

Local artist volunteers time, talent to residents

Develop the art within through watercolors

Story and photo by Milt Williams
Art Specialist

Elizabeth Huffmaster, a local coast artist, recently shared with the class her journey in art. She said, "Art is my way of self-expression, a talent, a gift from God." As residents asked questions and looked on,

she demonstrated her watercolor techniques, painting a Pelican Sea Bird, from start to finish. She blessed all by the presentation, then generously gave art cards, T-shirts and door prizes to those in attendance. Upon completing the original painting she donated it to the art class and thanked all present for their time and especially their service to our country and offered to return to teach a water color class.

Thank you Elizabeth for sharing with

us your God given talents and we look forward to you returning to us soon. Residents and guests can view five of her original pieces in the Display Room during the month of August.

If you are interesting in signing up for any of the art classes offered, or would like one-on-one instruction, please contact Milt in the Art Room. More and more residents are discovering their artist within.



Elizabeth Huffmaster talks residents through the steps to paint a pelican with watercolors, explaining each step and answering questions from residents as she went along.

Residents and the local community celebrate Independence Day in Washington



The AFRH-W was a beehive of activity on July 4 as residents, staff and the local community came together to celebrate the nation's birthday. See page 7 for a full story and more pictures of the event.

Above: Resident Nelson Jamison watches as a young lady casts a line down at the AFRH pond.

Left: Local children have fun with the tug of war contest on the driving range.

Inside this Issue



Veteran Highlights

Page 2



Hawaiian Dancers & Elvis live in LaGarde

Page 4



Luau in Gulfport

Page 6

AFRH COMMUNICATOR

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

Serving Washington, D.C. and Gulfport, Mississippi



ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

Become a resident today!

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

Eligibility: Military veterans from each service branch can live at AFRH. The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

- who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.
- who are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of a service-connected disability incurred in the line of duty in the Armed Forces.
- who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of injuries, disease, or disability.
- who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH, PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400. Visit us on the web at: <http://www.AFRH.gov>

A CARF-CCAC Five-Year Term of Accreditation was awarded to the Armed Forces Retirement Home. <http://www.carf.org> <http://www.carf.org/aging>



The Chief Operating Officer wants to encourage Residents, who want feedback, to submit questions, concerns, or comments regarding the Armed Forces Retirement Home to the following email address: AFRH_PAO@AFRH.GOV. A section of the Communicator will be set aside to provide RESIDENT feedback.

AFRH-G Veteran Highlight

Army veteran Claire Dimler-Smith

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

Claire Dimler was born in Ashland, Pennsylvania, which is a very small mining town. Once she completed her high school education, she discovered there was little to do in this town. While Claire was waiting for employment at one of the local coal mines, her mother became sick and Claire had to become the caretaker for her mother. Claire's older brother had already joined the Army and was no longer living in Ashland.

After Claire's mother passed away, she went down to the local Army Enlistment Office and signed up. Looking for more than Ashland had to offer in 1976, Claire joined the Army and for Basic Training she was sent to exciting Fort McClellan, Alabama. After Basic Training, she was assigned to Fort Knox to be trained as a Tank Mechanic.

After Claire completed her training and certification as a Wheeled Vehicle Mechanic for Missiles Units, Claire was assigned to Nürnberg, Germany Military Community as a Tank Mechanic. Once Claire was in Nürnberg, Germany, she discovered females were not allowed to work in this field. The Army was determined to return her to a U. S. Post and Claire was determined to remain in Germany. Finally, she was assigned to the Wheeled Vehicle Mechanic for Missiles Unit as an instructor from 1977-1979.

When Claire reenlisted in 1979 she was sent to the Light Air Defense Missile Program which had just opened to women, after training at Fort RedStone, she was assigned to Uijeongbu, Korea- remember MASH, the movie series, which is where she

was stationed. Claire found the assignment and Korea fascinating. The Army was just beginning to assign women to the 2nd Division.

After this tour she was sent back to RedStone Arsenal where she became an Instructor and at that time she was the only military female Instructor, the other females were civilian. She was admired at RedStone Arsenal because she was a female military personnel and she could take care of all problems involving the military personnel. This was 1981-to 1989.

When she became a Medical Retiree in 1989 she was frustrated. Later it was considered a blessing. The medical retirement qualified her to be able to live in the Armed Forces Retirement Home in Gulfport, Mississippi, and she came to live here in 2003.

At AFRH-G, she met the love of her life, Tech Sergeant Carl Smith. When Katrina struck, both of

them were moved to the Washington campus, which is very large. Claire stated it appeared that they lived miles apart and to solve this problem, they decided to get married in 2006. Claire and Carl are enjoying their life together.

Still playing the role of a Trailblazer, Claire has recently joined the Mississippi State Guards. Presently she is in training and will probably be assigned during disaster to assist with the donated goods program. She feels honored to do this task, it makes her feel good that she is contributing to a good cause. She will also be assigned to provide security to the shelter as well.

Fun activities include traveling with her husband; they bicycle; and enjoy all of the wonderful activities available at the home. She also volunteers to be the coffee machine operator at the Veterans Administration Hospital in Biloxi, in the mornings.

Claire's final words to the younger military personnel is, "Be all you can be." Stay in the Army.



Claire Dimler in Korea in 1982.



Claire and Carl Smith, also a resident at AFRH, were married at the AFRH-W in 2006.

If you would like to be featured in Resident Highlights, contact Ruby at the Library.

AFRH-W Veteran Highlight

Navy veteran Dallas Jones

By Christine Baldwin and Dallas Jones

Our resident of the month is Dallas Jones. Dallas is a native of North Carolina. He is a 20 year Navy veteran, a Pearl Harbor survivor, and he is a veteran of not only WWII, but of the Korean conflict as well.

At Kaneohe on December 7, Dallas was awakened by strafing aircraft. Running to the hanger to discover that several of the planes were already ablaze, Dallas recovered a .50 caliber machine gun from one of the burning aircraft and handed it down to a fellow crew member. They then proceeded to mount the machine gun on a piece of pipe recovered from a public works truck. As predicted, a formation of three Japanese bombers flew over the hanger and they began firing on the oncoming planes. As the bombs were dropped, Dallas detected that the bombs were going to hit close as they formed as "perfect circle" as they came down. As the bombs hit the hanger it proceeded to bulge on all sides prior to settling. It was this bombing of the hanger that Dallas lost seven shipmates. When the bombing was over, the ord-

nance officer and several ordnance men were able to set the machine gun in a gun emplacement on the "top of the hill" that was part of the lookout station for the local area. This hill became the post for the rest of the night. Needless to say it was a miserable night.

Dallas was in combat situations during most of WWII flying as a bombardier in Consolidated PB4Y patrol aircraft in the Pacific and in 1943-44, PB4Y-1 (B24) out of England performing anti-submarine patrols over the Bay of Biscay. He was part of six straight days of 12-14 hour patrols over the Pacific looking for the Japanese fleet prior to and during the Battle of Midway. Upon return from the Battle of Midway, five days of anticipated "R and R" was cut short after only two days when the Squadron was recalled to the Southwest Pacific in preparation for the invasion of Guadalcanal. His crew flew 50 missions during this deployment.

In April 1943, Dallas became a crew member of VB-103, flying as a bombardier in a PB4Y-1 aircraft. The nucleus of experienced personnel was selected from PB4Y Squadron personnel who had recently returned from

combat in the Pacific. Pilots and crewmen were given absolutely NO PB4Y-1 training. Originally, there were no maintenance service unit; squadron personnel performed all maintenance. "We were in a situation where we had to learn as went along." Unfortunately, this inexperience cost the lives of some of the crewmen, as well as aircraft. In the first year alone casualties totaled eight aircraft lost along with 70 officers and men.

On January 28th, 1944, Dallas was part of an assigned escort to a convoy off the coast of Ireland. Dallas' plane "The Bloody Miracle" sighted a German submarine on the surface, later determined to be U271. They followed the attack plan; the pilot came in at 240 knots at an altitude of 100 feet. Adjusting the bombsight for proper deployment of ordnance, bombs were released on target.

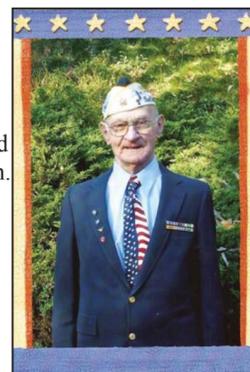


Exploding just under the stern of the sub, the submarine sank stern first.

After retiring after 20 years in the Navy, Dallas worked in aerospace engineering with Aerojet General in California. Returning to his native North Carolina after 15 years with Aerojet, he built a home on the family homestead and became actively involved with veterans affairs, including the Pearl Harbor Survivors Association and MOAA.

In 2008 he founded the Roanoke Valley Veterans Center in Roanoke Rapids, N.C., to honor local veterans. This Veterans Center is still going strong today.

Dallas was married to the Peggy Sue Tooley in 1951, and has two children, two grand children, and one great grandson. He became a resident of the AFRH in February 2012 and enjoys the camaraderie of his fellow veterans.



Message from the Chief Operating Officer



How Does AFRH Pay the Bills?
At different times, I write about aspects of operating the Home. This month I want to focus on how we are able to pay our bills.

The Armed Forces Retirement Home (AFRH) has many financial obligations. These include maintaining buildings and public spaces, servicing residents' rooms, upkeep of the two campus grounds, providing daily meals for residents, and the healthcare services. AFRH pays for the costs of operations and capital improvements for the buildings and grounds from five categories of revenue:

Resident Fees -- Residents pay monthly fees to live at the two retirement homes. These fees only cover about 21 percent of the operations costs for both homes. The remaining costs are paid from four other sources.

Active Duty Withholding Fees -- Active duty warrant officers and enlisted personnel contribute to the operating costs through a monthly withhold fee of fifty cents (six dollars per year). This source provides about 11 percent of the operating costs.

Fines and forfeitures -- The largest source of revenue comes from fines and forfeitures imposed on active duty service personnel, who transgress military rules. These penalty fees contribute about 61 percent of operating costs.

Interest on the AFRH Trust Fund -- AFRH has a cash trust fund, originally established by General Scott. This cash is invested in government securities and earns interest. The Trust Fund interest is forecast to provide approximately seven percent of the revenue for operating costs in the next eleven years.

Other Operating Revenue -- The smallest source of revenue, approximately one-tenth of a percent of operating costs, derives from sources such as leases on buildings not used by residents, food charges for non-residents, and gifts from residents or their families.

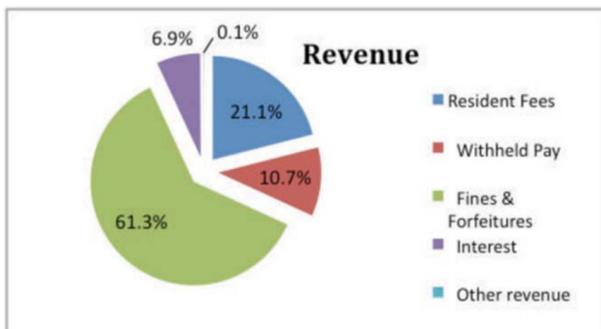
Rare and Unusual Revenue Sources

Congress has made special appropriations for AFRH twice in recent years. After Hurricane Katrina, Congress provided funds to rebuild the Gulfport facility, and last year, after the earthquake in Washington, Congress again had a special appropriation to repair the damage to the buildings.

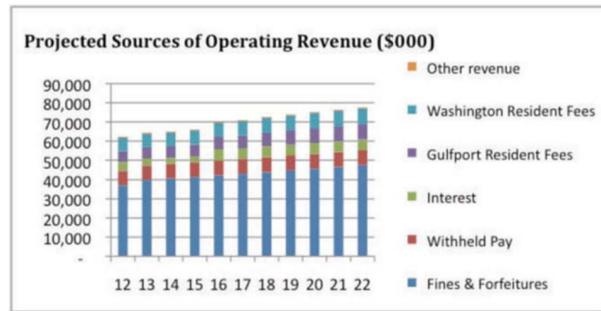
AFRH is also planning to sell or lease underutilized land at the Washington campus. The funds from the land sale will build up the Trust Fund to better withstand unforeseen financial shocks, and to increase the future Trust Fund Interest revenue. AFRH management expects to complete the sale or lease of underutilized land by 2015 or sooner.

Seeing the Big Picture

The pie chart shows the projected average sources of revenue for the next eleven years. The large pie slice for Fines and Forfeitures shows the importance of this source of funding for operating costs. The Other Income component is hardly visible in the chart.



Over the next ten years, these sources of revenue are projected to increase from over \$60 million to over \$70 million per year, as shown in the chart below.



Now let us look at these revenue sources more closely.
Resident Fees

Residents pay a percentage of their income to live at the AFRH Facilities. The amount of the fee paid by residents increase for the level of service provided (see the chart below) and by an annual inflation percentage. The actual rates paid by residents may be less than the stated maximum rate because the AFRH policy is to subsidize residents who have low income. This means that the average total resident fees will be less than the stated Resident Fee rates multiplied by the number of residents in each category. As discussed above, the resident fees only pay for a small part of the AFRH operating cost. The other 79% of the operating cost must come from other sources. AFRH management is reviewing the resident fee structure, but there is no plan to change the fee structure until after the completion of the construction in Washington.

Resident Fees 2011 By Resident Service Category	Stated Resident Monthly Fees	Average Actual Resident Monthly Fees
Independent Living	\$1283.00	\$950.55
Assisted Living	\$1923.00	\$1040.06
Long Term Care	\$3205.00	\$1666.72

Withholding Fees

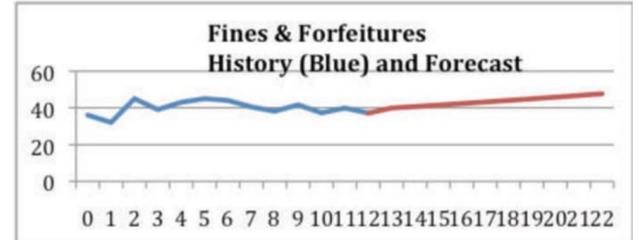
Active duty enlisted and warrant officer personnel are charged six dollars per year as a withholding fee to support the AFRH Trust Fund. Since there are over one million warrant officers and enlisted personnel, the total revenue from Withholding Fees is just over six million dollars per year. This revenue source will be stable as long as the active duty personnel remain at current levels. There is no inflationary increase from this revenue source.

Fines & Forfeitures

Fines & Forfeitures are the primary source of revenue for the AFRH Trust Fund, typically providing more than 60 percent of the revenue. These funds derive from penalties charged to active duty personnel for conduct violations. The amount of the penalty that may be charged for conduct violations is related to compensation levels (for example, one half-month's pay). This means that this source revenue is influenced by annual inflation in compensation. However, inflation is not primary determinant of fines and forfeitures.

The revenue from fines and forfeitures is determined by the intensity of personnel rule infractions and the officers' propensity to impose fines during significant periods of combat. The concept is that the rate of violations may be higher or lower during periods of stress, and that officers may impose punishments without a monetary component. The military surges in Iraq and Afghanistan may have induced the imposition of fewer monetary penalties.

These factors are very complex and difficult to forecast. The actual revenue from fines and forfeitures has varied substantially in the past. In the future, AFRH management projects a small increase in this revenue from inflation. Since



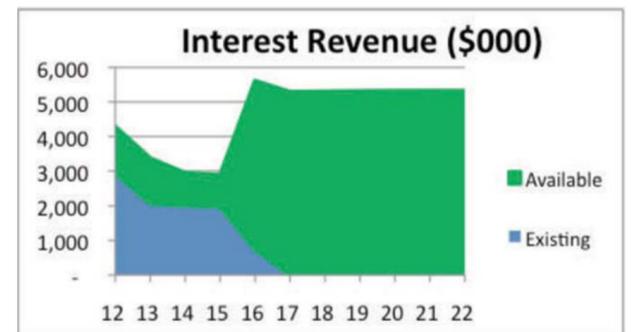
this source of revenue is so volatile, AFRH management monitors the actual income every month and calculates the impact of changes on the AFRH Trust Fund soundness.

Trust Fund Interest

The Trust Fund has existing investments in interest paying government debt. As the securities reach maturity, AFRH management reinvests funds to match expected outlays and to manage future reinvestment risk. The total interest that can be earned on the Trust Fund will be the sum of interest on the existing investments and interest projected that can be earned on future investments, as the cash becomes available.

The AFRH Trust Fund will increase in 2016 from the sale of underutilized land, and thus the interest earned on funds will increase. AFRH management uses the interest rate forecast from the President's Office of Management and Budget (OMB) to forecast future interest rates. The current forecast for the AFRH investments is approximately two percent.

The forecast for the AFRH Trust Fund Interest revenue is shown in the cart below.



Other Revenue

The Washington Campus has surplus buildings, which are leased to a variety of organizations on short-term leases, generally less than one year terms. The Washington Campus also derives other income from room rentals and meals provided for visitors. AFRH also receives gift and bequests periodically. Although gifts and bequests totaled \$281,000 in the first half of 2011, this source of revenue is not part of the long term forecast because of its uncertainty and relatively small expected amount.

Summary

The AFRH operating costs exceed sixty million dollars every year and increases every year from inflation. Fortunately, the revenue from all sources is projected to slightly exceed operating costs for the next ten years. Having positive cash flow is important, but the plan to sell underutilized land is crucial to the long term financial stability. The AFRH Trust Fund is the first line guarantor for paying bills, in the event that expenses increase or revenue falls unexpectedly.

The volatility of fines and forfeitures, the major revenue source, means that management must constantly monitor revenue, and seek creative ways to manage costs. At the present time, AFRH management has a clear plan to insure that both AFRH facilities will have the financial resources to continue serving residents for many years to come.

Steve McManus

Questions for the Chief Operating Officer can be dropped off in the COO box located in the lobby.

COO Questions and Answers

AFRH-W

Q - If the Scale Gate is now temporarily open to all traffic it would be helpful to all if address signs (Temporary) were posted on both sides of N. Capitol indicating the Entrance Ramps to our property.

A - Campus Operations placed a "way" signage that direct individuals to Randolph Gate.

Q - (Paraphrased) Request that the Bus contract specify that we require buses with stairs that can be lowered to avoid a lawsuit against the Home and the Bus Co. which is likely to occur.

A - The buses are designed and comply with

Department of Transportation standards and regulations. The campus shuttle buses have the lowest stair step allowed.

Q - Why is the heat off in the summer? Many old people need warmth when it gets chilly at night.

A - Campus Operations does not turn the heat off until the temperature is a consistent low of 70 degrees outside at night. With that said, temperatures in your room should not fall below 70 degrees at any time, and with the room heating up in the day the room will probably not drop but a degree or two below what you set it during the day. If it is, please, call in a work order have them check your system.

Q - Why don't we have cold drinking water from the fountains in the Hall? Where else is it available? Why haven't water fountain filters been cleaned or replaced in over 5 year? The Company advises replacement or cleaning of these filters once a year. This is a HEALTH HAZARD.

A - I have requested that Campus Operations actively work to repair any malfunctioning water coolers. There are water coolers on every floor and most function, but from time to time, some malfunction. There are no filters on these standard water coolers. Filters are an option that the AFRH-W did not chose when they were originally installed. Direct water from DC is considered safe by the EPA; therefore, there is no health hazard.

Q - Stair #1 Landing-Main Floor there are 2 used mattresses which have not been removed for weeks now. One mattress has what looks like dried urine! Unsanitary! Please remove these mattresses.

A - Mattresses or other items are not allowed to be stored in stair shafts. If you notice anything stored in a stair shaft, please, call the work order desk and the items will be removed.

Q - The On Base Shuttle Drivers after 1530 hours and weekends have problems with the part of the route from the Sheridan building to the gate and back to the Sheridan building. It appears that drivers have a problem with this part of the route

Continued on page 8

From the AFRH-W Administrator



After approximately 384 flights Friday and Sunday evening's to and from Indianapolis over the last four and a half years, those have ended. My wife and family are now here with me in Washing-

ton, DC. Now we are tripping around unpacked boxes in our quarters but the stacks of those are going down as the belongings are put in a rightful place. I'm happy!

Home! And in the words of Jackie Gleason, "How sweet it is." Vocabulary.com defines "Home is where you live: your house, apartment, or condo. It's also the place we feel most comfortable, loved, and protected — where we most feel at home."

Residents, I hope you consider the Armed Forces Retirement Home "Home" with the above definition. I know that it is not the

home where you grew up or that which you made while you were in the military, or where you made it following your retirement, but it is the place where you live now. It is my open and genuine desire that you are comfortable and sense being protected here. I certainly hope that you are loved here as well. Love is a dynamic, wonderful, disturbing, trying and often confusing emotion. Some folk love others easily and can be loved in the same fashion. Others are not. Some rebel against loving others and allowing people to love them. And that goes for the staff and me who should demonstrate love. Truthfully, it should be for all, but sadly, not always is.

I look forward to you Residents getting to know my wife, Sue. I think she will love you and in time, exhibit that. She does for me, our family and those she knows. I do look forward for her getting to know you, as there are a good number of characters amongst you! You are an interesting people — you gave of yourselves for the great people of this land. You've lived long years and have experienced life and have much to contribute to the rest of

us. You've got memories galore which are not just fascinating, entertaining but helpful to others. You've got talents and abilities. You

are interesting people. Not only for Sue, me but all of us who work here as well.

David Watkins

Washington Jazz Arts Institute visits KHC

By Steven Briefs, Supervisor of Recreation Therapy

On Tuesday, July 9th, 32 students from the Washington Jazz Arts Institute came to the KHC and entertained us with a variety of jazz music from such great performers as Duke Ellington and Ella Fitzgerald. These talented students all attend this institute on their own time and expense. The student's ages range from 12 to 21 and they enjoy learning the music of jazz from their instructors at the institute and then sharing their musical skills with members of the community such as ours. We appreciated them coming and look forward to seeing the new students next year.

Students from the Washington Jazz Arts Institute perform for the residents of King Health Center on July 9.



BOWLING COLUMN

By Ed Crump

Bob Schonherr came back from 70 pins down after third day of the Annual Geico Tournament and on the final day displayed a strong performance to win it all. On the final day he rolled a 796 scratch series which was his highest since January 28th, 2010, when he had a 514. With his handicap on the final day of the tournament he ended up with a 703 series to be Warren Pospisil by 51 pins in the tournament. Complete results of the tournament will be listed at the end of the column.

During the last four months Pete Hudson, Earl Moore and Bob Schonherr on two different occasions have won bowler of the month honors. In other bowling news Ralph Wineland set a shoot-out record when he rolled a 256 game back in June. He finished that game with seven consecutive strikes.

After the first six months of the year Bob Schonherr has a 25 point lead over Smokie Prussman and myself for bowler of the year honors. He has finished in the top four on 17 different occasions this year. Besides that he has not missed one game all year.

FINAL GEICO TOURNAMENT STANDINGS

1. Bob Schonherr	2584
2. Warren Pospisil	2533
3. Emil Byke	2451
4. Ed Crump	2451
5. Rich Heinrich	2404
6. Phyllis Bradford	2386
7. Tully Donohue	2392
8. Pete Hudson	2289
9. Mimi Rivkin	2260
10. Smokie Prussman	2202
11. Ralph Wineland	2162

Notes from the AFRH-W

Chairman, Resident Advisory Committee



Well, here we all are waiting for things to happen. So, let me begin this month's column by thanking the Associate and Resident members of the Golf Course for their hard work in increasing the number of Associate members. For those of you who don't know,

the funds generated by these associate members assist in paying for most of the events, presented by the Recreation Department, that are held throughout the home. Residents of the home do not have to pay a fee to play golf, just enjoy themselves. Now, let us move on to some information presented at the Resident Advisory Committee (RAC) meeting.

Given the spaces that are available to hold meetings, many Residents did attend the last RAC meeting where a presentation was made by Therese J. Dorau of ICF International on the new environmental program presently being started at the home. The topic is also going to be presented at the monthly Town hall meeting that will be held before this article is read by everyone. This is a program that will involve each and every Resident as it is fully implemented.

Also attending was Justin Steffens, Chief of Campus Operations, who gave a presentation on several projects being completed, started or planned for the campus. Some of the projects have to wait until other projects are completed so that double effort is not put into fixing problems. One example of this would be replacement of roadways which have to wait completion of some water pipe replacements. If the roadways were repaired now, they would just have to be torn up again in a few months as the work on the water lines is completed. Be prepared for continued construction noise, road closures, and little changes in getting into and out of buildings for the next six months or so; are designed, when completed, to insure that your retirement years are the best years you could have.

One projects that was to be done, and now has been adjusted is the Golf Shed. The Golf Shed project is sure to come up at the Resident Fund Advisory Board meeting on the 31st. Presently discussions are going on to attempt to find a way to complete this project in the time frame originally presented but creative means might have to be developed to insure that this happens.

The RAC recommend approval of the proposed Recreational Services budget for the FY 2013, which totaled \$62,408.00. This now goes to the Resident Fund Advisory

Hawaiian Dancers & Elvis Live at LaGarde

By Carol Mitchell

On Friday, July 13th the Residents of LaGarde King Health Center enjoyed a Blue Hawaiian Island lunch and show. The event started off with a Hawaiian dance troupe performance. The dancers were beautiful and provided the history and meaning of the different types of Hawaiian dances. Resident Lindsey Boone, employees, and volunteers were invited to join in to learn a few Hula dancing moves. Then the residents were treated to a traditional Hawaiian luncheon and a visit from the King himself... ELVIS! Elvis treated the residents to some of his famous hit tunes which put a smile everyone's face. It was definitely an exciting time and we all look forward to visiting the "Aloha" state some day!



Elvis does the limbo during the King Health Center Blue Hawaiian Island Lunch and show.

Board (RFAB) meeting on the 31st of July which will approve, make suggested changes, or not approve this proposed budget. These funds are used for the many programs given for Residents each month. And to remind you again most of these funds are generated by membership fees paid by associate members of the Golf Course.

Something NEW is planned during the Annual Auto Show held at the home, usually the first Sunday each October. At the same time the Auto Show is being held, Lori Thompson, Arts Specialist, is also planning an arts project/sale to be called "Artober Fest." Ms. Thompson has asked me to let you know about this and let her know what you think of the title, scope etc.

The Auto Show/Arts Show should also see increased attendance as the group Friends of the AFRH, and residents of the surrounding community may be invited in to attend the event and to meet and talk with Residents. Again this is a project in the making so changes will probably be made in the scope and location so, again, let Lori know how you feel about this. If you do not let people know your desires how will they know what it is that you desire?

Something happened at the July 4th Ice Crème social event that should not have happened. What happened was that no provision was made for Residents who have trouble standing, or walking to get the Ice Crème easily. This meant standing is a long line, in the

hot unclouded, open area waiting for the line to move. Staff now realizes that this should not have happened and will work to ensure that it does not happen again. We Residents who do not have mobility problems often forget that those who do have mobility problems do not solve problems in the same way we do. We are going to have to adjust our thinking to account for mobility issues/problems at the home.

Finally let me tell you the population figures for the home. Let me start out with the average age of Residents is 83. The total population is 518 with 324 in Independent Living, 48 in Independent Living Plus and 146 residing in LaGarde. These figures are from the office of the Quality Improvement Officer Billy Striegel, who along with Ms. Becky Perry does so much to make the everyday life of our Residents better and better.

But they are not alone, each and every person who you come into contact with each and every day is doing their best to ensure that your life is better today than it was yesterday but not as good as it will be tomorrow. They also deserve a vote of thanks from each and every Resident. So be nice and say thanks.

Well that is it for another month just remember, some of the people who you see around the home, who have this lost look in their eyes, are not lost just new. Say HI, welcome them to the home and invite them to take part in some of the things that we enjoy doing.

Esker F McConnell

From the AFRH-G Administrator



I am both humbled and honored to have the opportunity to serve as your Administrator. Over the past few weeks my wife Miko and I have packed up all of our worldly possessions, left close

friends and associates at AFRH-W and have moved from our quarters at AFRH-W to a condo on the beach in south Mississippi. To say it's been quite a month would be an understatement! We are both very excited about our new community and we can't wait to explore the area and get to know the people and places of south Mississippi. And as much of a contrast as the move was, two things are the same: I am still serving the residents of the AFRH and I still live just minutes from work.

Having filled in as Administrator prior to getting the job has me up to speed on most of the happenings around the AFRH-G. The painting of the parking garage is ongoing and I appreciate your cooperation in this inconvenient but necessary endeavor. Scheduled maintenance in and around the building is required by contract and with the painting of the columns we hope to reduce the number of scrapes and scratches while at the same time help Residents find their way to their tower easier. I remind everyone to please enter and exit the parking garage slowly, mindful of

walkers and cyclers on their way out for daily exercise.

On Wednesday, July 18, the staff conducted a hurricane exercise that coincided nicely with a week of severe thunderstorms, one of which struck the back-up generator the evening before the exercise. How our Safety Officer Frank Bermudez arranged that, well, we'll never know. We did get a very "real" feel for the exercise and at the end of the day took away some valuable lessons about how to react and respond during the real thing. I hope everyone, especially those who have not lived in the hurricane strike zone, pays very close attention to the weather this time of year and takes precautions seriously. Decide now what your plan will be and most importantly, be prepared. Whether you plan on evacuating north or staying put, have the things that you will need at the ready.

We had a great turnout at the Administrator's monthly townhall meeting held on Friday, July 20. There was good information exchanged between staff and Residents about ongoing facility projects, the upcoming RAC elections, an update on staffing in the Wellness Center and much more. If you were unable to attend, tune in to Ch-87 at 9 a.m. and 7 p.m. to watch the video.

Resident Services conducted two annual surveys this month for Recreation and Dining and the response was very good. Approximately 44 percent of Residents responded to the Recreation Survey and 40% participated in the Dining Survey. These are great numbers. Many of you took the time to

write short responses to clarify your ratings and this is very helpful in us understanding exactly what your expectations are. My staff is analyzing this new data and will be making recommendations on program changes where it is warranted.

We have some great things going on at AFRH-Gulfport and I encourage each and

every one of you to get involved in one or more of the many activities that are available for you. We are a community of support for each other and that works best when we are fully engaged. I look forward to serving you and helping you achieve your best life possible.

Charles Dickerson

Ombudsman's Note:

Resident Advisory Committee Elections

Nominations for all officers and floor representatives are due to the Ombudsman by close of business August 20 and elections are September 5. The results will be posted September 6.

Campaigning will begin Aug. 22 through September 4. See MC Kartz for questions about the RAC elections.



Independent Day Festivities

RAC Chairman Bill Parker and Victoria Stewart enjoy the lunch meal on July 4. The dining room staff did a great job in preparing a 4th of July feast for the residents and their guests.

Multicultural Fair held at AFRH-G

*By Adelina Hay-Sowell
Volunteer Coordinator*

The Armed Forces Retirement Home in Gulfport held its First Annual Multicultural Fair day on Tuesday, July 24, 2012. In the morning we had 15 different countries and organizations that represented our rich multicultural heritage here on the Mississippi Gulf Coast. Some of the countries and organizations represented were Nicaragua, Panama, Ireland, Scotland, Thailand, Slavic countries, Greece, Russia, Venezuela, Bolivia, Holland, Cajun-French, as well as Gulfport and Long Beach Historical societies and the Gulfport Juneteenth Celebration. Juneteenth is a day in June which commemorates the end of slavery in the United States and focuses on education and achievement.

Many representatives were dressed in their native countries attire, as well as displaying colorful souvenirs, handcrafts, maps, flags, pastry samples and information about their country. We were also treated to the playing of the bagpipes and a folkloric dance from Panama. The hot coffee and doughnuts were a big hit as well as the door prize drawings, and over 150 residents attended the morning event. In the afternoon,

we had a social event with food that represented different countries, such as crème brulee, jambalaya, Italian meatballs, Jerk chicken skewers, and other tasty dishes. A demonstration of Greek dancing was provided by the Greek church and some residents even joined in. Overall it was a great day and way for us to travel all over the world to learn about different cultures, without ever having to leave home!



Above - Panama dancers perform during the Multicultural Fair held at the AFRH-G on July 24. Fifteen countries were represented during the fair with distinctive foods, dress, art work and flags.



Left - Paul Taylor browses through the different country displays set up to represent cultures from all over the world. Over 150 residents attended the event.

Notes from the AFRH-G

Chairman, Resident Advisory Committee



July 2012 has been another picture perfect weather month here on the Beach. The Resident count here in Gulfport this month is now 512.

Another Birthday Night with A Wonderful

Dinner and Fun was had by all. Goldie of "Music by Goldie" and her sounds were GREAT as usual!! Fred and his TEAM of Super-Stars in the Food Service Department created another great "SUCCESS!!" Fred, congratulations to you and your Team for another job well done!!

Many of the Residents have "stepped up" day after day to assist in the operations of OUR HOME, to make it a better place to LIVE. To name a few, the Garden Committee (and those who consistently donate funds for flowers) and those dedicated daily flower waterers, and like Claire Dimler Smith for collecting the Dance funds while Mr. & Mrs. Ball are gone, and of course, Rosie for consistently ensuring that the shredded paper gets to the Humane Society for the pets!!

HIGHLIGHTS OF ACTIONS AT THE RESIDENTS ADVISORY COMMITTEE MEETING:

The Resident Advisory Committee met on the 10th of July 2012. Some of the actions taken were:

ANNOUNCEMENTS:

-RAC Chair is impressed everyday with the Friendliness and Patriotism displayed by the

Residents of the Home. Ball Room Dance Lessons are offered Mondays and Wednesdays Nights.

REVIEW OF PREVIOUS MINUTES:

-Minutes of Meeting for June 12, 2012 were approved with amendments.

OLD BUSINESS:

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

-Motion made Seconded and Passed, to leave the current dance fees in place.

NEW BUSINESS:

-RAC received updates from all Committee Chairpersons.

-Motion made Seconded and Passed to approve the FY 2013 BUDGET.

-MWR Committee reported that a silent auction will be held for a one week timeshare for a resort in Cancun, Mexico, with all proceeds being donated to the RAC-G Residents Funds. The Committee also recommended that the monthly recreation calendar become a five week calendar to include the first week of the

following month.

-Health and Wellness Committee will look into establishing a Cancer and a Diabetes Support Group.

-Financial Report for June 2012 was reviewed and explained.

OTHER BUSINESS:

-RAC discussed additional funds for Bingo. No Motion was made.

-Motion made Seconded and Passed to recommend that RFAB provide funds for a Resident/Staff Talent Show.

-Motion made, Seconded, and passed that if an item has been voted on and carried, that item cannot be brought up again for a vote for six (6) months.

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 July Activities

New and Improved Golf Net

By Dennis Crabtree
Recreation Specialist

The Armed Forces Retirement Home Gulfport has a new and improved Golf Driving Net. The old golf driving net just could not handle the swings from the residents anymore and was retired.



Andrew Lemstra is seen here testing out the new golf driving net. After a couple of practice swings Andrew had no complaints. The Golf Driving Net was designed and built by Dennis Crabtree (Recreation Specialist). The design of the golf net will withstand a category 5 hurricane. The location of the Driving Net is right behind the Garden Shop which was the Old Thrift Store.

Andrew Lemstra tests out the new golf driving net which is located on the east end of the garage (right behind the old Thrift Store).



Veteran's Stories Ice Cream Social

By Dennis Crabtree
Recreation Specialist

On June 18, 2012 the residents were treated to an Ice Cream Social sponsored by VT Halter Marine, United States Marine LLC, and Cable One. The residents lined up early for the event to get to the banana splits and sundaes. The sponsors wanted to treat the residents for participating in the "Veteran's Stories" which is on local Channel 13. As seen in the picture the residents enjoyed themselves during the event.

Volunteerism Expo features local organizations

Residents' many talents are shared with others in the local community

By Adelina Sowell, Volunteer Coordinator

On Wednesday, June 27, the AFRH Gulfport held its Second Annual Volunteerism Expo, featuring 15 local agencies who need volunteers for their organization. Some of these organizations included The American Heart Association, The Gulf Coast Women's Center for Non-Violence, Feed My Sheep, The Salvation Army, The Institute for Marine Mammal Studies and

much more. Residents could choose from civic, ecological, health, or charitable and other organizations to explore for volunteer opportunities.

The agencies were pleased with the turnout of residents and the interest that was shown in the volunteer opportunities they presented. The Gulfport Human Society, one of the agencies present, spoke about the dog walking partnership here at the AFRH where resident volunteers walk dogs brought to campus each week, and had this to say about the program:

"The dog walking program is actually saving lives of these dogs because many of the dogs walked here each week are being adopted

as soon as we bring them back to the Human Society. They are calm, relaxed, well exercised and happy and it shows! Last week two little puppies were walked here and as soon as they were returned, a family saw them and adopted both of them. They really are saving lives."

Some residents here have taken advantage of this expo from last year and already started volunteering at places like the USO and the Veterans Administration.



A volunteer from the South Mississippi Humane Society introduces a dog to Edgar Cowley before he takes him for a walk. SMHS brings four to five dogs every Wednesday morning at 9 a.m. to be walked.

Dick & Leif Pet Visits

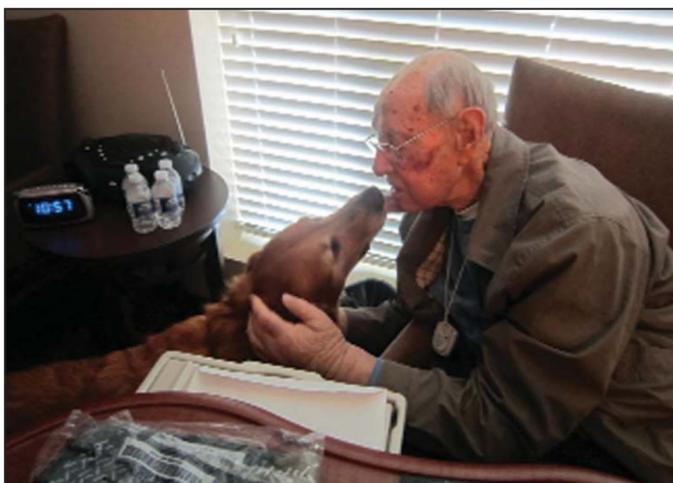
By Susan Bergman, MT-BC, Recreation Services

On Monday, July 16, Leif was fast on the trail to sniff out as many residents as he could find between the front lobby, Valor, and Loyalty Hall. Leif, a golden retriever of over 10 years, has been visiting AFRH-G since January 2011 with his owner Dick Stanford. Leif instinctively knows what each individual needs to brighten their day - a soft rest of his head on a resident's knee, backing up to help residents stretch out stiff arms, a lick on the chin (only if asked for), and a wagging tail to show rubbing approval. Clarence Creel was given a special lick upon request on a recent visit. Leif has also become known as the vegetable loving dog. Residents love to share the extra tomatoes and okra from the patio gardens as he loves the tougher, chewier ones. Dick placed a cherry tomato on the floor, Leif laid down watching with patience, and then jumped for it on the word "go." To conclude, Forest Schneider rested an animal cracker on Leif's nose and was tickled to see him wait, too. Dick & Leif Pet Visits occur on the first Tuesday and third Monday of each month. Look for their next visit on the AFRH-G Recreational Activities monthly calendar. Thanks to Dick & Leif for their exciting visits!



Forest Schneider gives Leif a treat during a recent visit to Valor Hall.

Clarence Creel welcomes a greeting from Leif, the golden retriever that visits him every month in Valor Hall. Leif and his owner Dick Stanford have been coming to the AFRH-G since January 2011 visiting with residents.



Luau party very festive event

By Adelina Hay-Sowell
Volunteer Coordinator

Aloha! The AFRH Gulfport held a Luau party on Friday, July 13th in our Community Center. Though originally planned to be held by the pool, the weather was rainy but it didn't dampen our spirits. The scene was set with a light up volcano, tiki torches, tiki totem poles and tropical parrots hung from the ceiling. We had our very own Polynesian dancing provided by the Mary C. O'Keefe Cultural and Arts center Hula class. There were hula

dancers of all ages, but everyone really enjoyed the dancing from the little ones. Residents joined in the hula dancing as well and some of Gulfport's residents can really move their hips!

The food was a huge hit with coconut shrimp, teriyaki chicken, spring rolls, mini key lime pies, fresh fruit and more. After the dancing, a great D.J. named Ramone, a 20-year veteran himself, played music for the residents to dance and enjoy the tropical atmosphere.



Dancers from the Mary C. O'Keefe Cultural and Arts Center provided hula dancing during the luau held at the AFRH-G on July 13, 2012.

Guess Who at the Luau?

By Susan Bergman
MT-BC, Recreation Services

On Wednesday, July 11, residents on Valor and Loyalty Hall were treated to a special Luau Monthly Cookout filled with yummy food and fun! Residents throughout the week were able to try out their musical skills on a steel drum and sing along to guess island ukulele songs. To add to the enjoyment, each year residents have their pictures taken and displayed on a board titled - "Can You Guess Who at the Luau?" See if you can guess too. Have fun!



Mildred Knoble is pictured at the Luau with Susan Bergman.

AFRH-W July Activities

AFRH-W July 4th Event, A Star Spangled Celebration

By Laura R. Fogarty, Recreation Supervisor
(Contributions to this article were provided by MC Murano and Carol Mitchell)

This year's July 4th holiday was extra special. Several programs were conducted throughout the day and into the evening hours for all residents, their guests and our surrounding community. Staff and volunteers worked feverishly to ensure these events went off without a hitch despite the high temperatures and possible rain.

The first of three events for residents was held at the LaGarde King Health Center to enjoy a festive Independence Day cookout at noon time. Residents were greeted by U.S. Army Signal School Detachment soldiers who handed out patriotic gifts of American flags, hats, fans, and red, white, and blue beaded necklaces. The event opened with an employee/soldier rendition of the "Star Spangled Banner" and other patriotic songs in which the residents joined in throughout the event. The Soldiers assisted with decorating the Recreation Therapy area, escorting residents to and from the event, grilling the burgers and hot dogs, serving the beverages and meal. The Soldiers had the opportunity to mingle with the residents once they had been served.

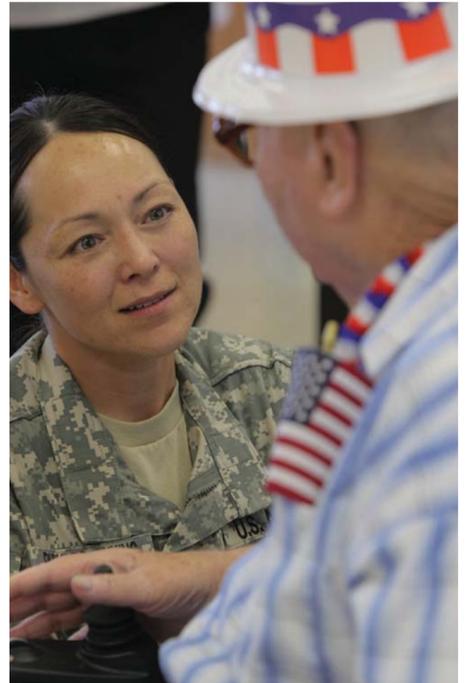
The second event of the day was the cookout behind the Sheridan building later in the afternoon. Despite the broiling weather, residents did come out to celebrate the 4th of July in style, enjoying the cookout under a festive tent full of patriotic decorations and giveaways. Residents and their guests reconnected and socialized with one another. Joining in this year's celebration was the Park High School Wind Band from Montana. All 57 students used their musical talent to entertain the crowd, then afterwards spent time visiting with the residents and exchanging stories. Immediately following this performance the Southbound band got many residents on their feet and allowed others to test their knowledge with "Name That Tune" country western style. After dinner, on a sweet note, sundaes and banana splits were served which helped to cool off the evening, reenergize residents before they headed to the driving range for celebration number three and to enjoy the National Mall fireworks show right here on campus.

The "Friends of the Soldiers Home" in cooperation with AFRH-W provided a continuation of socializing, patriotic cheer and fun for everyone throughout the campus this special day. The Friends of the Soldiers Home is

a volunteer organization serving residents of the Armed Forces Retirement Home. As people entered and gathered at the golf course driving range they were welcomed by six food vendors, our own Food Services, open space for family games while hearing the great sounds of music by our own DJ, Billy White (the music man). Children, Residents and guests enjoyed fishing at the ponds a short distance away with help from the volunteers of Trout Unlimited, the

nation's foremost organization for restoring fisheries. These were some teachable moments and smiles were all around. Park View Kids Zone supplied equipment for the children and Kazoo the Balloon Maker, who specializes in advanced, multi-balloon creations were apart of the excitement. People of all ages watched in amazement as these balloon animals were created.

As the evening of activities slowed down towards dusk, everyone was position-



ing themselves for a good viewing spot to see the fireworks soon to come. More residents and community folks continued to come down to where the action was; the estimated total for all three events was over 1,800 people. Those in attendance had the special opportunity to enjoy our Nation's Independence Day on our beautiful campus. The evening ended with friends and neighbors feeling relaxed and happy to have shared this day together. The sky was ablaze with color as our Nations' Capitol displayed one of the biggest shows in the country, a show that was created by five separate computer generated programs operated by five individuals.

In closing I would like to add that events such as these require a great deal of planning and support from management, staff and volunteers. Thank you so much to the following people and departments for your hard work and commitment which made this event a huge success: Greg Wilson and Mr. Snow and the Food and Custodial Services Team, Jim Theros, Campus Operations, Maria Silva Vargas, Safety, Nursing, the Recreation team of Carol Mitchell, Amanda Jensema, Nicole Chappell, Matt Kayson, Mary Catherine Murano, Jerry Carter, Lori Thompson, Carolyn Haug and John Hughes and his team from the "Friends." Lastly, thank you to our leaders Steve McManus, David Watkins, and Chuck Dickerson for your guidance and community vision.



Happy Independence Day !!!!!

“Campaign to Conserve”

Resident Participation Key to Program Success

Program to launch in Washington and Gulfport

By Steve McManus
Chief Operating Officer

I am pleased to introduce to the AFRH community our new “Campaign to Conserve” Program. This program encompasses a wide variety of resource- and cost-saving efforts happening on both campuses, many of them behind the scenes. The campaign is designed to help AFRH achieve the sustainability goals required by Executive Orders 13423 and 13514. These two orders, 13423: Strengthening Federal

Environmental, Energy, and Transportation Management, and 13514: Federal Leadership in Environmental, Energy, and Economic Performance, require all federal agencies to conserve energy and water, improve environmental performance and reduce greenhouse gas emissions. AFRH is enlisting the help of residents and staff in complying with these executive orders. The campaign targets not only federal compliance, but also reduced operating expenses. Spending less money on utilities will benefit the trust fund and both current and future residents.

The Campaign to Conserve will provide new opportunities for both residents and staff to live and work more sustainably while helping AFRH meet its mandates. When we say ‘sustainable’,

we mean considering the needs of future generations by conserving natural resources and protecting the environment. We are excited to launch the campaign’s resident engagement program, with the aim of informing residents of the financial and environmental ben-

efits of conservation. Interested residents will also be able to get involved in making positive changes on both campuses. We hope the resident engagement program will be around for years to come, and provide a resident-centered approach to sustainability that will enhance the lives of every person who calls it home.

To date, several resident engagement activities have already taken place, including an introduction to the program at an AFRH-W Resident Town Hall meeting, a focus group and survey of AFRH-W residents’ interest in energy and sustainability, meetings with the RAC, and coordination with the Ombudsman and Resident Services on both campuses. Gulfport residents are already increasing recycling,

thanks to their RAC, and are learning about conservation by observing energy efficiency at work in their new facility. As the resident engagement program takes off, we will begin to educate all AFRH employees and guests, and will also invite staff to embrace sustainable behavior.

Over the next few weeks and months, residents will notice regular sustainability articles, just like this one, in the AFRH Communicator, and weekly “Green Tips,” both in printed weekly bulletins and on AFRH’s closed-circuit TV channel, as well as additional communications materials targeted to residents and employees. Stay tuned to learn more and for opportunities to get involved!



AFRH Chief Operating Officer Steve McManus (left) takes Robert L. Gordon III, former Deputy Under Secretary of Defense (Military Community and Family Policy) on a tour of the Scott Building construction. Mr. Gordon was very involved in the planning of the new Scott as well as the new AFRH-G.



Recycling Works!

Scott Necaize (left) of Ability Works collects recycled paper from the Administration area. Here, Frank Bermudez, AFRH-G Safety Officer, contributes to the cause.

Thanks to the efforts of Resident Services employee Mike Brown, AFRH-G has a very successful recycling program underway. Last month alone 1.5 tons of paper and 2.33 tons of cardboard were recycled rather than going to a landfill.

Upcoming Department of Defense IG Inspections

AFRH-W - Aug. 27-31
Washington Residents may contact the AFRH Ombudsman Al Mori if you would like to meet with the IG.

AFRH-G - Sept. 10-14
Gulfport Residents may contact Becki in Administration if you would like to meet with the IG.

COO Questions, Continued, from page 3 because it concerns primarily residents going to the gate "to and from" the Sheridan.

A - I have asked Campus Operations to look into the purchase of a live view GPS for the shuttles so that we can monitor their shuttles service. I believe this may solve the problem.

Q - We are presently being over-run by Canadian Geese at the AFRH-W Golf Course. Many hours are spent by maintenance cleaning up behind these nasty birds. The National Wildlife Association works with property owners so that the birds will not use your property for their toilet. It involves the use of trained dogs, namely the American Collie, and it is known to work in as little as two months. For the course benefit and the membership involved it is suggested that we use this tried and true measure to solve the geese problem.

A - AFRH-W has attempted to procure these services before. The company, basically a single person with a couple of certi-

fied dogs, is unreliable and/or unwilling to come this far to service the campus. They seem to do this type of service as a hobby. In addition, after a few weeks the same geese come back. We are looking into other more permanent methods, but we have to be careful in our methods. Some of the geese are protected by law.

Q - The door by the Lady Sheridan now makes an annoying sound that makes me jump. Can we get the 15 Min Load/Unload sidewalk to be Cart - Wheelchair friendly? Just break down the curb and make it handicapped assessable.

A - Campus Operations stated work should be completed as of this week. If not, please, contact maintenance.

Q - It's too cold on 6th Floor around Pool Tables in hallway.

A - The temperature has been raised 2 degrees. In order to keep most residents comfortable in common areas we will need a request of the majority on the floor to go higher. If a higher temperature is desired, please, gather the majority on the floor residents and contact Esker the RAC Chair. He

can let Campus Operations know that the floor residents want it warmer.

AFRH-G

Q - Are we going to start-up, use, repair or whatever is necessary to use the Big Well? It is needed for irrigation.

A - The big well is not tied into the irrigation system. It was built for the building water. Campus Operations is in the process of trying to install a secondary irrigation well.

Q - The sound of water running 24/7 inside the walls of my shower stall can be heard - CMI notified now one month.

A - I have asked Campus Operation to look into the issue.

Q - Please place a pad or padding at Security Counter. Edge of counter is a hazard of some type. Replacement is need to avoid injury.

A - Campus Operations is looking into a permanent solution.

Q - When will the new plaques in the south east corner of AFRH façade be cleaned?

A - We are researching on finding out what the plaques are made of. We have already tried Brasso, and it did not work. Susie's employees

have tried several other products that have not worked. They are trying to be very careful not to cause any damage. We will continue to look for a product to clean the plaques without damaging them.

Q - Can fenders be placed on the tri-cycles to keep mud, dirt, pebbles, water, etc., from being thrown onto the rider?

A - Per the Facilities Manager fenders did not come with the on the tri-cycles in the original purchase under the construction contract, Recreation will research if fenders can be purchased for the tri-cycles. A price will be determined if fenders are available and a request for funds to make the purchase will be made.

Q - Can we try the Floating Light and Water Show 1-(800) 543-3366, \$59.95?

A - I have asked the Facilities Manager along with Campus Operations to research options regarding this request.