styles of dance and all wore exotic costumes. There were six ladies who danced for our residents. Once wore a wrapping around her head that had a long flowing orange veil. As she twirled around the floor the fabric moved with her catching everyone's eyes. Each of the ladies outfits had bells, jingles and bangles that made noise as they moved. Our residents were clapping and yelling which let the dancers know they were doing a good job. The residents always enjoy when they come to perform and are looking forward to their return in September.

## Golf Course Putting & Picnic

By Carol Mitchell

On Wednesday, May 11th the King Health Center Residents enjoyed a beautiful morning and afternoon at the AFRH-W Golf Course. KHC Resident Johnny Cargo was able to utilize the Home's Paramobile chair to stand up and putt on the practice green. The Paramobile enables residents to participate more actively in a variety of physical activities. AFRH-W PGA Golf Professional Matt Kayson provided the residents with a putting clinic. Matt also gave resident Earl Clifton tips on his golf swing at the driving range. The residents then headed for the shade, lunch, and good conversation. The residents look forward to future trips to the golf course.



Johnny Cargo stands to make a putt on the practice green using the AFRH-W's paramobile chair.

## KHC White Elephant Auction

By Carol Mitchell

\$5 dollars! \$5 dollars! Do I hear \$10? I hear \$10 dollars by Bidder #13! Going once... Going twice... Going three times... Sold to Bidder #13 for \$10!

On Friday, April 29 approximately 80 residents of the King Health Center LaGarde Building enjoyed an afternoon at the KHC White Elephant Auction. Residents were provided with \$100 dollars in funny money and a numbered paddle to bid on a variety of items such as radios, clocks, travel bags, televisions, clothes, purses, and nick nacks.



Residents were also able to spend their funny money at the "Buy It Now" table and the "KHC Concession Stand." A shout out to all residents was made to go ahead... splurge... spend the money... have a good time... because the money's no good anywhere but KHC Recreation Therapy!

An item is held up for residents to see during bidding at the KHC Auction.

## P.A.L's Program Visits KHC

By Steven Briefs, Supervisor of Recreation Therapy

Each month the "People, Animals, Love" community group visits the King Health Center and brings a lot of happiness to our residents. These volunteers introduce their pet dogs and allow the residents to hold them, talk to them and feed them. It's a wonderful time of socialization with the owners and their pets and also gives the residents a chance to share their own memories of their favorite pets.



From left - John Valentine, Lindsay Boone and Paul Harper enjoy the PALs visitors.

# AFRH Spring Games

## Gulfport

### Overall Winners

#### Men - 82 and Under

- 1 - Jerry Doga
- 2 - Neville Smith
- 3 - PJ Johnson

#### Men - 83 and Over

- 1 - Hugh Wingo
- 2 - Ray Gischia
- 3 - William Long

#### Ladies

- 1 - Gerry Gorsky
- 2 - Bobbie Naboni
- 3 - Doris Jones



Winners of the 2011 Spring Games in Gulfport display their winnings during an awards ceremony held on May 20.



The basketball free throw competition drew 16 contestants .



Twenty one contestants entered the golf competition.



Residents that competed in the swimming category of Spring Games.

## Washington

By Jerry Carter

The Senior Olympic Games took place here at AFRH on Thursday, May 12th. The BPV Races scheduled on Friday, May 13th was cancelled due to rain. This event will be re-scheduled for later date. Residents had fun partaking in the various events and took advantage of chance to exercise, compete, and interact with fellow participants. Here are the following Senior Olympics results:

\*MEN'S Softball Toss Gold- Richard Heinrich /distance 74' 8" Silver- Robert Carozzi/ distance 58' 2" Bronze- Tony Contino/ distance 57' 10"

\*WOMEN'S Softball Toss- Gold- Susan Chubb / distance 45' 2' Silver- Phyllis Bradford / distance 35' 1" Bronze- Ruby Bloomer / distance- 32' 3"

\*SPEED WALK RACE- Gold- Ed "Walking Man" Crump Silver- Susan Chubb Bronze- Charles Felder

\* POLE WALK RACE- Gold- Susan Chubb Silver- Robert Carozzi Bronze- Tony Contino

\*IRON MAN CONTEST - Gold- Roger Davison

\*IRON WOMAN CONTEST- Gold- Susan Chubb Silver- Ruby Bloomer

\*BASKETBALL FREE THROW CONTEST - MENS- GOLD-Billy "MusicMan" White Silver-Renato Julian Bronze-Roger Davison

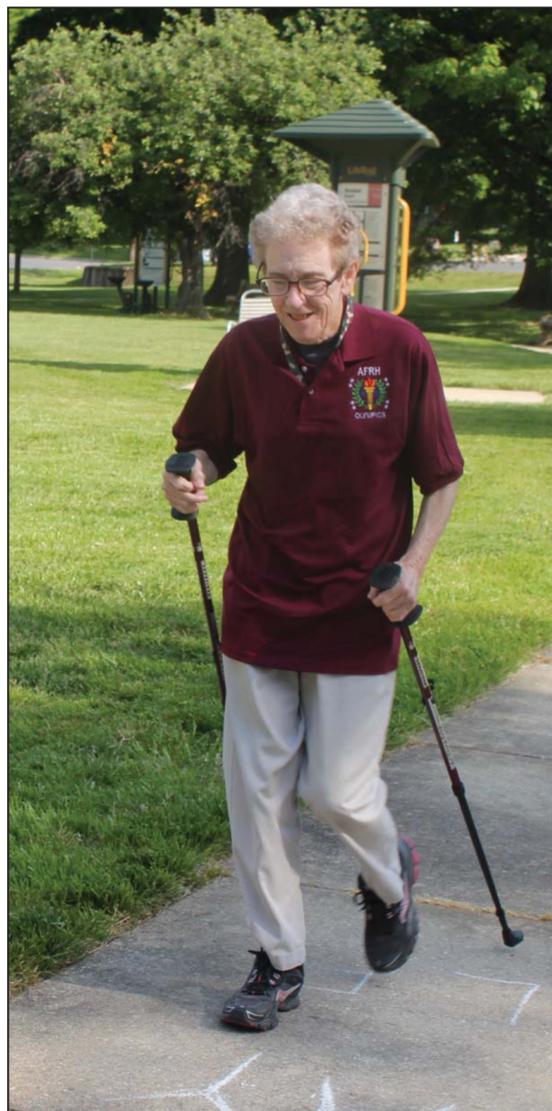
\*BASKETBALL FREE THROW CONTEST-Womens- Gold- Sharon Weinkel Silver- Phyllis Bradford Bronze- Helen Sadowski

\*BOOK CART RACE- Gold- Richard Heinrich Silver- Robert Carozzi Bronze- Roger Davison

\*9 HOLE GOLF TOURNAMENT- Gold- Nelson Jamison Silver- Hugh Row Bronze-Roy Wheeler

\*BOWLING TOURNAMENT - Gold- Willa Farrel Silver- Ed "Walking Man" Crump Bronze- Charlie Gammon

\*DART TOURNAMENT- Gold- Ruby Bloomer Silver- Bud Luker Bronze- Harry Jack



Susan Chubb in the Speed Walk Race. Susan won the silver in this event.



Nelson Jamison takes a swing during the golf competition.



Ruby Bloomer pushes through her sit-ups with help from a fellow resident and volunteer.