

## Giving back

### AFRH-G hosts Community Volunteer Expo

By Adelina Hay

AFRH-G Volunteer Coordinator

On June 28th, 2011, 15 local agencies and organizations attended the AFRH Gulfport First Annual Volunteerism Expo. Throughout the year, many residents expressed an interest in doing something to give back to the community that makes up the Gulf Coast, by volunteering. Since we have such a mixture of both residents who have lived here before as well as those completely new to the Gulf Coast, we thought bringing in some agencies that need volunteers would be a great introduction to the opportunities here.

Nothing starts a morning expo off like fresh coffee and doughnuts from "Tater Nuts," along with organizations such as Biloxi Regional Hospital, Coast Guard Auxiliary, Keesler AFB Hospital, the Navy/Marine Corp Relief Services, George Ohr-Okeefe Museum, the Biloxi and Gulfport Police departments, Feed my Sheep and many more. Some of the opportunities were search and rescue, knitting blankets for babies, soup kitchen, ride alongs with the police, clerical, information booths, gift shop sales and many other varieties of things to do.

The residents really enjoyed learning about all the different ways they could get involved and for many of the organizations, it was their first time in the home and were pleased for the chance to present the good work their particular group was doing. This is definitely an event that will be repeated next year.



Organizations from all over the Mississippi Gulf Coast attended AFRH-G's First Volunteerism Expo. Information, door prizes and sweet treats were available.



#### Volunteer Opportunities Available

A resident stops at the Navy and Marine Corps Relief Society table to pick up a brochure on the volunteer opportunities available during the Volunteerism Expo held at the AFRH-G on June 28.

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### The Honorable Sung Choon Park, Republic of Korea

## Minister of Patriots and Veterans Affairs visits AFRH-W Korean War veterans



#### Korean War veterans thanked

The Republic of Korea's Minister of Patriots and Veteran Affairs Sung Choon Park shakes hands with Korean War veteran Arthur Kilgore. The Minister spoke with AFRH-W Korean War veterans during his visit on July 26, 2011. He thanked the American Korean War veterans for their service to his country. He stated, "the peace, freedom, and prosperity the Korean people are now enjoying is largely credited to the devotion and commitment of the Korean War veterans."

## 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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awarded to the Armed Forces  
Retirement Home.  
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# Become a resident today!

### American Legion National President visits AFRH-G



Billy Williams shows American Legion National President Jimmie L. Foster his artwork that is on display in the Artists' Showroom located on the first floor. Mr. Foster toured the AFRH-G on Wednesday June 29.

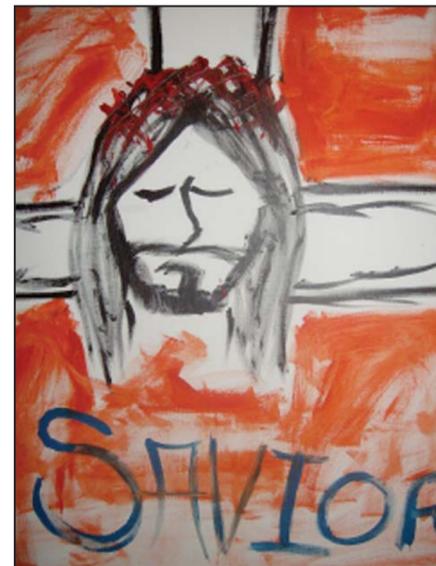
### The Chi Alpha Choir Annual Tour

By George Wellman  
AFRH-W Resident

On Wednesday, 15 June 2011, the Chi Alpha Choir from the Hunter Street Baptist Church, Hoover, Alabama, performed at Stanley Hall Chapel at the AFRH-W. The choir is for students in grades 9-12. This large choir (around 120 students) filled the pulpit and extended across the front sides of the chapel.

The choir entertained residents and employees of AFRH-W during their annual tour to share their ministry through music. During a selection with praise dancers, a student began painting on a piece of white canvas. With graceful strokes of the paint brush, one could see an image appear. By the end of the song (less than 5 minutes), the student had completed her interpretation of an event known around the world.

After the performance the choir members, chaperones, and residents mingled until it was time for the choir to board the buses. The painting was donated to AFRH-W and is now on display in the Chaplain's office at Stanley Hall Chapel.



Painting by a Chi Alpha Choir member.

# Message from the Chief Operating Officer, Acting



Hope all of you are enjoying the warmth of summer and that many of you have had the opportunity to visit family and friends. I know I look forward to the summer months to spend some time with my family.

As the summer months roll on many things are happening at both homes. It has been nine months since we opened Gulfport with the sixth-year anniversary of Hurricane Katrina soon upon us. In DC we anxiously await the teardown of Scott and the rebuild of the new facility. Hard to believe the new facility will be operational in less than two years.

In last month's article I said I wanted to write about "person-centered care." Last year when the DC home had their accreditation survey by the Commission on Accreditation of Rehabilitation Facilities (CARF), person-centered care was a highlight and takeaway of the survey. Although the agency had started the person-centered care effort it was a long way from being deployed and understood by all.

In February many key players in AFRH to include the RAC Chairs met for an offsite in Gulfport to renew our Strategic Plan. The number one goal of our new Strategic Plan is "Embrace Resident-centered Care." The staff has worked hard to understand and deploy person-centered care at AFRH. Recently I had an opportunity to observe person-centered care training by Ms. Kathy Waters, a CNA in the Director of Nursing at the Washington Campus. The training was developed by Ms.

Waters and three other CNAs (Patricia Lowry, Theresa Bowden, and Curley Ray). I couldn't have been prouder of the group. Ms. Waters did an excellent job of facilitating and training. Training was well attended and lasted approximately 30 to 45 minutes. Attendees were truly motivated and engaged. This is a great example of shared governance in action! A special thanks to Ms. Pamela Young and Ms. DeeDee Foster, the Director of Nursing and Assistant Director of Nursing respectively, at AFRH-W for their leadership and resident focus. Their Team is commended for excellence and initiative in our effort as an organization to embrace our philosophy of person-centered care. I have included their training brief with this article. Please take time to read it.

Since February we have taken many positive steps to deploy and help both residents and employees understand person-centered care. Along with being a Strategic Goal, person-centered care was also added as a Guiding

***"...Person-centered care is a philosophy of care that requires our constant thoughts and planning with and for people who require assistance in their daily lives and providing assistance in such a way that the person is honored and valued and is not lost in the tasks of care giving..."***

Principles at our Strategic Planning offsite in February. We define it simply as: "The careful manner in which Resident needs are considered while developing responsive

plans of care and delivering meaningful services." As a Strategic Goal we define it as: "Each person understands the Resident's individual needs and takes realistic action within AFRH resources and capabilities." We also updated our "Badge Buddy" to include a focus on person-centered care which employees wear proudly with their identification badge.

Person-centered care is a philosophy of care that requires our constant thoughts and planning with and for people who require assistance in their daily lives and providing assistance in such a way that the person is honored and valued and is not lost in the tasks of care giving. The emphasis of care is on

well-being and quality of life as defined by the person.

Adopting person-centered care ensures that an individual's issues, concerns and wishes are identified and acted upon. It is a process of continual listening and learning, focusing on what is important to an individual now and in the future, and acting on these issues or concerns in alliance with the individual and their family. Person-centered care is based on the values of human rights, respect for cultural competency, independence, choice and social inclusion and is designed to enable individuals to direct their own services and support in a personalized way rather than attempting to fit within a pre-existing service system.

Person-centered care adopted and implemented by the AFRH is built on the premise that genuine listening contains an implied promise to take action. Action, of course must be realistic, within reason and within AFRH's financial ability.

Each member of the AFRH has been trained in and is totally committed to person-centered care. It truly takes teamwork, as well as the commitment to provide person-centered care.

The AFRH uses a number of "tools" to assist our staff in planning for and delivering person-centered care, i.e., Vitality Plans, surveys, FOCUS Groups, etc. Utilizing an individual assessment tool we can secure accurate information pertaining to an individual's

needs. For example, our Recreational Services department at both facilities offers a wide variety of activities for all levels of care. Activities throughout the month are a direct result of how an individual's request, desire and

interest can contribute to overall wellbeing and results into person-centered care. Residents and staff are encouraged to review the monthly activities calendar and make your own assessment. Key characteristics to look for: Are the activities listed meaningful to our Residents? Are they enjoyable? Do they reflect the Residents interest? Do Resident's participate in activities because they feel a sense of belonging? Is there variety? Are we including Resident's requests and input when creating the monthly activities calendar?

Important parts of a successful person-center care program are involvement, empowerment, and most importantly, just listening to the Resident's needs and wishes. Each AFRH Resident is encouraged to become an active partner in the person-centered care.

It is important to remember, that person-centered care is NOT arriving at a final destination, but rather a philosophy meant to evolve and grow around the individual needs of each resident within AFRH resources and capabilities.

Next month's article will discuss and provide an update on the Trust Fund.

*Steve McManus*

***"...person-centered care is NOT arriving at a final destination, but rather a philosophy meant to evolve and grow around the individual needs of each resident within AFRH resources and capabilities..."***



**I Deliver PERSON-CENTERED CARE, embracing the values of choice, dignity, respect, self-determination and purposeful living.**

### Person Centered Care

- Care that is truly person centered considers residents' cultural traditions, their personal preferences and values, their family situations, and their lifestyles. It makes the resident and their loved ones an integral part of the care team who collaborate with the health care professionals in making clinical decision. Person centered care ensures that transitions between providers, departments, and health care settings are respectful, coordinated, and efficient. Remember quality care is more than excellent technical care. Good healthcare can only be delivered when we treat each resident as a person, not just some disease or complaint or injury.

### Person Centered Care

- Can you provide an example of Person Centered Care that you did today?

### Person Centered Care



- Avoid structure and schedules!! Each person is an individual.
- Please the resident. Listen to them. Let them make their own decisions.

### Person Centered Care

- Quality Indicator Survey (QIS)
  - Customer satisfaction- residents provide their opinion on the quality of care being received
  - Staff, family and other personnel are also questioned regarding the quality of care that is being provided
  - The old way versus the new way

### Person Centered Care

- In your opinion, do you think we practice QIS?
  - If yes, please provide an example
  - If no, how can we demonstrate QIS recommendations?

### Person Centered Care

- Examples of QIS learned from the conference are:
  - Chat and chew
  - Picture taking (place in chart to share with the family)
  - Staff diversity recognition (Diversity week)
  - The Bump's Law- maintaining the same lifestyle, hobbies, likes and dislikes as the resident did at home

### Person Centered Care

- Staff and personnel focus on Person Centered Care
  - Human motivation
    - Excel by moving people forward. Be ready and willing to hand the torch over when a new leader steps up
    - Enjoy through praise and passion in the things we do
    - Empower by showing them

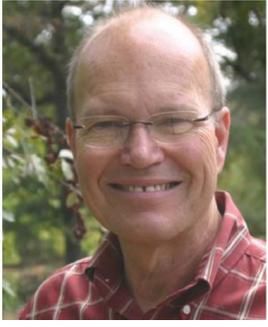
### Person Centered Care

- Self Directed Work Teams (Shared Governance Concept)
  - The staff are empowered to provide feedback, suggestions and recommendations on changes that need or would like to occur
  - Include staff in decision making during the planning and initial phases

### Person Centered Care

- How do the resident and family say thank you?
  - Cards
  - Letters
  - Pictures
  - "Thank you"
  - Hugs
  - Conversations
  - Expressions

## From the AFRH-W Director



I doubt I will forget the day on which the late Martha Maynard was being shown around the campus by her host resident guide, Philip Cardinalis. That day was her first day here as a Resident of the Home. Phil would bring new Residents to my office and introduce them to me. Martha was the "Life of The Party". Buoyant, positive, lively and her manner was transferable transmittable. I miss Ms. Martha. When she was introduced to me, she shared some about her life. Martha was so pleased to have hailed from Charleston, South Carolina. She told me she was "Miss Charleston" in 1911. I know I am slow but the reality of the fact in that statement did not hit me until much later in the day. If she was "Miss Charleston" in 1911, that would mean she was born around 1894. No way was she 115 years old. I ran into Ms. Maynard later and asked her about it and that twinkle in her

eye appeared and she asked, "You don't believe me?" It then hit me that I had been had. What fun we had. Martha was a masterful storyteller!

Storytelling is the conveying of events in words, and often by improvisation or embellishment. Remember the "Princess and the Pea"? Winston Churchill. Don't even try to tell me you don't laugh along with Jeff Foxworthy? President Reagan was a story teller and his ways of speaking entertained the world and yet astutely, he brought about good for this world. Whether an individual is gifted in storytelling or not or even has a sense of humor, that person has a story. Everyone has a story. Life gives them that.

Although William Shakespeare penned his work, Henry V nearly two hundred years after the Battle of Agincourt (1415), it remains the finest dramatic interpretation of what leadership meant to the men in the Middle Ages. Though fiction, the ringing speech that he put into the mouth Henry about Agincourt lives to this day:

*"He that shall live this day, and see old age,  
Will yearly on the vigil feast his neighbors,*

*And say 'To-morrow is Saint Crispian.'  
Then will he strip his sleeve and show his scars,*

*And say 'These wounds I had on Crispian's day.'*

*Old men forget; yet all shall be forgot,  
But he'll remember, with advantages,  
What feats he did that day."*

Here are examples of a few stories from the lives of some who live at the Armed Forces Retirement Home:

- Lewis DiCroche was a member of the Navy Seals and while in combat, was shot three times when he was 27.

- Frank King is an expert playing bridge and has played the world over, even with the biggies, Generals and the like.

- At 105 years old, Lorenzo Senires served as a Steward in the US Navy for Senator John McCain's grandfather, Admiral John S. McCain who commanded ships, fleets and positions during the Pacific Campaign of WWII.

- Gwendolyn Hendly whose life and career in the Army taught her to be one of the most loyal and trustworthy volunteers ever.

- Mr. Stephen Jamison, after retiring from the military was an elevator operator. Can you imagine how many people he served

and bettered their day with his affable personality?

- Hugh Wingo was aboard TWO ships that sunk while he was in the Navy. Richard Bowen made his living by purchasing a boat and was a crabber on the Chesapeake of the highly sought after blue crabs. He taught me how to eat my first crab!

- Roy Baker was interviewed by Lee Iacocca and got the job with Ford Motor Company following his retirement.

- Billy Williams is by far the best wood carver I've ever met. One of my prize possessions in life is the bowling pin he cut out for me.

- Ms. Jo Colvard does exquisite work in needlepoint.

- Francis Stueve was an Iowa farm boy. He is a Pearl Harbor survivor and has lived at the AFRH over 50 years since he moved here in June 1961.

My life is enriched with our Residents. They talk of their past with modesty, insightfulness, some with humor, and quiet, well-justified pride. This month begins a new feature in the Communicator, where the librarians from both Campuses will begin to share some of the stories from our folk. So enjoy.

*David Watkins*

## Notes from the AFRH-W

### Chairman, Resident Advisory Council



Well, July 4th has come and gone and with it Elvis. Yes, Elvis returned from where it is that he stays and visited the cookout on the 4th. Everyone seemed to enjoy the event – especially some of our female residents. It was an enjoyable

event and when it was over several of the residents went to the lower portion of the home and enjoyed the fireworks around the Washington monument, and up and down the streets around the home. In fact, with all the fireworks being sent off, at times it sounded as if the home grounds were under attack. But not to fear it was just another 4th of July in Washington, DC.

The RAC is moving ahead with its plan to offer for sale in the Thrift Shop items that your visitors to the home, or groups visiting the home might wish to purchase. Items such as coins and other items of a military nature associated with the home. Mr. William Fowler has agreed to look for a person to run this operation. Presently, the plan is not to offer these items for sale all the time but only when groups visit the home; or on certain days and times but not all the time. Further information on this will be forthcoming as soon as Mr. Fowler provides information to the Chairman.

Members of the Royal Hospital Chelsea will be visiting the home during the period 7-14 November, 2011. As indicated on the home page of the Royal Hospital, "The Men in Scarlet" (as the Chelsea Pensioners are known) live at the Royal Hospital Chelsea which was founded in 1682 by King Charles II and is intended for the "succor" (help of assistance especially in time of difficulty) "and relief of veterans broken by age or war," the Royal Hospital still serves its original purpose and intends to continue to further its role well into the 21st Century." In order to prepare for their visit, all residents of our home who have served as hosts in prior years will form a committee to select the new hosts who will escort the Chelsea Pensioners throughout their stay at our home. Information on how you may apply to be considered as a host will be forthcoming. At the present time, we have been unable to contact the organization that has provided funds for us to use for travel to England and, as a result, one must consider that they might (if selected) have to provide their own funds for travel to and from England. In addition I would like for female residents to apply to serve as hosts as the Royal Hospital now accepts females. As your Chairman was also the Chairman during the last visit to England, I will not be able to travel to England with the new selectees.

I continue to receive information that some residents feel that they are not informed about things that are going on here at the

home. Information relating to trips, food service, wellness, in fact, some residents feel that they are totally left out when it comes to finding out about things. Here is what will attempt to do in the future to lessen this feeling. Starting in August, 2011 in this column I will provide information on those meetings that I attend, what was discussed, and outcomes. Hopefully this will help residents feel that they are involved in what happens. But still the best solution, to those who feel left out of the decision process, is to attend meetings such as the monthly Town Hall, Focus Groups and meetings that are advertised in the Weekly Bulletin, the Monthly Trip Calendar etc. I would also encourage you to attend the monthly Resident Advisory Council Meeting. Remember, if you attend the meetings do not just sit there, ask questions, and get answers. If the staff does not have the benefit of your input they are unable to solve problems that might exist.

I continue to ask Residents to assist other residents by taking on the task of floor representative. At the present time the 7th, 5th, and 2nd floors of the Sheridan Building are in need of such a representative. It is not a hard job and should not take more than 30 hours per month. Why not think about the job of floor representative as just one way that you can assist your fellow residents in problems that they might be having. And, if things work out you might find that you can accomplish everything that needs to be done in half the time.

Several residents have approached me this month to thank me for assistance that I

provided to them in solving problems they were having. It is nice, of course, to receive positive feedback on the work that you are doing for residents. But all I really do is provide information to the people involved who solve the problem. I do nothing more than what it is that the Chairman of the Resident Advisory Council should be doing – helping residents solve problems. I do the same thing that the floor representatives and committee chairpersons do; Help residents solve problems.

I was hoping to have information relating to the Resident Fund (what it is, what it does) available for everyone to read in the Communicator. Well, as I started working on the project it grew too large for the paper and now I am working on a Power Point Presentation on the Resident Fund. In the mean time, if you have a question relating to the fund please see Laura Fogarty in Recreation Services who can provide any information that you might need. When I finish my project I will present the information at the regular Resident Advisory Council meeting, the 3rd Wednesday of every month, at 0900 in the Resident-Visitors Lounge located on the first floor of the Sheridan Building.

Finally it is about time for my annual reminder to use caution when on the internet. NEVER give your personnel information to anyone except people you really know. And finally, what makes you think that you are so special that someone you do not know wants to give you millions of dollars. Remember that if it sounds too good to be true; then it probably is not true.

*Esker McConnell*

## Veteran Highlights

### One soldier's story

## From the Battle of the Bulge to the Mauthausen Concentration Camp

By Christine Baldwin, AFRH-W Librarian

Wilfred "Mac" McCarty joined the Army 3 July 1943 and after Basic Training and Army Specialized Training, he went to Belgium with the 11th Armored Division, where in December of 1944, he fought in the Battle of the Bulge. A German 88 shell hit and sprayed him with shrapnel. It was in this battle that he received his Purple Heart.

In April 1945; a few days before VJ Day, he and his unit liberated the Mauthausen Concentration Camp in Austria. They were there for over a month burying the dead, etc; an unusual and horrifying experience.

After being in and out of the Army, Mac retired in March 1967 and came to the home later that year. Mac, 87, has been a true asset to the Armed Forces Retirement Home. He

enjoys the wealth of activities provided here and meeting all the very interesting people. He has been instrumental in the creation of our book 'Who We Were' and in gathering stories for the next edition. His commitment to his country and service to his fellow residents is legendary.

**Wilfred "Mac" McCarty is still very active around AFRH-W and continues to delight us with old soldiers' stories through e-mail. He has been a contributor to the Communicator for many years. Mac has lived at the AFRH since 1967.**



**Sandra Intorre honored by family, friends & Senator Portman on her 90th birthday**



**At the request of Senator Rob Portman this flag was flown over the U.S. Capitol in honor of her 90th birthday and her service in the United States Army.**

## From the AFRH-G Director



If you've ever had the opportunity to watch a good juggling act you can appreciate the skill involved in keeping multiple balls up in the air at the same time. Its fascinating to watch – the juggler

cognitive of our resident's varying and every-changing needs yet provide consistent guidance that is fair and respects the rights of all others. A lofty goal certainly with the number of residents we currently have (494 at press time) but one very much worth attaining.

July was a very busy month chocked full of friendly tournaments of bowling, bocce, bingo, darts, ping pong, horseshoes, indoor shuffleboard and card games. We also had residents busy with arts and crafts, sewing, exercise classes, line dancing and it was a great month for swimming. Thank you to everyone that completed the annual Recreation survey earlier this month. We had a total of 225 residents that participated in this survey which is a great response. There was also a very positive response to our dining survey with over 200 residents completing the survey. We are now reviewing the comments and examining ways to incorporate your suggestions and ideas into our current programming.

You may have noticed the artwork in some of the hallways on the main floor is being swapped out for military memorabilia which was donated to the AFRH-G from Walter Reed Hospital, thanks to the efforts of the RAC. Donated uniforms by current and former residents are also on display in the lobby. If you have any ideas or suggestions about

how you would like to see military memorabilia displayed in our Home, please contact the RAC Chairman Bill Parker. It's a work in progress and everyone is encouraged to be a part of the transformation so that the hallways and spaces at AFRH-G truly represent the men and women of our community.

In the next five or six weeks we will be moving right into the heart of hurricane season. Many residents have indicated that they will evacuate on their own should a storm of any substantial size enter the Gulf of Mexico. We encourage those that can to do just that but please remember a few things if you are planning to leave: let your family members

know of your plan, bring items in off your balcony before you leave and remove trash and food (fruit) from your room and, finally, check out at the Security desk so that we know of your whereabouts and intentions. It is our plan to shelter in place with those residents that stay unless the decision is made at higher levels for a mandatory evacuation of the area. Either way, the staff has been diligently working on our emergency preparedness plan since well before we opened last year so that when and if we need to act, we will be ready.

Make August your best month yet.

*Richard Heath*

not really looking at any one ball but focused all the same on the whole process, using just the right touch to send the ball in the circle but not disrupting the others as they spin around and around. Oftentimes, our jobs here at the AFRH-G can feel like a juggling act. Each resident residing here joins us with their own unique set of ideas, beliefs, personalities and backgrounds. We have residents from nearly every state in the country and a few from other parts of the world (south Africa, Philippines, Canada). We have a resident from New York City and one from Alligator, Mississippi. Some residents go quietly about their way, and others... well, let's just say they have an opinion and aren't shy about sharing it. And the rest of the population fits somewhere in between those two spectrums. The goal for the staff, and our success depends on it, is to be

**Donation to AFRH-G**  
Marion Ritchie presents a quilted Navy signal flag to AFRH-G Director Richard Heath. The flag is on display in the hallway between the library and Administration.



Anyone having items to donate to the AFRH-G can do so by contacting the RAC Chairman, Mr. Bill Parker.

## Veteran Highlights

### Meet Ann Whittaker

By Ruby Woods-Robinson, Librarian, M.S.L.S.

Many people believe that the Women's Liberation Movement started in the 60s, but Ann Whittaker knows better. The movement really started during World War II when women wanted to go into factories to help build equipment necessary for war.

This was the beginning of females not being in the home, the kitchen or doing the things that a "woman" was expected to do. Until this time women were discouraged from working except as secretaries, teachers, and nurses.

Ann as a single female decided to help by working for Douglas Air Craft Company in Long Beach, California, hired to rivet on C-47s center bottom section.

Coming from a family which had one individual, John Hart, who signed the "Declaration of Independence", two Uncles in World War I, one Uncle who served between Wars, Ann decided to become a Wave in 1944. This 21 year older started her career as a Wave doing Yeoman work. After 20 months she received an Honorable Discharge.

Then the prince of her dreams, James Whittaker, rushed her off to an Ivory Tower and she became a mother of four boys and a girl. Ann had four sons who served in the military, two in Vietnam and two in Europe.

Ann being the maverick she is, decided being just a mother, wife and housewife was not enough. She enrolled in college to become a nurse. She had been an employee of a well known Hospital in Pensacola, Florida, where she worked as a nurse until she came to the Naval Home in

Gulfport, Mississippi, January, 1991.

Like other Armed Forces Retirement Home residents, Katrina changed her life for a while and she moved to the home in Washington, D. C. until October, 2010 when the Gulfport Home was rebuilt and opened.

Ann is an amazing person, as she tells her story, she is somewhat hesitant, at this moment in time, she has four grandsons and one granddaughter serving in the military, and one actually serving in Afghanistan. Her other two grandsons also served in the military. In addition one of her siblings served in World War II during the early days of Seabees.

The fact that one of her grandsons is in Afghanistan creates some concern but Ann's philosophy is, "there is no sense in sitting and worrying about members of you family in dangerous places, because there is nothing you yourself can do but have faith."

Each member of her family took advantage of the educational opportunities provided by the military. Ann's advice to anyone is "join the military and take advantage of the experiences and the educational offerings you receive while in the military".

The most exciting part of her life at this time has been taking advantage of the activities and military camaraderie since moving to the Armed Forces Retirement Home. Living in the Armed Forces Retirement Home has brought Ann such joy and makes her feel alive.



## AFRH-G Scholarship Fund awarded to local student

Gulfport High senior Brandon X. Kirkwood was recently awarded a \$1,000 college scholarship funded by the AFRH-G Scholarship Fund (formerly U.S. Naval Home Scholarship fund).



Brandon X. Kirkwood

## Upcoming Visit

**CMSAF (ret) Sam E. Parish, the eighth Chief Master Sergeant appointed to the highest Non-commissioned officer position in the U.S. Air Force, will be visiting the AFRH-G on Friday, Aug, 12 at 12:30 p.m. Everyone please give CMSAF Parish a warm AFRH welcome!**

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



July 2011 has been a GREAT and busy month. The Resident count is now 496!!!

The Month started off with a "BANG"!! The 4th of July, Independence Day Celebration was a

great "SUCCESS". The Cook-Out, followed by a Dance was enjoyed by all attendees. Another BIG-BIG Thanks for "another Job well done" to our Administration, Fred and his TEAM of Super-Stars in the Food Service Department along with the outstanding Recreation Department made for a FUN day for all Residents and Guests!!

We found the U. S. Map from the pre-Katrina Home and mounted it on the wall, east of the world map installed on the wall across from the wood shop. There is a "rumor" that resident P.J. Johnson (the person

who placed the indicators of our places of birth on the pre-Katrina map) is going to update and maintain the reinstalled map. Many thanks to P.J.!!! (That's a lot of work!!) Remember, it's your birth place that is indicated.

Great News!! The AFRH-G Golf Course is about to announce the Grand Opening date. The 9 hole, 719 yard par 27 course is only days away from opening according to the Course Designer and Builder, Franklin E. Rosenburgh. Congratulations "Rosie" and thanks for the hard work and Leadership!!

Note the Military Memorabilia Committee has completed installation of items in the hallway leading to the Administration Offices. Also, note the newly hung picture of the three stackers, coal burning ships of World War I hanging over the stairwell at the front entry, upper level. Thanks Again, to the Military Memorabilia Committee!!

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

-Security Assistant, Miranda Turner,

briefed the Council on Vehicle Registration and asked for assistance from the RAC to collect the Data.

-RAC approved the name of our own newsletter for the Gulfport Home. The name for the newsletter is "Scuttlebutt" and it will speak of the Happenings at AFRH-G.

-RAC approved the funds to purchase a net for a Golf Driving Range to be installed in the future.

-RAC approved funds up to \$2,500.00 for framing items for the Military Memorabilia Committee.

Congratulations to Mr. Bob Rutherford for collecting food items exceeding 2,326 pounds, so far, all donated to the CB base's food bank!! Keep up the GOOD WORK, BOB!!

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*

## CALLING ALL VETERANS

### Help preserve our proud military heritage

Cable One, in conjunction with The History Channel, is introducing new programming on Cable One's Ch-13 entitled *Veterans Stories - Opening the Doors to the Past*. Residents interested in being interviewed are asked to contact Mary Kay Gominger in the Public Affairs Office to schedule a time. Interviews start August 10 and will continue one day a month until all interviews are completed. We need everyone to be a part of this news program that will feature 2 to 3 residents per episode. Bring old photos and memorabilia you may have from your time in the service to your interview. Every veteran has a story - please share yours.

# AFRH-G July Activities

## Institute for Marine Mammal Studies

### A Trip Into the Life of a Sea Mammal!

By Susan Bergman, MT-BC,  
Recreation Services

On Tuesday, July 19, residents from AFRH-G visited the Institute for Marine Mammal Studies on Dolphin Lane in Gulfport. Established in 1984, the Institute for Marine Mammal Studies (IMMS) is a non-profit organization dedicated to conservation, education, and research of marine mammals under human care or in the wild. IMMS is critical in the expertise and care of injured or sick marine mammals and covers Mississippi-Louisiana-Alabama region of the Gulf Coast. Involved with several Universities, IMMS also focuses on the health and welfare of dolphins in the Mississippi Sound and outer waters of the Northern Gulf of Mexico. A new state-of-the-art facility is planned for the I-10 / I-110 area of D'Iberville and will be called Ocean Expo (many recall the former facility - Marine Life - on the coast in Gulfport

before Hurricane Katrina). For assistance, IMMS requested that if a dolphin is sighted on the beach, do not place them back in the water as this provides more trauma, keep their backs covered when a moist towel as they sunburn, and call IMMS at 1-(888)SOS-DOLPHIN. IMMS also responds to marine mammals injured or floating especially turtles who have swallowed hooks or been snared by fishing tackle. IMMS was extremely active with cleaning oiled turtles during the BP oil spill. During the tour of IMMS, residents learned about the satellite tagging of sea turtles and how the turtles locations may be viewed at imms.org. The tour included a slideshow presentation of mammal & dolphin rescues, sea turtles, a tropical bird - Polly, a touch pool with blue crabs & horseshoe crabs, a fossil dig for shark teeth & shells, and a view of Bo & Buster - 2 bottlenose dolphins. What a great way to take a trip into the life of a sea mammal for the afternoon!



Residents learn about the horseshoe crab during the tour of the Institute for Marine Mammal Studies (IMMS) on July 19.

## Beautiful Moonlit Flowers

Story and photo by Debbie Pearson

Using acrylic paint, 3 brushes and some technique work, these four ladies (L-R: Clara Mihelic, Sally Blythe, Bette Lakatos, Marion Wolke) painted these fun and fresh flowers in blue vases. During this painting we learned techniques like blocking in, dry brushing, stippling, highlighting, and how to make a little "energy" in the background by swishing the paint around in a less-than-perfect way. These types of paintings are so much fun because each person can vary the colors if they choose and everything still comes out looking lovely. You all did a wonderful job! Keep up the good work!



## The ones that didn't get away



Left to Right - Mike Mando of Security, Joshua Kartz (son of UCCM Ron Kartz), and resident Victor Cardoza hold up their catch. A group of 20 residents took a deep sea fishing excursion on June 7 on the Dolphin II out of Keesler Air Force Base.

## CAN DREAMS REALLY COME TRUE?

Submitted by Susan Bergman, MT-BC,  
Recreation Services

AFRH-G Residents were treated to a performance of Cinderella on Thursday, July 14 and Sunday, July 17, 2011. WINGS Performing Arts of the Lynn Meadows Discovery Center presented Rodgers and Hammerstein's Musical Cinderella at MGCCC Jefferson Davis Campus Fine Arts Auditorium. This summer production began with the Cinderella Singers (ages 5-7) performing the Disney hit songs of "It's a Small World, Go Fly a Kite, Winnie-the-Pooh, When You Wish Upon a Star," and more. Then, the musical unfolded with Cinderella dreaming of a better life as her cruel Step-Mother and self-centered Step-Sisters force her into a life of servitude. With the help of the Fairy Godmother and the audience waving lit-up wands, the pumpkin, mice, cat, &

dog were magically transformed into a golden chariot, horse, and coachmen to carry Cinderella to the ball. "Impossible things really can happen!" The slipper fit, Cinderella met her

Prince Charming, and the grand wedding closed out the show. It was amazing to see how many individuals were on the stage at the end - individuals of all ages - actors, actresses, technical help, lighting



Bill Cleveland takes in the theater production.



Mary Jane Farr and Bill Cleveland and a group of other residents attend the musical "Cinderella" on July 14 and 17.

help, musicians, volunteers, seamstresses, etc... The theme was "come see the magic in me" however, everyone felt the magic was created with a team effort by all involved. Dreams really did come true as the audience watched the magical performance come to life!

## New equipment in use by residents of AFRH-G



Residents get to break in two new Diamond Pool Tables located on the 2nd Floor Club Room. Michael George and Jim Taylor participate in the Pool Tournament (9-ball) on June 28.



On July 1 residents headed over to the new horseshoe pit to compete in a tournament. Pictured above is Roger Boucher taking a turn. Though warm, it was the perfect morning to toss the shoes. Results: Wayland Webb, 1st place, PJ Johnson, 2nd place, Ernest Fowler, 3rd place, Marion (Tony) Short, 4th place.

# AFRH-W July Activities

## Resident & employee bowling social big hit with all participants

By Jerry Carter, Recreational Services

On Wednesday, July 6th the Employee- Resident Bowling Social took place in the Sheridan Bowling center. There was plenty of social interaction between everyone participating in this bowling affair. Employee Angela Karabatsos averaged 151 after 3 games and bowled high game of 185. She finished 1st place among all bowlers participating in this social. All had fun, engaged in several games of bowling and enjoyed the social contact among each other.



Billy White takes his turn during the Resident/Employee Bowling Social on July 6>



Carol Mitchell pauses to focus on rolling the perfect strike.

## Elvis, hula dancers and pineapples in a South Pacific Paradise

By Amanda Jensema, Recreational Therapy

ALOHA!!!! The residents of the King Health Center made a trip to the Island of Hawaii on Friday, July 8th. Actually, they just stepped into the Recreation Therapy Center that was decorated for a Hawaiian Luau. There were palm trees, fish, birds and lobsters all over the place!

Their adventure began with being greeted at the door and getting a lei. From there, they enjoyed a special performance by Hawaiian Dancers from Hui O Ka Pua `Ilima. The director, Carol Takafuji and one of her students, Tomoko Davis, performed traditional dances for our residents as well as sang and played the ukulele. During their performance they shared stories about the songs and dances and explained their meanings. In the middle of the performance they called up anyone who wanted to come to the dance floor and learn a Hawaiian Dance. Many staff jumped at the chance, including a resident, Katie Browning, from the 5th floor.

Many of the residents had heard rumors that Elvis was going to be in the building...and he was! Elvis came in and sang a few songs for our residents. He sang "You Ain't Nothing but a Hound Dog," "Love Me Tender," and "Blue Suede Shoes." Everyone was singing along with "The King," and some of the women were even falling for him. Afterwards he walked around and

spoke to everyone in the room. His presence was a definite highlight!

Also making a special appearance was Recreation Polly, also known as Steven Briefs, Supervisor of Recreation therapy. He bravely walked around as a parrot and flapped his wings for all to see. Many wanted pictures with him and he was happy to oblige.



Above: Kathryn Browning gets a close up view of "The King" during his incredible performance.



Left: Dancers from the Hawaiian Dance Company kicked off the Island Party with several traditional Hawaiian dances.

## The Washington Jazz Arts Institute visits residents at KHC

By Steven Briefs and Sarah Kenan, Recreational Therapy

On Tuesday, July 19th, students from the Washington Jazz Institute performed a great jazz concert for residents in the King Health Center. There were 26 very talented students who performed a variety of well know big band jazz tunes. A few of the titles were, "Them There Eyes," by Ella Fitzgerald, "A Tisket, a Tasket," by Ella Fitzgerald, "Butterfly," by Herbie Hancock and they finished with a grand finale of the "Jitterbug Waltz," by Fats Waller. All the residents enjoyed their effort and the nice beat of the music. When it was over we gave them a big hurrah!

### Fitness News

## "YOU CAN BE STRONG AT ANY AGE"

By Jerry Carter, Fitness Specialist

It wasn't that long ago scientist believed that a substantial loss of strength was an inevitable part of aging. After all, some decrease in muscle mass is a normal part of getting older. But it's now clear that if you're dedicated to maintaining your strength, you can make great strides in doing so as you age.

Studies have shown that strength can be maintained and perhaps increased at any age-even in your 80's and beyond. The key is to dedicate yourself to a regular and progressive program of strength exercises. In one study, people in their late 80's and early 90's performed regular strength training exercises over a 12 week period. The results showed an increase in the strength of the participants' upper thigh (quadriceps) muscles by average of 175 percent. They also improved their balance and found climbing stairs to be easier.

## Artists' Opening Reception A Big Success

By Lori Thompson, Art Specialist

This month, AFRH-W artists, Mimi Rivkin and Mike Martinez, had works accepted into a veteran artist show entitled, "Remembering" at Skylofts Gallery in Baltimore, MD. The exhibit's opening on Monday, July 11th was a huge success. Over two hundred people attended to enjoy the artwork, food and live music. Guests included Baltimore City's Councilman Stokes, who gave a brief speech; several active duty personnel; a large group of young veterans from the Pat Tillman Organization who were in Baltimore for their annual community service day; Veteran Artist Program folks (they sponsored the event); members of the veteran volunteer organization, The Sixth Branch; and Tara Tappert, who is currently working on a project with The Combat Paper Project. Along with Mimi and Mike's entries were pieces from The Combat Paper Project and a number of works by Baltimore veteran artists. Mimi and Mike were inundated with compliments on their entries. A lot of people recognized us from the "Ageless



Mike Martinez and Mimi Rivkin were selected to showcase their art work at Skylofts that was sponsored by the Veteran Artist Program.

Art" film that VAP made last fall about AFRH-W artists and came up to us to talk about the home. Mike sold one of his paintings to someone who had seen his work in the film. Thank you once again Veteran Artist Program for yet another great opportunity for AFRH's Residents' work to be seen and appreciated! The show will run through August 5th.

Phyllis Bradford

## Top bowling story for the past two months

By Ed Crump, AFRH-W Resident

Phyllis Bradford has really turned her game around over the past couple of months. During the winter months Phyllis average was less than 100. Then she decided to take advantage of a few points from Pete Hudson on Saturday mornings in the bowling center. Pete Hudson, a certified bowling instructor, knew exactly what Phyllis needed to improve her game. Phyllis' game really turned around when she won the GEICO Tournament by over 100 pins with a 125 pin average for the tournament.

In other bowling news Richard Heinrich won his first bowler of the month honors in May. Ralph Wineland took the honors for June.

Ralph Wineland is leading the bowling of the year with 51 points while Smokey Prussman is closing in with 45 points.

## NATIONAL SENIOR GAMES Houston, Texas

Ed Crump captured an 8th place finish in the 1500 Meter Race Walk in the 2011 games. Congratulations Ed!!!!

## In Washington, DC

# Coast Guard cooks up plenty of good food at the Pond

By Carolyn Weber, AFRH-W Volunteer Coordinator

On a recent warm Saturday, residents walking through the front gate of the Ponds were greeted with the familiar summer aroma of a cackling charcoal grill. A wonderful summertime cookout was underway, hosted by our dedicated friends from the U.S. Coast Guard. The cookout had all the fixin's for a good time - tasty food, ice cold beverages, wonderful company and terrific DC weather. Master Chief Petty Officer Phil Garrett wanted to give back to our residents by sharing his gift and passion for grilling. A magnificent turnout of 55 residents took part in the Coast Guard Pond Cookout. Thank you Phil, Mac, Chris and Heather from the Coast Guard for hosting the event, also to Food Services for providing the fixings and food. In case you missed the cookout, don't forget to stop by the Recreation Services bulletin board located outside of Sheridan 1010 or stop by our offices, and we would be happy to inform you of the exciting upcoming events.



Master Chief Phil Garrett keeps the grill going during the cookout at the Pond.



Elvis serenades Mary Varva at the Independence Day cookout held at AFRH-W on July 4.

## Independence Day celebration in Washington

By Nicole Chappell, Recreational Specialist

On July 4th, AFRH celebrated our Independence with a Summer Cookout. This year's cookout was a cookout to remember besides, Elvis stop by to perform. Nevertheless, we thought we would never see him again! In fact, he brought his friends from the New World Band along to play our favorites oldies. While enjoying the music and summer weather the residents and visitors had a tough time deciding on what to eat. From hot-dogs (mild/spicy) shrimp kabobs, hamburgers, coleslaw, potato salad, cookies, ice cream, popcorn, snow cones and so much more. Kudos goes to Food Services for preparing an outstanding meal. "The bakes beans were to dye for." On behalf of the Recreation department, we would like to thank Steve McManus, David Watkins and Charles Dickerson for stopping by to join us. Similarly, special thanks to Susan Chubb, Carolyn Weber, Michele Bailey, Mary Murano, Rick Haug, Quinn Haug, Mendel Bailey and Reggie Ragland for all their help.

## In Gulfport, MS

# Local military supports the AFRH- G community

## 41st Army Band performs for enthusiastic residents



One of the lead singers belts out a tune for the residents.



Members of the 41st Army Band perform in the Community Center at AFRH-G.



Above - Richard Ranzo (Gunny) shows the crowd how much he enjoys the music. Gunney loves to dance and when the music gets going, he can't resist.



The band plays music the residents enjoy.



Left - BettyLu Dennis joined in the fun as she dances in the aisle with an Army musician.