

Fallen comrades remembered with ceremony

Memorial Day events highlight the weekend at AFRH-G

On May 25th, 2012, the Armed Forces Retirement Home - Gulfport held its Second Annual Memorial Day Open House. Each year we hold two open houses, a small one during the Memorial Day holiday and a large scale one on Veteran's Day. The weekend started on Friday with a cookout for the residents during lunch and a visit from the South Florida HOG Association motorcycle riders. They displayed their motorcycles in front of the home and had lunch with the residents. We also had members of the Blue Angels spend the day with the residents. Then, starting at 1400 hours, the gates were opened to the public for tours of our beautiful community, given by our resident volunteer tour guides, and refreshments were provided for the guests.

Several artists from the community participated in the Open House, displaying their work alongside some of our very talented resident artists. The Armed Forces Retirement Home - Gulfport, put it's best foot forward as always and those from the community who came to participate or tour, had a wonderful time.



They gave the ultimate sacrifice

Residents look on as members of Keesler's Leadership Training School pay tribute to fallen veterans in a ceremony held in the AFRH-G Community Center on Memorial Day.

In keeping with the intent of the Memorial Day holiday, on Monday, May 27, the AFRH-G also held a special "fallen veterans" ceremony, facilitated by the Keesler Leadership Training School, Keesler AFB. This moving ceremony highlighted the sacrifices made by the men and women in the Armed Forces, those who are listed as MIA's, POW's and

those who paid the ultimate sacrifice of their lives for the cause of freedom. Rupert Maxwell, a resident and former POW during WWII in Germany, participated in the ceremony. We thank all the members of the Armed Forces for their service to our country.

President Lincoln's Cottage and AFRH-W host Memorial Day events

Remembering those who served and made the ultimate sacrifice



Memorial Day often has a festive atmosphere. It serves as the unofficial kickoff for summer and vacation season as Americans enjoy barbecues and picnics. However, in the aftermath of the Civil War, Memorial Day held a solemn place in the public mind.

Around 625,000 Americans perished in the Civil War which almost equals the total number of dead from all of America's other wars combined. Nearly every American lost a loved one in this conflict, and certainly knew someone who had, whether they were from the North or South, native-born or immigrant, white or black. To cope with this incredible loss, communities across the North began decorating the graves of their loved ones with flowers.

By 1868, this ritual was so widespread that General John Logan, head of the Grand

Army of the Republic, an association of Union war veterans, proclaimed that May 30 should be the official observance across the Union for decorating the graves of soldiers. This Decoration Day, as it was then called, is the genesis of our Memorial Day.

In Southern states, the outpouring of grief was just as pervasive as both former slaves and Confederates carried out the practice of decorating graves from the war dead. In the former Confederacy, formalized decoration days normally occurred in late April or May.

By 1920, sectional reconciliation had occurred and the 30th of May was nationally recognized as Decoration Day, although, currently 9 states still observe some form of Confederate Memorial/Heroes Day. After World War II, "Memorial Day" became the preferred term for Decoration Day and in 1968 Congress

officially moved the observance of the day from the fixed date of May 30th that was proclaimed by General Logan to simply the last Monday in May.

This measure symbolically linked Memorial Day not just with its Civil War beginnings but with all American wars. The day now honored all service members who had died in combat. It's a reminder that Americans have sacrificed for each other before, during and after the Civil War and will continue to do so.

On this Memorial Day, the Armed Forces Retirement Home and President Lincoln's Cottage honored these persons with wreath laying ceremonies and tours of the United States Soldiers' and Airmen's Home National Cemetery.

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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.

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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 O. Woods-Robinson, M.S.L.S.

Dorothy was born in Milton, Massachusetts. She was blessed with beauty and was the apple of her parents' eyes. She often played the role of being a coiffurist on her dolls. Little did she know what was waiting for her in the future.

During World War II, Dorothy saw a beautiful advertisement in the newspaper of ladies sitting on airplanes; they were members of the new Women Army Air Corp. One day dressed in her finest red, fur trimmed suit, hat to match, and high, high heels, she went to the Army Air Corp to enlist. Little did she know that the picture taken of her standing next to the wing of an airplane would be used to recruit others into the Air Corp. When Dorothy enlisted, she thought that she would be a high class Air Corp model. What happened is she became "PFC George," and she had to leave her high, high heels at the door step, the same for her beautiful clothing; she had to look like all of the other Women Army Corp (WAC).

Dorothy's responsibilities included being a recruiter, Supervisor of the Beauty Salon, and clearing incoming aircraft. While meeting one of the planes, there was a General abroad, he claimed he was the pilot. Dorothy asked him for his Clearance papers, he signed them. She asked him if she could call transportation for him, and he replied that he preferred to walk. The General even stated that he was the pilot on that plane. He was a pilot, but he was not flying that plane, a young pilot was. And forty years later Dorothy married the pilot.

Unfortunately, like all other females PFC. George, had to

leave the Army Air Corp when the War was over. Dottie, better known at AFRH as "GIGI" went back to her previous profession of being a Beauty Culture Instructor in Boston, Massachusetts.

Dorothy had decided to further her career she should become a Medical Secretary and enrolled in Fisher College. After a while she discovered that shorthand and she didn't get along!! So she decided to take a course on a stenotype machine. She worked as a secretary in Washington, D. C. for the Tariff Commission and even received a promotion. Eventually, Dorothy became temporary Secretary to the Chief of the Commission. The Chief's Secretary was in Geneva taking notes at a meeting and she was expected to retire upon returning. As luck had it, Dorothy became the Chief's new Secretary on a permanent basis.

Dorothy and her second husband moved to Seattle, Washington where she worked for the U. S. Government. Finally, Dorothy decided to return to the East coast to New Hampshire and become an entrepreneur. She went back to school to update her skills with the latest in hair styling. If you had seen her work, you would have thought no other than Vidal Sassoon had been the Coiffurist. Some say Dorothy was even more talented than Vidal. Dorothy was the entrepreneur of several business establishments, the "Grey Rose Beauty Salon" in Salem, New Hampshire, and "GG Coiffeur" in Dania, Florida, were two of her favorites.

While in Florida, she went to the "Senior Partners" dance, for senior widowed people – Dorothy was not a widow, but she dared her friend to tell anyone. Believe it or

not a handsome gentleman asked her to dance. While dancing, they discovered he was the pilot of the plane that the General was on forty years before, when Dorothy was a PFC. Needless to say, after six months, "Ray Malone" became Dorothy's new husband.

Ray lived in Key West and "GiGi" moved to the Keys. Ray had a beautiful home built for her on the Canal. After the beautiful home was built, Dorothy decided they should move to a yacht; in retrospect, Dorothy says she should not have spent her entire inheritance on that forty-three foot Yacht.

After Ray's accidental death, Dorothy moved to Homestead, Florida, but after Hurricane Andrew decided she had enough of being adventuresome and it was time to move to the "Navy Home" in Gulfport, Mississippi. Would you know it, Hurricane Katrina destroyed the home and GiGi had to move Washington.

GiGi enjoys living at the AFRH-G because it is such a beautiful facility. She loves the wonderful, interesting residents as well as the staff. Beautiful living, even nicer than the Beaux Rivage Hotel in Biloxi, she says.

Dorothy says living here you can have it all. She is still adventuresome and there is no telling what she will do next.



AFRH-W Veteran Highlight

Army veteran earns her way retires with 20 years

By Christine Baldwin

Jeanne Beasley joined the Women's Army Corps from her hometown of Cleveland, Ohio. The recruiter even came to her house, because her father, who was a deacon, was upset about her going to war. But the recruiter said, "No, they're the first group of 18-year-olds we're taking in. There is not going to be a war." So Jeanne enlisted in September 1949. Less than a year later, June 25th, 1950, a girl stopped her and said, "Did you hear the news? We're at war." Jeanne replied, "It can't be. The recruiter told my father we're not going to war!"

After basic training at Ft. Lee, Va., it was off to Yokohama, Japan, with the Second Team Major Support, Logistic Support, Personnel. Jeanne was also stationed in Heidel-

berg, and Frankfurt, Germany. From Germany, she went to Aberdeen Proving Grounds, Maryland. This was where the scientist and engineers were stationed before there was even a space program. Here Jeanne met "Enos the Monkey," who needed to go into space before Sam Shepherd and John Glenn. She even had to get Enos his Chiquita bananas (the only ones he was allowed to eat). Next it was off to Fort McClellan, Ala., to be a platoon sergeant. This assignment was the best one for Jeanne. She is still close to the people from that post. Jeanne retired from Ft. Belvoir, Va., in 1969 after 20 years of service. She would have stayed in longer, but her father had a stroke and she was needed at home. With the G.I. bill, she was able to get a nursing degree and worked 22 more years at the renowned Cleveland Clinic.

Jeanne came to the AFRH-W in 1994. She knew she would come because many of her friends were already here. She is very active with the U.S. Army Women's Museum at Ft. Lee, Va., as well as serving on the board for the Women's Memorial. She was the Veterans Administration representative for the U.S. Army Women's Association. One of Jeanne's many highlights was when she was invited to a tea at the White House where she met Mrs. Obama.

Jeanne Beasley spends her time volunteering for fellow veterans.



Message from the Chief Operating Officer



This past Monday we remembered what we have gained as a nation and more importantly what we have lost. Memorial Day allows us the time to reflect back on the true price of freedom – the generations of service men and women who gave their life for this great nation. We can never say thank you to those who served so bravely never to return back home. I would like this opportunity to thank each and every Resident for serving alongside these brave men and women.

In the June Communicator I will discuss the AFRH revenue, Resident fees and continue with the Question and Answer section.

Steven McManus



Scott construction continues to move forward



Front view of the Scott construction from the south end of the Sheridan building.



Rear view of the Scott construction from the Rose Chapel area.



View of the west side construction from Quarters 1 area.

From the AFRH-W Administrator



To me, one of the most interesting sites across the road at the Rock Creek Church Cemetery is one you see immediately upon entering, in the curve of the first corner on the left hand side. It is

the gravesite of Evelyn Y. Davis. Do an Internet search and you will see she was quite a character. Of the many words etched on the tombstone, one inscription reveals volumes, "Power is greater than love, and I did not get to where I am by standing in line or by being shy." In front and to the right of the stone is the vault, which reads, "Queen of the Corporate Jungle, 1929 – Forever." Intriguingly, it is the only stone that I have ever seen that tells of the divorces one has gone through. In the same sized font of most of the engravings, one can read, "Two divorces – no children." Apparently, she married two more times, as in a much smaller font inscribed between other rows, it tells of her third, and then, in even yet a smaller sized font, a fourth divorce is mentioned. I take it Ms. Davis was not only involved in the "corporate jungle" but another where there were disputes!

We humans can so easily deceive and fool ourselves into thinking we are always right. Experiments at racetracks, casinos and amongst those whom purchase lottery tickets have shown that people who bet on an outcome become up to three times more confident that it will occur than people who didn't put up any money. Fascinating!

In a commencement address he gave to students at the California Institute of Technology in 1974, Nobel Prize-winning physicist Richard Feynman urged his listeners to avoid what he called "cargo cult" thinking, after Pacific islanders who believed they could make airplanes land, full of food and clothing, merely by standing alongside makeshift runways, as they had done during World War II. He said at another time, "You must not fool yourself—and you are the easiest person to

fool".

It is so easy to fool yourself. Above all, remember that the smarter you are, the more easily you can fool yourself. Where am I going with this? So often, as we reach the golden years, people become discouraged with what is taking place with them. A common , with the elderly is depression. Strength goes, sicknesses come, trips to the doctor increase and then come all the tests, and tests and yet, more tests. Simple tasks may no longer be achievable; mobility issues, hearing impairment and embarrassing situations come. And the challenges will increase over time.

When people give into these changes and allow these to become discouragements one can understand why depression results. Face it: this boils down to one thing – concern only for ourselves. And in that, we deceive ourselves. That is not what life is about. It behooves everyone to make the golden years precious, full and overflowing with love, respect, and joy for those we, know, love and hold so dear to our hearts. We all might seriously weigh spending our penultimate years in endeavors to benefit others—in adventures to advance the cause of truth, goodness, beauty—not going gentle into that good night or raging against the dying of the light but, near the end, shining our light most brightly. We have great power to influence our grandchildren. Each person can impact another with good by being a friend, a helper, and an encourager. Lives can be productive and effective until our last breath.

Trees that grow out of solid rock have long fascinated me. I come upon them while climbing in steep hills or mountains. Sometimes it is a sizable tree with a thick crown of green branches. I gaze in wonder at this witness to the resilience of life, to the force of seed, sapling, and root driving apart the mountain's armor of stone.

The image of those persistent trees should encourage us to be as stubborn and productive as those robust trees growing out of granite in living with purpose and forgetting the one of the ugliest of human traits—selfishness.

David Watkins

A D-Day remembrance program will be held by the Flagpole on Wednesday, June 6, 2012 from 1:30-2:00 p.m.

Notes from the AFRH-W Chairman, Resident Advisory Committee



Have you been to the Thrift Shop recently? The Thrift Shop, located in the basement of the Sheridan, is open Monday, Wednesday and Friday from 0830 – 1130 and takes items that Residents wish to sell and depending on what the Resident desires gives

the funds generated by the sale to the Resident or to the Resident Fund. At the present time the Thrift Shop is led by Mr. Rudy Liskovec who along with Ms. Sandra Intorre, Ms. Dottie Hershey and Ms. Phyllis Bradford, are doing great work for the Residents and need to be thanked for their service to the Residents and the Home. So THANK YOU Rudy, Sandra, Dottie, and Phyllis - your work is welcomed.

Recently the Chair of the RAC, four Residents, and the Chief of Campus Operations along with members of the crew working on the new Scott Building were taken on a tour of the building. The Residents involved were Susan Chubb, Carl Peck, Warren Pospisil and George Wellman. We looked at the ground, first and second floors to gain knowl-

edge of where things were to be. We walked out on what will be the ledges to gain an idea of what the new views will be when the building is finally completed. Comments by the Residents indicated that they were happy with the design and how well the building will function to assist the everyday life of Residents of the Home. There may be opportunities in the future for additional visits so if you wish to be considered for one of these possible visits please let the Chair of the Resident Advisory Committee know.

Mr. Wachter informs me that our project for an in-house newsletter is moving along just fine. If you would like to assist him stop by 3207 or see the RAC Chair. Our other project dealing with starting a project for Residents to donate their estates to the home also is continuing Ms. Robinson informs me. She also is having problems generating interest in this important project. I am sure that it will happen but we need to generate interest before we move forward on gaining approval from the legal eagles at Bowling. Ms. Robinson is in 6305. If you are unable to see the people mentioned above see me anywhere or in 7018.

Someone asked me the other day what was a quick way to assist the Resident Fund in gaining revenue. Let me suggest this: You

Resident Volunteer Appreciation Program

The AFRH-W held its annual Resident Volunteer Appreciation Program at the Stanley Chapel on April 27, 2012. The ceremony was held to recognize the volunteer efforts of the residents within the Home. The 91 resident volunteers worked over 15,000 hours in 2011 supporting services including: Library, Recreation, Arts and Hobby, Religious, Admissions, Public Affairs and Volunteer Services. Volunteers received a Certificate Appreciation, gift pack and Presidential Service certificate, letter and pin for those who reached a presidential award milestone this past year. After the ceremony, volunteers hung around for food and fellowship with one

another.

Our volunteers have a huge impact on our community and our mission to provide a premier retirement community with exceptional residential care and extensive support services. Volunteering is so important because it helps strengthen our community. Mother Teresa sums up the heart of volunteering - "I slept and I dreamed that life is all joy. I woke and I saw that life is all service. I served and I saw that service is all joy." We welcome new volunteers to assist in many areas throughout the Home. Please consider volunteering today. For more information, please stop by the Volunteer Office, Sheridan Room 1004.



Neil Ferguson volunteers in the resident Computer Lab.

Carolyn Haug, Volunteer Coordinator and Laura Fogarty, Chief, Recreational Services, thank Russell Smith for his volunteer service at AFRH-W.



want to volunteer but you do not wish to take a stipend position as you do not need the funds, well; you can take the stipend and then donate the amount you receive to the Resident fund. If you do that it is also possible for you to specify just where you want the amount to go or you can just donate it for the general use of the fund. So think about this method of giving back.

Speaking of stipends and volunteering I do not understand why so few Residents of the Washington home either volunteer, nor receive the stipend when there are many opportunities to do. It is a very easy thing to do so just see Carolyn Haug, the Volunteer Coordinator in Room 1004, ask what is available and sign up to be a Stipend Volunteer.

I need your assistance in telling me what you, the Residents, would like the Resident Fund to expend funds on in the upcoming Fiscal year (FY) (FY 2013 starts in October). Point us in the direction you want to go, give me a web site to visit, or just give the information to your floor representative so they can pass it on to me. Once I have the information it can be passed to Recreation Services so they can finish preparing a budget. About a month prior to the new FY this budget will be presented to the RAC for its approval. I normally get it in enough time so that the floor representatives can get an idea from Residents as to adjustments that might need to be made. After the review and ap-

proval of the budget it is finalized and we start working off that budget 1 Oct. Remember if you do not ask for something how can it be done.

Thought you might like to know that the next RAC meeting will be held on Wednesday June 20, 2012 at 0900 in Room 1103 in the Sheridan Building. If you, as a Resident, has an issue that they wish to have discussed you are encouraged to see your Floor Representative so your issue can be included in the Agenda. Or you can give your issue to me any time you see me.

Just before I finish let me give out the population of the Washington home as of the 17th of May 2012. There are a total of 50 Females and 470 Males located in the following areas: Independent Living 327, Independent Living Plus 53, Assisted Living 52 and Long term care 88 or a total of 520 Residents.

Well, another month finished, another column written; as this new month begins let us remember those who have passed on to their new duty stations, and welcome our new Residents. To the new Residents you are a part of a home whose past is remembered but whose future will be written by you and those who follow. Let me in the name of the other Residents of your new home say WELCOME HOME. And while this written as the Chair of the Washington RAC, it is also a welcome to those who reside in Gulfport all of us are Residents of the Armed Forces Retirement Home.

Esker McConnell

From the AFRH-G Administrator



As May comes to a close so does my time here in Gulfport. On Monday, June 4, the Interim Administrator baton will be passed back to Laura Slack. I have thoroughly enjoyed leading the

team in Gulfport this past six weeks and getting to know more residents. Each time I've come down from the DC campus I've been very pleased to see so many active residents participating in recreation activities offered by the Home. The hiring process is progressing and we expect to have a new Administrator named by July.

The Wellness Center recently began holding sick call every weekday morning from 7:30 to 9:30 and then regularly scheduled appointments for the rest of the day. This seems to be working out very well and we will continue to monitor.

Starting next month and for the next four months, Yates Construction, our general contractor, will have crews in the building working on a variety of projects designed to enhance resident life. Some of those are sharp corners on the pillars in the dining room will be capped, automatic opening doors will be in-

stalled and for safety reasons, the walking trail that passes at the front gate will be moved away from the entry area.

We are hosting our first Safety Day on Thursday, June 21 from 8:30 – 11:00 a.m. in the Community Center. The Safety Officer is coordinating this event with many of our community partners such as the City of Gulfport police department, fire and rescue, Harrison County Emergency Management and others. There will be a lot of information available for residents and staff on how to enjoy life and work safely. The timing of the event coincides nicely with the start of hurricane season, which as most of you know, is June 1. If you are not from south Mississippi or are new to the area, be advised that every year there is that very real possibility that we will experience a hurricane, if not a direct hit then certainly tropical conditions. It's something we take very seriously here at the AFRH and I encourage each and every one of you to do the same. I encourage you to attend all meetings on hurricane preparation, discuss your options, map out a plan and most importantly, when the atmosphere in the tropics gets active, stay tuned. We can't prevent volatile weather but we can be prepared and minimize the effect.

Many of you have asked about the possibility of having guest rooms here as they have at AFRH-W. We are on that now and will have more information to report back to you in next month's Communicator. The idea is to



Master Chief Ron Kartz (left) and AFRH Interim Administrator Chuck Dickerson (right), give Brig. Gen. Bradley Spacy, Keesler's new commander and members of his staff, a tour of the home during the Open House on May 25.

have six guest rooms available for family and friends, at a reasonable cost, and for prospective residents, affording them the opportunity to stay up to two nights to get a feel for what life is like at the AFRH-G.

Thank you to all that attended the Master Landscape Plan Focus Group meeting held on May 18. Marsha Wyly from Preserve Landscapes Consulting LLC out of

Greenville, N.C., led the session and, with resident input, helped us begin a process to map out a landscape plan. We can all take pride in the fact that we as a group have contributed to the beauty of the grounds and that residents of the home years from now will enjoy.

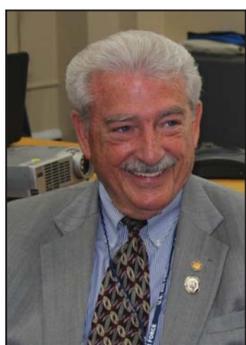
Charles Dickerson
Interim Administrator

A Family Affair



AFRH-G resident Mencho Hernandez (center) with his just promoted daughter 1st Lt Lauren Frazier and her husband Captain John Frazier. The Fraziers are from Whiteman Air Force Base in Missouri and were at the AFRH-G so that Mr. Hernandez could be part of the promotion ceremony.

Notes from the AFRH-G Chairman, Resident Advisory Committee



May 2012 has been another perfect weather month here on the Beach. The Resident count here in Gulfport this month is now 509.

Another Birthday Night with A Wonderful Dinner and Fun was had by all. We missed

"Music by Goldie"! "Goldie" will be back Next Month!! 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! Memorial Day cook-out was another SUPER SUCCESS!!

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: (or not name) those Residents who wish to remain anonymous for

stepping up with, "Funds for Flowers" making our home look just BLOOM-ie. Others like the Balls who volunteer to collect the funds at our weekly dances, and for PJ Johnson for making the beautiful signs at the Thrift Shop and Gift Shop, for Rosie for ensuring that the shredded paper gets to the Humane Society and Mega Thanks to Richard Lasher for all his time and work in searching the web to find and download military scenes for framing and hanging in our Home! Thanks again to all!!

The Military Memorabilia Committee has just had the plaques installed on the base of stands to explain the story of the two Hand-Carved Wooden Eagles now guarding our 1st floor entry. Check it out!!

HIGHLIGHTS OF ACTIONS AT THE RESIDENTS ADVISORY COMMITTEE MEETING:

The Resident Advisory Committee met on the 8th of May 2012. Some of the actions taken were:

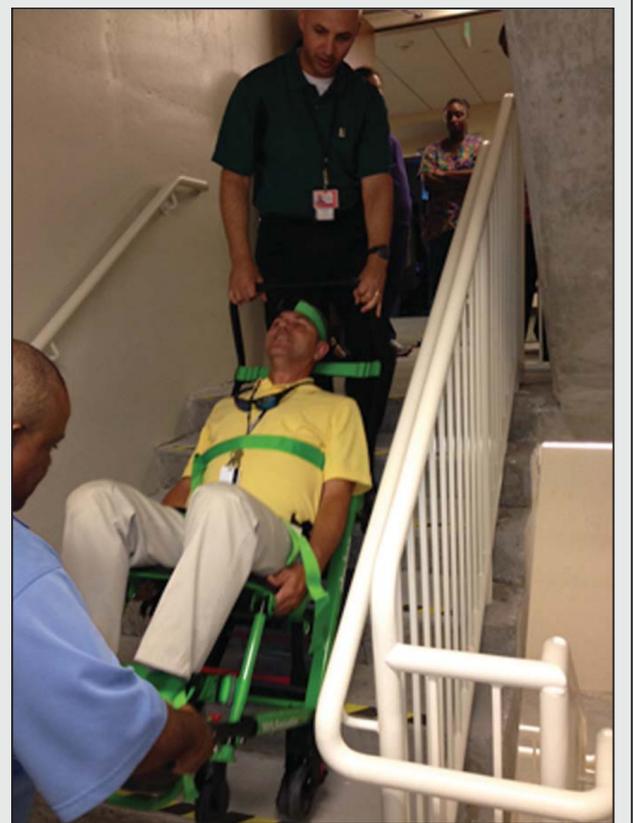
ANNOUNCEMENTS:

- RAC approved a motion to appoint Joe Kelly as Floor Rep for Floor B-4.

Evacuation Training

Safety Officer Frank Bermudez (top of screen) and Jimmy Hudson show the proper technique in the use of evacuation chairs that will help residents descend down stairs in emergency situations.

In the chair is Bob Brown of Campus Operations. Chairs, such as the one pictured here, have been installed in Valor and Loyalty Halls as well as the three residential towers. Staff members on all shifts are being trained in their use.



- RAC approved a motion to appoint James Stockstill as Ombudsman for Valor and Loyalty Halls.

- RAC approved a motion to appoint Bill Call as Alternate Floor Rep for B-5.

- RAC approved a motion to appoint Jack Hicks as Alternate Floor Rep for B-4.

- RAC approved Ron Harding as Floor Rep for B-6.

OLD BUSINESS:

- Master Chief Kartz was asked to look into some issues in the NEX and report at next meeting.

- Motion made and approved to ask Administration to extend the hours of coverage for ILP.

- Motion made and approved MWR's recommendations to pay only the top 3 positions in tournament play effective the end of May 2012. Prize money \$15 1st, \$10 2nd and \$5 3rd place.

- Motion made and approved to disapprove paying for Resident's golf.

- Motion made and approved to not have signage placed on I-10 as directions to the Home.

- Motion made and approved to recommend the purchase of magnetic signage for the AFRH-G bus.

- Motion made and approved to permit the

wearing of hats in Fiddler's Green.

- Motion made and approved to not establish an American Legion Post in the Home.

NEW BUSINESS:

- RAC received updates from all Committee Chairpersons.

- Motion made and approved to follow up with request to extend the time for the short order line.

- Motion made and approved to leave the Player Piano in the Community Center.

- Motion made and approved to approve \$400 for C&W entertainment for a Western Dance, 12 Sep 12.

- Motion made and approved to not purchase Encyclopedia Britannica for \$1,395.

- Motion made and approved to recommend a Survey Results SOP be developed by Administration.

- Motion made and approved to move RAC meeting start time to 0930 hrs.

- Motion made and approved to recommend continuing with two Senior Games per year.

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

Enjoy!!

Bill Parker

AFRH-G May Activities

Group delights residents with performance

The Gulf Coast Wind Ensemble visited AFRH-G on Monday, April 30 and delighted residents with tunes from motion pictures such as Titanic and the Magnificent Seven, as well as other marches, and military tributes. The Gulf Coast Wind Ensemble is a group of volunteers who meet regularly to rehearse and perform for local events and organizations solely for their love of music. Residents participated as they stood while the ensemble played their respective military service hymn.



Residents give a standing ovation to show their appreciation for the performance.



The Gulf Coast Wind Ensemble performs for residents in the Community Center.

Zumba Gold classes now available

By Brian Mason, Recreation Assistant

In response to our recent fitness surveys we are introducing Zumba Gold to the exercise schedule.

- Zumba Gold was designed for the active older adult, true beginner, who is not used to exercising.
- It is for people that may have physical limitations.
- Zumba Gold is done at a much lower in-



tensity than the regular Zumba.

- Zumba Gold uses the same great Latin styles of music and dance and is just as fun as a regular Zumba class.
- A Zumba Gold class strives to improve our balance, strength, flexibility and most importantly, the heart.

Please bring your dancing shoes! Remember, this is not a dance instruction class, it is an aerobic exercise class. There will be some dance moves that you will learn along the way but, the idea is to workout to the music and have fun!

Classes are starting in June. It will be held on Tuesdays at 10 am in the exercise room. Hope to see you there!!



Vanessa Peters leads a Zumba Gold class in the Exercise Room. Zumba classes are offered on Tuesdays at 10 a.m.

Mission Bird House Project Begins

Story and photos by Susan Bergman, MT-BC, Recreation Services

On Friday, April 20, 2012, residents from Valor Hall & Loyalty Hall ventured to Keesler Air Force Base Art & Hobby Shop to make bird houses to be placed around the AFRH-G grounds. The initial response was - "how will we make these in time for lunch?" Debbie Pearson, Art & Hobby Shop supervisor, said "no problem - nail gun or hammers." Of course, nail gun was the unanimous vote. Residents began to put the pieces together and even delighted in drilling the hole for the bird perches.

Volunteer Dena Ladner and Marvin Haynes worked together to add the finishing touches to their bird house. It was decided to finish painting the projects in the fun art classes with Milt, the art specialist, and explore on the golf cart places to put up the houses at AFRH-G. Residents enjoyed the rest of the day with wonderful box lunches from dining at the food court and shopping in the exchange and commissary.

Mission Bird House Project Continues

When the bird houses arrived back at AFRH-G after

the Valor Hall and Loyalty Hall trip to KAFB Art & Hobby Shop, Independent Living residents primed the wood in preparation for the Loyalty Hall fun art class. During the month of May, Naomi Pointer, Fred Schell, and Lois Hogan added their creative hand by beginning to paint the bird houses. The plan is to add the sky blue to the design and then add color to the flowers in the upcoming fun art classes. Valor Hall will begin their fun art classes in May in order to complete the other three bird houses. As Art Specialist Milt Williams, said, "there are four canvases for each bird house."

Mission Bird House Project Rides Again

On Tuesday, May 8, Robert Granvle, Recreation Assistant, led residents William (Jack) Oxford and Fred Schell



Fred Schell paints a bird house during art class.

on a golf cart ride around the AFRH-G grounds. They said, "we have our mission - on the lookout for bird house spots."

It was a beautiful day, cool breeze, and the ocean view perfect. Fred Schell stated that the best place spotted was on the front of the property overlooking the beach view. The bird houses will have a new home soon, too. The birds will love their one room condominiums with a view of paradise!



Robert Granvle (driving) searches with Jack Oxford and Fred Schell for the perfect spot for the bird houses.

Stargazers

By Dennis Crabtree, Recreation Specialist

What are meteor showers?

An increase in the number of meteors at a particular time of year is called a meteor shower.

Comets shed the debris that becomes most meteor showers. As comets orbit the Sun, they shed an icy, dusty debris stream along the comet's orbit. If Earth travels through this stream, we will see a meteor shower. Depending on where Earth and the stream meet, meteors appear to fall from a particular place in the sky, maybe within the neighborhood of a constellation.

Meteor showers are named by the constellation from which meteors appear to fall, a spot in the sky astronomers call the radiant. For instance, the radiant for the Leonid meteor shower is located in the constellation Leo. The Perseid meteor shower is so named because meteors appear to fall from a point in the constellation Perseus.

Recreation Service now has a Telescope for any Resident who would like to be a Stargazer. Contact Dennis Crabtree, Recreation Specialist for more information.



Residents interested in stargazing can now use the telescope available in Recreation Services.

Serious Quilters Gift To Neo-Natal Unit

Story and photo by Milt Williams, Art Specialist

Twenty-seven precious quilts were given to Memorial Hospital Gulfport on May 1st. Marion Ritchie, Heather Baird of AFRH-G and Mary Kate Pratts, Susan Marsh and other serious quilters of our community where delighted to present these quilts to the nurses who attend to the special needs of our littlest people who come into this world earlier than expected. The 27 quilts were cut, sewed and pieced together by these ladies with joy, knowing that each baby would be clothed in a colorful, warm and precious handmade quilt. After presenting the staff at MHG with their gift of love, the nurses gave Marion Ritchie and the others a tour and even introducing them to the

proud parents of very tiny baby. Mom and Dad were very thankful and shared their story of the newest family member with them.

Afterward Ms. Ritchie remarked that "the little baby was so tiny she could fit in my hand." The new parents, nurses and staff were pleased and joyful with the generous gift of baby quilts. The Serious Quilters, they got a double portion of joy, for giving, witnessing and knowing they got to be a part of welcoming the littlest ones given to us by God. One more thing, we found out that MHG assists all the hospitals in this area if a baby is born premature, including our military hospital at Keesler Air Force Base in Biloxi. Keep up the good work Ladies.



Marion Ritchie (6th from left) and other serious quilters hold up samples of quilts they made and donated to Memorial Hospital Gulfport for pre-mature newborns.

AFRH-W April Activities

White Elephant Auction

By Carol Mitchell
Going once....
going twice....
going three times....
SOLD!

On Friday, May 4th the approximately 75 residents of the AFRH King Health Center took part in the LaGarde White Elephant Auction.



Residents were provided with \$100 in White Elephant auction money to spend on "Buy It Now" goods, fabulous refreshments, and of course had the opportunity to bid on a variety of great items both new and gently used. Resident Don Barnard was able to out bid other residents for an unusual floor standing spider lamp. A fierce bidding war for a new boxed Limited Edition Tuskegee Airmen doll was won by resident William Palmer. Some of the other items that went up for bid included clocks, radios, a television, clothing, nick nacks, and other great items. This event provided residents to participate in some good old fashion haggling, bartering, and bidding.

BOWLING FOR SPEAK EASY CLUB

By Christine Baldwin

The Speak Easy Cultural Club is in full form for the 3rd edition of Who We Were. Pictures are being taken by photographer John Woo and "snippets" of stories to go along with those pictures are being gathered.

So now the group has come up with a new idea; bowling on Saturday! Every third Saturday we meet: for some to bowl, while others talk "stories" among themselves. This past Saturday had several onlookers as seven people enjoyed bowling two games. Double Nickels founder Antoinette Ford, who has been instrumental in publishing our books, had a strong showing, as did resident Billy Ray White. New comers to bowling, Andrea Bowman, a new volunteer, and Christine Baldwin had lots of tips from residents John Kershaw, Lloyd Turner and Chuck Merlino. John Woo also bowled and at one time had a "pinch bowler" for a frame, Volunteer Coordinator, Carolyn Weber (who got a spare!). None of this mattered because in both cases, resident Phyllis Bradford blew away the competition! Still there was lots of laughter and comradery for the club!

Recreational Therapy hosts Sport Games

By Sarah E. Kennan, Recreation Therapy Assistant

On Tuesday, May 22nd the residents from ALP gathered on LaGarde's Main Street to participate in a variety of games. And what a great time they had! The first game was the Bean Bag Toss with five contenders eager to try it. It was a close call between the residents but the winner was Mr. Clifton with Mr. William coming in second. From that game the residents moved on and tried their skills at Horse Shoes. Mr. Stout said when he was younger he had been a champion horseshoe player where he grew up in the country. Mr. Stout was the only resident make a ringer and he ended up as the winner of the event.

We ended the morning of competition with a Baseball Game. There were two teams of three members and they were trying hard to get a home run. At the end of the first half each team was tied at 3. The second half was very tense but finally Mr. Clifton came through with the winning run. There were lots of spectators to cheer them on.

After everyone survived these challenging games, refreshments were served. The grilled hot-dogs tasted great right after the baseball game. Then for something sweet, homemade blueberry muffins made from scratch with old fashion Root Beer to top it off. While everyone was enjoying themselves we listened to music by the Coasters.

Norwood Intergenerational Bowling Finals

By Carol Mitchell

The end of the 2011-12 season for the Norwood Intergenerational Bowling League has come to another wonderful and successful end. It was a learning and fun experience for all! Each school year a new group of students come from Norwood Middle School to bowl with the residents of the AFRH King Health Center. The students learn to use adaptive bowling equipment and how to engage actively with the our veterans. Partner teams are formed and the same resident and student bowl together throughout the school year. This makes for lasting friendships for both veterans and students.

This year's champions are:

1st Place: Isabella Alarie & Resident Elliott Bronfman

2nd Place: Ian Napoleon & Resident Bill Conrad

3rd Place: Ashley Permuter & Resident Ray Marriott

Residents look forward to another exciting league next season.

Senior Olympic Games 2012

On Thursday, May 10th and Friday, May 11th the Senior Olympic Games took place here on AFRH-W campus. Despite cool weather, residents participated in fun, competitive games designed for PMDs, wheelchairs, and walkers. Resident Paul Grimes carried the AFRH Olympic Torch in the opening ceremony and officially started the games.



Mary Tickner shoots for two points in the Basketball Shoot-out.

The following residents earned the medals in the 2012 Senior Olympic Games:

Iron man/ Iron woman contest - mens- Roger Davison - Gold, Sam Lewis- Silver, G. Blasini - Bronze - womans - Ruby Bloomer- Gold, Jane Hessler - Silver

Bowling Tournament- Bob Schonherr - Gold, Phyllis Bradford, Silver, Ralph Wineland - Bronze

Basketball Shoot-out- Mens- Julian Renato- Gold, womens- Corrine Robinson- Gold, Phyllis Bradford- Silver, Jane Hessler- Bronze

Fast Walk Event - Mens- Ed " Walking Man" Crump - Gold, Charles Felder- Silver, Julian Renato- Bronze. Womens- Martha Williams - Gold, Corrine Robinson- Silver, Mary Tickner - Bronze

Wheelchair event - Mens - Patrick Goldsworthy - Gold

Library Cart Race - Mens- Roger Davison- Gold, Sam Lewis- Silver, Womens- Corrine Robinson- Gold, Ruby Bloomer - Silver, Mary Tickner - Bronze

Softball Toss - Charles Felder- Gold, Sam Lewis - Silver, Corrine Robinson - Bronze

Wheelchair Softball Toss - Patrick Goldsworthy - Gold, Catharine Deitch- Silver, Jean Taylor- Bronze

Pole Walk Event -Charles Felder- Gold, Julian Renato- Silver, Roger Davison- Bronze

PMD Races :

Obstacle Course (manual Wheelchair) - Woodrow Williams- Gold, Ida Simpson- Silver, Ray Marriott- Bronze

Race (manual wheelchair) - Woodrow Williams- Gold, Ida Simpson - Silver, Ray Marriott- Bronze

PMD Obstacle event - Pete Peterson - Gold, Johnny Cargo- Silver, Harry Steffanilli - Bronze

PMD Race - Pete Peterson- Gold, Harry Steffanilli - Silver, Johnny Cargo- Bronze



Johnny Cargo runs full steam ahead on the obstacle course.

Day Club Residents

Visit P.G. Plaza

By Steven Briefs, Supervisor of Recreation Therapy

On Wednesday, April 25th residents from the KHC Day Club took a bus trip to the Prince Georges Plaza. Lindsey Boone, George Mamula, William Conrad, Edward Van Way, Garland Sanders, Louis Giordano, Alma Wilson, Robert McCreary, Paul Harper, George Moore, Eugene Maclean, Robert Stevenson, Roscoe Hankins and Richard Deforge all enjoyed this trip. They got a chance to see some of the sights of our community along the way to the mall and once there, they all window shopped and had a delicious lunch.

Three CNA's who provide direct care to the Day Club residents, Theresa Bowden, Valerie Kirkwood and Alavian Wilkey, also came on this trip and together with the RT staff provided companionship and support. After lunch they took a walk around the mall to see the new styles of clothing and what the costs are these days. What a shock! George Moore asked way he can't buy a shirt for \$3? Well, anyway, it was a fun trip for everyone.

The Soldiers Show Visits KHC

By Steven Briefs, Supervisor of Recreation Therapy

On Sunday, May 20th our KHC residents enjoyed a terrific musical performance by members of the U.S Army Soldiers Show. Twenty-one talented Soldiers visited us and spent time socializing and then singing a variety of patriotic songs that were inspiring. Our residents had a chance to share their memories of military life with these young troops and in turn, they related to them all the many changes that have occurred since they left the service.

The theme of this years production is, "Army Strong" and each troop worked hard to share their talents with us and also spent time getting to know our residents. It was heart warming for the 46 residents who attended the program.

Three cheers for the soldiers of the U.S. Army!!



Active duty members of the U.S. Army Soldiers Show spent the day visiting and performing for residents in LaGarde.

Korea

The 'Forgotten War'

High school book project to feature AFRH-W Korean War Veterans

*R.W. Ragland, U.S. Army Retired
AFRH-W Volunteer*

The battlefield experiences of the "Forgotten War" will not be forgotten thanks to the contributions of five AFRH-W Residents—veterans of the Korean War—and a unique project recently initiated by seven enterprising Virginia high school students of Korean ancestry.

The oral history accounts of Veterans Carroll Collins, Richard W. Robinson, William Wood, James Walton and James Webster are the featured starting point for a book idea the students conceived four months ago. According to Kelly Park, a junior at James Madison High School in Fairfax, Va., the project is a personal endeavor, not for a school assignment or grade. It is based on a concept involving a group called "Remember 7-27" established by Hannah Kim, a local Korean War advocate. ("7-27" represents July 27, the date the Korean War ended in 1955 and the official National Korean War Armistice Day.)

The five Residents shared personal stories, photographs, artifacts and war medals for roughly 90 minutes on Saturday, April 7, in the Lady Sheridan Room. It concluded with several taste-testing the Asian delicacy of *jab chae* noodles and dim sum the students brought along. All seven students attend various Fairfax County high schools and are second-generation Koreans, but had never met before until they formed the club in January with Ms. Kim.

"Our overall purpose is to raise awareness and preserve the memory of the experiences of veterans who fought and sacrificed their lives in the war," said Park, who is also president of the book club. "Compared to other wars, the Korean War is significantly forgotten in the minds of people, especially with our generation."

Richard Robinson, who was an Army clerk assigned to a classified message center during three tours in Korea, was pleased to be a part of the project—and a bit

surprised about it.

"Usually at their ages, kids are thinking of something else and certainly not about doing anything about a war like this," he said. "So I think it's a very, very good project of the young people to want to know something about (what we did in) the past, especially something where there's not much written about," he said.

Carroll Collins, an Army Veteran who also served in WWII and Korea in counterintelligence duties, believes the same. "It's a good idea to keep people reminded of it, especially young people." Collins, who is 90 years old, was also impressed with the students' seriousness.

"They were very interested in the political side of the war, too," he said. "They asked me some very thoughtful questions and came prepared. They seemed very curious about it."

It was more than them just asking questions... they had a personal interest in it."

The teens also interviewed Korean War veterans in their neighborhoods and from area VFW and American Legion Posts, but those from the AFRH-W made a lasting impression, according to Park.

"We learned and gained so much from the interviews done at AFRH-W," she said, and believes several of them will likely return for follow-up interviews.

The yet-untitled book will be named around the "forgotten war" theme, said Jung Wook Choi, an 11th grader at McLean High School. "I think 'Remembering the Forgotten War: A Reflection on the Korean War and its Veterans' would be a nice title," he said.

If everything works out as scheduled, the first draft will be published by June with the final draft submitted to the National Archives and shared with school and military libraries and veterans groups.

"I'd be interested in getting a copy of it," said Robinson, whose personal story was also featured in a 2008 article in *SOLDIERS Magazine*.



Students from Madison High School in Fairfax, Va., with AFRH-W residents Carroll Collins, James Webster and Richard Robinson.

Kite Fishing?

*Catch of the day
turns out to be
not a fish*

Submitted by Susan Bergman, MT-BC, Recreation Services

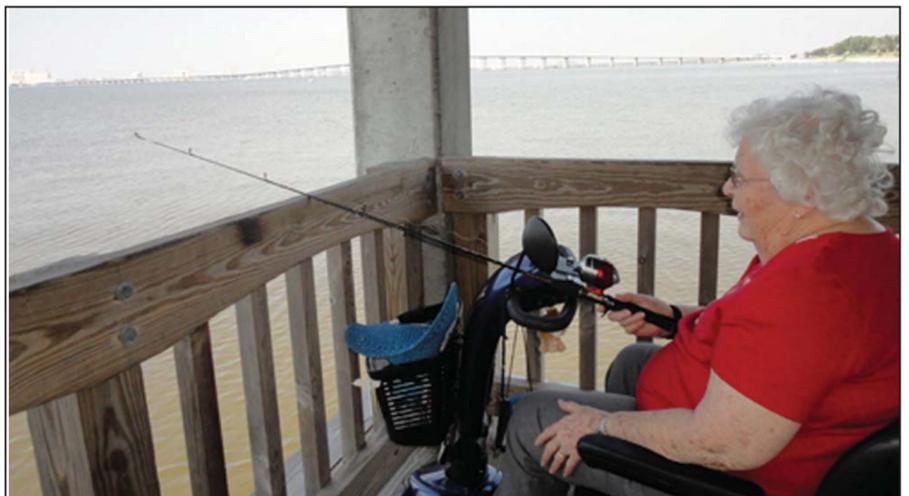
On Friday, May 18, 2012, Valor Hall & Loyalty Hall residents went on a fishing adventure to Fort Maurepas Park in Ocean Springs. As residents began pulling in white trout, lady fish, black drum, red fish, croaker, catfish, and even an eel, Ebbie Simpson said "nothing...I caught nothing...I was so close...they kept jumping off the line." With that said, it was time for lunch overlooking the beautiful ocean view and new Biloxi Bay Bridge. After enjoying the wonderful box lunches from dining service, residents were ready for the next adventure - the kites. When the string could not be found, Jesse Self said, "put them on the fishing poles."

Up went the blue angel kite...up went the bi-plane kite...and up went the diamond kite. Ebbie took hold of the fishing pole and reeled in the best catch of the day landing the kite right in the net. What a wonderful treat and what a sight - kite fishing will be a new tradition on our trips in the future!

Susan Bergman uses a fishing pole to launch a kite. Residents enjoyed a morning of fishing, lunch and an afternoon of kite fishing.



Nathan Burkett (left), Susan Bergman and Fred Schell show off the fish caught during the fishing adventure on May 18 at the Fort Maurepas Park in Ocean Springs.



Earlene Syverson patiently waits for a fish to take the bait.