

## 65th Anniversary

### Keep the Spirit of the WWII generation alive

On August 14, 2010, a group of AFRH-W World War II veterans gathered in the Scott dining hall to participate in a commemorative ceremony to celebrate the 65th anniversary of the end of World War II. This celebration was part of the "Keep the Spirit of '45 Alive" national campaign designed to raise public awareness about the 65th anniversary of World War II (August 14, 1945-2010) and to inspire a renewed commitment to service and national unity in America. A fitting time, indeed, for America to say "Thank you!" to our greatest generation for preserving our democracy and establishing the gold standard of service that will inspire future generations.

One of the goals of the "Keep the Spirit of '45 Alive" is to engage

young and old in a shared intergenerational project that will preserve forever an important part of our nation's history and heritage,

while reinvigorating an awareness of the importance of coming together as a community, honoring service to others, and creating a sense of national unity at a time when America, and the world, are again facing major challenges.



**Keeping the Spirit Alive**  
AFRH-W resident Frank Ward joined buglers across America in a nationwide salute to those killed in World War II and those who have since passed away. At 7 p.m. on August 14 volunteer buglers on the East Coast began an evening relay of "Taps" that rolled across the country, culminating with the final performance of the day at Pearl Harbor, Hawaii.



At AFRH-W, residents gathered in the Scott dining hall on August 14 to participate in a commemorative ceremony to celebrate the 65th anniversary of the end of World War II. Residents shared stories and fellowship to honor the special occasion.

### Resident celebrates 105th birthday

## Navy veteran honored guest at anchor dedication

By Steven Briefs, Rec Therapy

Lorenzo Senires, who resides in the AFRH-W King Health Center, celebrated his 105th birthday on Tuesday, August 10th. In recognition of his long life, he was invited to be the honored guest at the dedication of the Navy Anchor behind the Sheridan building. Lorenzo was joined by his family and many well wishers who greeted him and shook his hand.

Mr. Senires was born in 1905 in the Philippines and joined the Navy in 1926. His family has his induction papers and they show that he weighed 98 pounds upon his entrance to the military. When he retired 30 years later, in 1956, he weighed 112 pounds. Either Mr. Senires didn't eat much or the Navy kept him very busy so that he didn't have time to gain weight!

Master Chief Petty Officer of the Navy (MCPON) Rick West was the presiding speaker and he noted that the anchor being dedicated was an excellent symbol of what it meant to be a sailor. He encouraged the troops in attendance to continue to be faithful to our country and to the Navy. He also presented a Navy Medallion to Mr. Senires for his many years of service to our country.

Later, we had a birthday party in the LaGarde Recreation Center and invited many of Mr. Senires' friends to share some ice cream and cake. Although Mr. Senires is not as young as he once was, he did eat all his cake!



WASHINGTON (August 10, 2010) - Master Chief Petty Officer of the Navy (MCPON) Rick West meets Lorenzo Senires, who enlisted in the Navy in 1926, at the Armed Forces Retirement Home - Washington, during a dedication ceremony for a Navy anchor. Senires, the oldest resident at the home, turned 105 the day of the anchor dedication. The Armed Forces Retirement Home received the anchor after many requests from residents who are Navy veterans. (U.S. Navy photo by Mass Communication Specialist 1st Class Jennifer A. Villalovos/Released)

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## Notes from the Resident Advisory Council



With the RAC Chairman Esker McConnell on leave, I have a second opportunity to contribute a column to the Communicator. My last offering was on the theme of

not "going gentle into that good night," and today's offering relates to that same topic.

Recently the Administration announced plans to enhance a sense of independence on the part of the residents. Such initiatives should be supported and encouraged to the maximum extent possible. Here are three additional programs, presently under consideration, in which residents can not only enhance their sense of independence but can also make significant contributions to the world out beyond the confines of the Eagle Gate.

No doubt many of the residents have been at one time or another involved with the Boy Scouts of America. I was a Scout myself and later on, a Scout Master. The Scouts offer merit badges in 120 or more subject areas; - areas in which many of our residents would have first hand knowledge and expertise: for example, first aid, cooking, radio, fishing, woodworking, survival training, etc. Please consider signing up as a Boy Scouts of America Merit Badge Counselor program in your area of expertise when we start recruiting for this in the near future.

The Vietnam Veterans' Memorial Fund receives letters from around the country addressed to the folks on active duty. These letters need to be read, processed, and forwarded with inappropriate material sorted out. Please consider signing up to help process these letters when the call goes out.

The Ornithology (bird) Laboratory at Cornell University has a program called the "citizen-scientist." Volunteers in urban areas track the migration of bird populations (and disease), report their findings back to Cornell, where the data is recorded and analyzed. Bird watching can be a lot of fun and the results obtained important to the scientific community. This is a program our residents could contribute to and I hope would be of interest to some people at least. (Especially those who feed the pigeons!)

These programs, and others like them around the Home, will keep us productively occupied while contributing to the happiness of everyone connected to the programs we get involved with. You, too, can make a difference. I hope you will!

*Yours in community,  
John A. Miller,  
Vice Chairman,  
Resident Advisory  
Council*



## Military History

**Formal Surrender of Japan,  
2 September 1945 -- aboard  
the USS Missouri.**

## 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



**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>**

## Become a resident today!

## Coming Soon

A survey team from CARF International\* will be visiting on September 13 thru 15, 2010. We invited the surveyors to evaluate how well we meet international standards for quality. The survey will tell us what we are doing well and ways we might improve. As a result of this survey, we may earn or continue accreditation.

As part of the survey, the surveyors will interview people who receive services, their families, our staff, and others. Some questions the survey team members might ask people are:

- Do we provide a clean and safe setting?
- Do you receive the services you need and want?
- Are you treated with respect?
- Do you take part in planning your services?
- Are you told what you need to know about your services?
- Are your questions answered in a way you understand?
- Do you know where to go with questions or concerns?

If you would like to talk with one of the survey team members or want to learn more about CARF International, please let one of our staff members know. You may also contact CARF International directly.

Internet: [www.carf.org/contact-us](http://www.carf.org/contact-us)

E-mail: [feedback@carf.org](mailto:feedback@carf.org)

Mail: CARF International, 4891 E. Grant Road, Tucson, AZ 85712

Toll-free telephone: (866) 510-2273

Fax: (520) 318-1129

CARF International is an independent, not-for-profit family of organizations (including CARE, CARF Canada, and CARF-CCAC) that provides accreditation in the field of human services.



## Message from the Chief Operating Officer



This has been a particularly busy month at the AFRH - for both Residents and staff. With just over a month until our new facility in Gulfport opens followed by the execution of Phase I of the Scott Project here at AFRH-W, there is definitely a feel of anticipation, change and excitement in the air. Both projects continue to track on schedule and as we progress into the actual movement of Residents to Gulfport and begin the transition phase of Resident services to temporary locations at AFRH-W, we will continue to keep the lines of communication open. The focus group meetings have worked very well as a means of passing information and addressing issues and questions Residents have had. We have added an additional focus group meeting next month for Gulfport - September 7 and 21 - so that everyone has ample time to plan for the upcoming move. The next Scott Project focus group meeting is September 28.

We welcomed several special visitors to the AFRH-W campus this month. Mr. Robert L. Gordon, III, the Deputy Under Secretary of Defense for Military Community and Family Policy toured the campus and met Residents on August 18. Mr. Gordon was appointed to this position last month and we were honored to host his visit.

On August 10, for the second time this summer, the Master Chief Petty Officer of the Navy, MCPON Rick West, visited the AFRH-W. While here, MCPON West participated in a dedication ceremony of the Navy anchor that Navy Seabees from CBMU 202 set into place. The anchor is another way we celebrate our military heritage.

As a note, MCPON West toured the new AFRH-G earlier this summer. We thank him for his support of our veteran population.

The Senior Legislative Assistant of the National Association of Uniform Services (NAUS), Mr. Morgan Brown, visited the AFRH-W campus on August 18. Mr. Brown was provided with a tour of the campus and then had lunch with the Residents.

The Congressional Golf and Crab Tournament, held on July 28, was a huge success with over 60 golfers participating in the event. This is an annual benefit for the Residents of AFRH sponsored by the Armed Forces Foundation. This was the 13th year the tournament has been held and, as always,



**MCPON Rick West, the Master Chief Petty Officer of the Navy, participated in the anchor dedication held at the AFRH-W on August 10. Seabees of CBMU 202 Det DC poured the concrete foundation for the Navy anchor.**

we appreciate the tremendous amount of time and effort that goes into hosting such an event.

There are many activities, trips and events scheduled by the AFRH Recreation Services office during the month of September. Why not try something new this month? Whether its fitness, computers, arts and crafts, movies, bowling, games or trips around town...there is something for everyone. Involvement in your AFRH community has many benefits, the first being remaining active will enhance your vitality. Outside of the aforementioned activities is the value that your participation brings to the other Residents...a kind word, friendship, camaraderie, a common duty station, a humorous anecdote. These are the things that make life rich and it's these bonds we form with each other that make the AFRH truly a place to call Home.

*Timothy Cox*



**Mr. Robert L. Gordon, III, the Deputy Under Secretary of Defense for Military Community and Family Policy (center) meets with members of AFRH staff and residents during his visit on August 18.**

## DINFOS students practice techniques at AFRH

By Carolyn Weber  
AFRH-W Volunteer Coordinator

On Tuesday, August 17, 16 students and three instructors from the Defense Information School (DINFOS) Intermediate Photojournalism Course (IPC) out of Ft. Meade, Maryland, arrived at the Armed Forces Retirement Home ready to fulfill a mission - to meet our retired military veterans and capture their visit in a multimedia piece.

IPC Instructor Army SSG Mary



**AFRH Resident Frances Stueve chats with DINFOS photojournalism student MC3 Chris Morton in Scott Hall about his experience as a Pearl Harbor survivor. Morton was one of 16 DINFOS students who visited the Home on August 17.**

Ferguson explained. "We're extremely motivated about using this one day as both a teaching tool and a way to connect with those who wore the uniform and sacrificed before us."

The IPC class consists of students from all branches of service who have operated in the field/fleet for some time and are now receiving further training. The students have 40 days to learn and apply communication theory, interrelationships of writing and photography, news and feature writing, layout and design principles, and intermediate photographic techniques. Upon graduating from the course, students will be able to effectively combine the understanding of theory with practical application to better communicate the commander's intent as well as communicating to a wide and diverse audience.

During the five hour visit at AFRH, students in uniform were welcomed by residents commenting "it's nice to see young blood here." The class broke up into groups of four students each and began talking with residents, sharing stories and sharing a few good laughs. After gathering audio and pictures of their time together, the class

spent the following day editing all of their material to develop a two minute audio slideshow. Copies of their completed projects will be sent to the residents they spoke with and to AFRH.

The experience at AFRH allows the IPC class to test their multimedia skills

before going back into the field and to gain a better understanding of the men and women who served this country before them. SSG Ferguson said, "I love my job, I love the Armed Forces Retirement Home...and I'm always super proud of my IPC students!"



**Navy WAVES Veterans Irene Smith (left) and Evelyn Ann Whitaker talk shop with Marine Photojournalists during their visit to AFRH-W August 17th. The two were among 16 students and staff from the Defense Information School who talked with residents as part of multi-media course assignment.**

## Prominent Sea Service Veterans honored with Lone Sailor Award

**AFRH-W resident Lanier Phillips to be recognized for service to Country and Community**

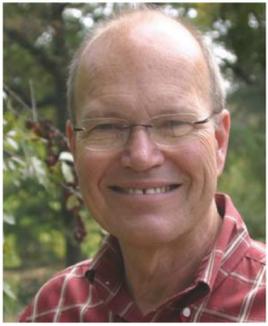
Navy veteran and first African-American Navy sonar technician and survivor of the 1942 USS Truxton (DD-229) Lanier Phillips will be honored for his service to country and community at the United States Navy Memorial's 2010 "Lone Sailor" Awards Dinner on Wednesday, September 15. Also being recognized are entertainer Bill Cosby, World War II Marine Corps veteran and former football player for both the Washington Redskins and the Dallas Cowboys Eddie LeBaron.

The Lone Sailor Award is given to Sea Service veterans who have excelled with distinction in their respective civilian careers while exemplifying the Navy core values of Honor, Courage and Commitment. In receiving the Lone Sailor Award, Cosby, LeBaron and Phillips join an impressive list of men and women who have distinguished themselves by drawing upon their military experience to become successful.

Conveniently located on Pennsylvania Avenue - halfway between the White House and the Capitol, the United States Navy Memorial provides a living tribute to Navy people and a place for them to gather and celebrate their service. The outdoor plaza features a "Granite Sea" map of the world, towering masts with signal flags, fountain pools and waterfalls and The Lone Sailor© statue. Adjacent to the plaza is the Naval Heritage Center, where visitors can find educational displays about the contributions of the men and women of the Sea Services (Navy, Marine Corps, Coast Guard and Merchant Marine).

Also housed in the Naval Heritage Center is the Navy Log - the online place for Navy people to stay connected with each other, celebrate their service and preserve the memories of their service. There, Navy veterans can build a record of their service online and anyone with a passion for the Navy can create and join affinity communities. Call (202) 737-2300 or visit [www.navymemorial.org](http://www.navymemorial.org) for more information.

## From the AFRH-W Director



*The last week of summer.*

The words have a melancholy ring. Are we really ready to put away lawn chairs and citronella candles, beach balls and Bermuda shorts?

Can we muster any enthusiasm for the sweaters and coats on display in the stores? Is it possible even to face the first Christmas catalogs? (The holiday is just 18 weeks from today.)

My life has given me a comfort with

the changing seasons. I would not want an endless summer. I love the chilly nights of autumn and the slowdown of mowing grass and pulling weeds.

But in the last week of August, sometimes I'm not yet ready to let go. September is here and with it comes changing colors, foggy mornings, crisp air, pumpkins turning orange, woolly worms appearing to predict winter's severity, animal's fur is thickening, wolf spider webs hang heavily with morning dew, squirrels are caching the nuts in their trees and our Gulfport people will soon be returning.

Years ago a lady was fixing a meal at her home for a group of people. She went to the butcher shop and asked for the largest chicken they had. The butcher reached into the ice-water bucket and pulled out a chick-

en, sat it on the scale and told her its weight. She said, "I really need a larger one than that". So he put that one back into the bucket to get another and realized it was his last bird. So he put that same chicken up on the scale and let his finger rest there with the meat. He then told her the weight and she said, "That's just what I need. I'll take both of them".

I do not want to tell you a lie – the Gulfportites have made a difference in the life of the Washingtonians. Just this morning at the monthly Memorial Service Father Dixon pointed out different ways these people have enriched our lives. And they have! Father Dixon compared the Gulfport folk and all that they are doing in preparation for the return with everyone's need to be sure we are right with the Father so that we can receive the reward for our faithfulness one day. It was a great analogy with much good humor.

He told of their great anticipation and joy and forward preparation so they can be sure to make the move to that place that "sounds almost like heaven". We laughed and laughed.

One of our Washingtonians said to me this morning, "61 days and counting"! I had to ask for an explanation and he told me he is a Category Four (a Transferee) and is so appreciative of the decision to help them get there by flying and moving their goods. He will fly out with the group on 25 October. Good for him and all who have chosen to move to the new place.

Thank you, AFRH Gulfport people. You have made a difference in our lives and we have enjoyed you. We are so happy that you are able to go to a new home. We will miss you.

*David Watkins*

## Coast Guard birthday celebrated



Donald Stroud (center) cuts the cake with guest speaker RADM Fred L. Ames, USCG, Retired (right) and the youngest Coastie at a ceremony held at the AFRH-W. The Coast Guard celebrated 220 years of service on August 4, 2010.

## STORY GATHERING CONTINUES

*By Christine Baldwin*

After a very successful gathering of military stories and a play reading of some of these tales; the Double Nickels Reminiscence Theatre group, led by Antoinette Ford (whose Dad, James F. Taylor is a resident) has taken their efforts to the LaGarde residents. Starting Saturday, August 7th and continuing until all the stories are gathered, the group will meet every Saturday morning at 10 a.m. on Main Street!

For the first session, Harris Bircher, Robert Hill, Clarence Rugger and Ida Emily Simpson joined the fun. The goal, of course, is the publishing of our 1st edition of resident's stories from AFRH. Stay tuned for updates on the Double Nickels story gathering.

## AFRH-W Arts and Crafts Update

*By Lori Thompson*

Before I tell you about our new events in the arts at AFRH-W, I want to thank all of the Residents who have helped bring about "The Arts and Crafts Movement," (as one Resident recently called it) occurring on our campus. From the 18 Residents who attended our first volunteer art/craft instructors meeting, to the daily assistance Residents have given me in getting to know the ropes and their help in developing new programs; I have been amazed at the level of excitement exhibited by Residents and the incredible support I have received since coming aboard. I am honored to work with you. Thank you for your warm welcome!

Our new offerings include the following classes: Sunday afternoon, Pottery class; Monday morning, Ceramics; Tuesday afternoon class, Resident-Taught Crafts; Tuesday evening, a crafts class called Dynamite Ideas. Wednesday's offering is Pottery, Ceramic and Craft Assistance. Thursday's workshops alternate between Resident-Taught Crafts and Dynamite Ideas. Our Resident-Taught Crafts workshops have a wide array of topics lined up, from knitting to scrap-booking. Dynamite Ideas class is designed to introduce Residents to techniques or materials they may not have previously explored. Our fall line-up includes stained glass frames, mosaics and book-making.

We are making great strides in getting our artists out into the local art community, as well as bringing the art community to AFRH-W. One such collaboration deserves special notice and that is AFRH's new association with the Veteran Art Program (VAP).

VAP was founded by BR McDonald, a performer and Army veteran who currently serves as the Executive Director of VAP. VAP's mission is to assist veteran artists entering the professional art arena. VAP offers workshops tailored to individual needs, provides a beautiful space for veterans to gather, work and display their art, offers professional portfolio/gallery advice, places veteran artists with mentors in their field of choice and the organization provides many networking opportunities. When I visited VAP's space at Skyloft Studios in Baltimore, I was immediately taken by BR McDonald's enthusiasm and his commitment to veteran artists.

BR McDonald visited AFRH-W on August 11th to meet our artists and to introduce his organization's services to Residents. Several AFRH artists have been asked to participate in VAP's show, "Home" on Veteran's Day, November 11th at The Creative Alliance in Baltimore. To read more about this organization, you may go to [www.veteranartistprogram.org](http://www.veteranartistprogram.org).

Other exciting upcoming events include Jo Brabson's workshops in Ceramics and Glass Fusing. Jo is an Air Force veteran who now works for the Veteran's Administration and she is the owner of Earth, Glaze and Fire in Warrenton, Virginia. Jo is volunteering her expertise and will be hosting various workshops in the Ceramic Studio this fall. AFRH Ceramic Artists visited her store in old town Warrenton on August 19 and were pleased with her military molds and glass works in particular. Jo will be bringing these molds and more to AFRH for Residents to pour. Jo's slumped glass pieces were admired by all, as were her stunning fused glass works. Her workshops are sure to be a big hit.

In closing, I would like to again thank everyone for their support in getting all of our new programs up and running. AFRH-W Arts and Crafts you are incredible! Look forward to seeing you at the next craft event.

## Congressional Golf and Crab tournament proceeds for AFRH

*By Kevin Chandler*

Well this has been the 13th annual Jerry Woods Congressional Golf and Crab Tournament, and as you know proceeds from the event go to benefit the Armed Forces Retirement Home. The tournament was held at Queenstown Harbor Golf Links in Queenstown, MD. We had 60 golfers



From left - Stanely Sagara, William Fauss and Norman Godfrey enjoy the seafood at the Congressional Golf and Crab tournament.

in the tournament, among them were residents of the home, some folks from the VA, congressional staffers and corporate sponsors. Jerry Woods (I expect you all have a good deal of bio information on Mr. Woods, but let me know if you need anything) started the tournament originally to raise money for the Old Soldiers' Home. The AFRH worked with him on the tournament, although Mr. Woods spearheaded everything and built the tournament and is the reason why we have had such continued support from the players.

The tournament was followed up with a lunch for supporters and participants at the Harris Crab House just down the road from the course (they also have fantastic homemade Nutty Buddies).

Unfortunately, Mr. Woods passed away this past spring. The AFF has continued the tournament in his memory and will continue to use this money to benefit the Old Soldiers' Home. While most of our programs go to benefit active duty and recent veterans, this is a uniquely special opportunity to assist those older veterans who have given and continue to



Billy Williams and James Webster enjoy a plate of crabs at the dinner held at Queenstown Harbor Links on July 28 in Queenstown, Maryland.

The residents have so many great experiences and such a great outlook, and we really look forward to the event each year. On a side note, although I didn't play in the tournament, many of the old soldiers could easily crush me in a round of golf.

# Gulfport Update

## From the AFRH-G Director

As I write this column, the interior finishes of the new Gulfport AFRH are coming together. Most rooms in Tower A are furnished, B and C are right behind. The administrative offices are complete enough that we will have moved from the chapel to the main building on August 26th. The chapel is being vacated so that finishing touches on its remodeling can be completed.



The contractor has begun the build out of the Navy Exchange space and it is

nearly complete. Security cameras are up and running and monitored 24/7. We have a very photogenic wasp hovering around one of the cameras. The Yates trailers are moving out next Monday and Tuesday and then the employee parking area will be completed. Landscaping is almost 100% installed with a few trees to be planted and the area around the creek being cleared. Finally, the pedestrian foot bridge deck is scheduled to be placed over Highway 90 on the evening of September 8th.

In addition to hiring new team members, the administrative staff is busy planning for the return of initial groups of residents beginning October 4th. We hope to make Day One a memorable one and the welcome home everyone deserves. In further preparation for that day, we will hold two focus group meetings at the DC campus in the month of September. The 7th and 21st are the days and I hope everyone moving to Gulfport will find time to attend these meetings.

I know each person moving to Gulfport is excited and probably feels that time is standing still. I can assure you that the staff is looking forward to your return but for



### First Room in Gulfport

At the AFRH-W Louis Nemecek tells Public Affairs Specialist Greg Moore his room selection. Louis is living at the AFRH-W and was the first resident to be able to pick a room, based on his length of service at AFRH.

us time is flashing by and we wonder if we can possibly get everything done in time for October 4th. In the final analysis, there are still 24 hours in a day and 7 days in a week

and they are the same length of time in Washington and Gulfport. My guess is October 4th will arrive at the same time for us all. See you in September.



The east stairs that lead up to the outdoor dining area and main lobby. An elevator is located at the ground floor front entrance. Elevators are also in each tower.



Residential living units are 450 square feet and are furnished with a bed, night stand, love seat, chair, dresser, wardrobe and dining table and two chairs (below).



Laundry rooms, like the one pictured here, are located across from the elevators on each floor.



The kitchen area of a resident room. The refrigerator, dining room table and chairs come furnished in each room.

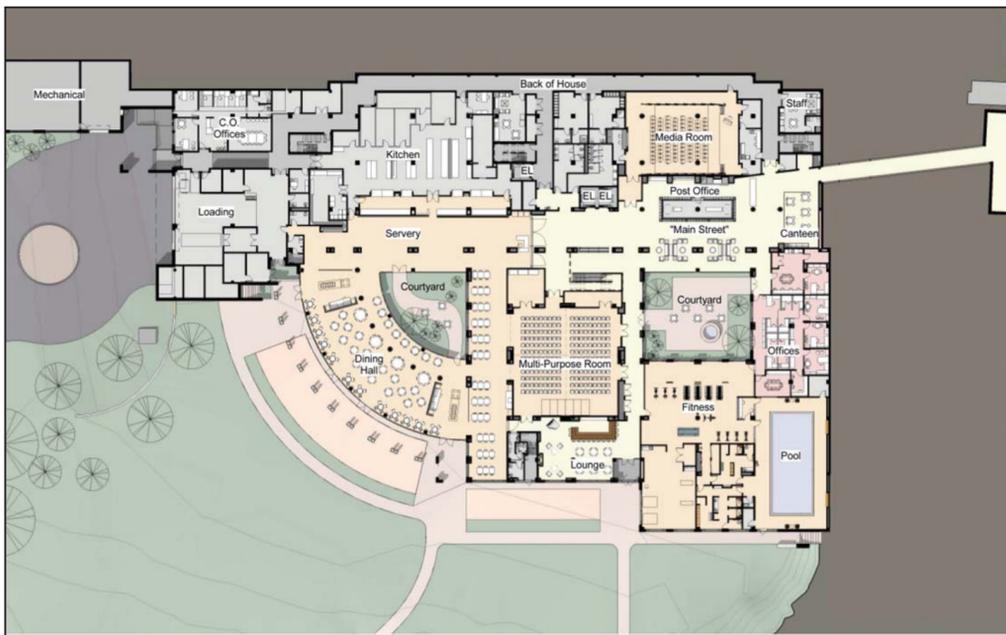
An indoor shuffle board is in the Sports Zone which is located in front of the Bowling Center. There will also be a Wii station located in the Sports Zone.



A view from the rooftop of Tower A looking west over the pool.

*Scott Project final concept design*

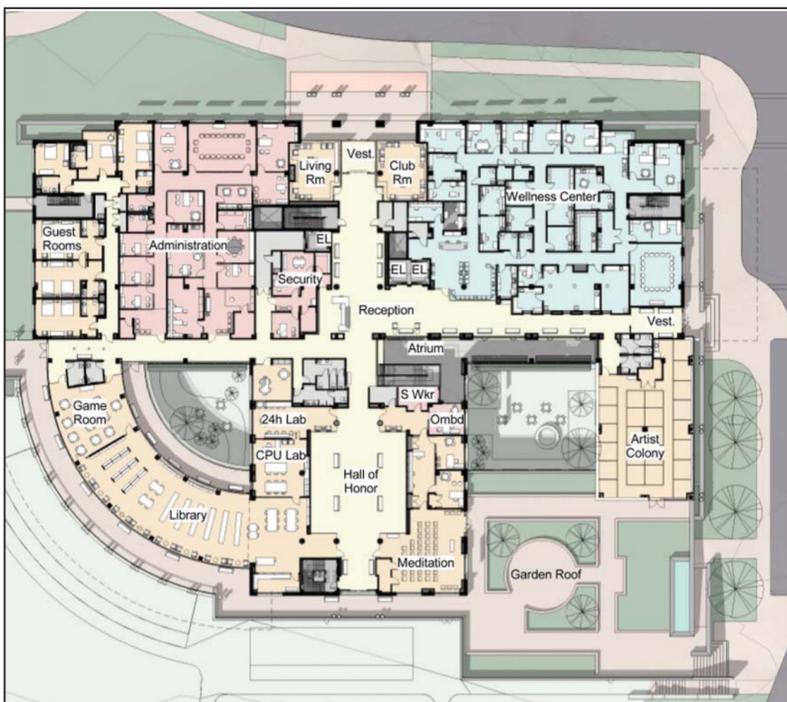
# New Commons & Health Care Center



Garden level.



Approach from Eisenhower Drive.



Quadrangle level.



View from the meadow.

# Everyone is a winner at the annual Casino Night event

## Generous sponsors make event possible again this year

By Keith Turner

On Friday night, July 30th, the Veterans of AFRH enjoyed the pleasures of having their very own casino, if only for one night. Sponsors such as NCOA and Mr. Dick Schneider make such a huge event possible every year, especially with their generous donations for first place, thru 12th place. Thank you NCOA for your thoughtfulness, the world truly needs more organizations like yours. We also thank the U.S. Army Warrant Officers Association (the Lord Fairfax Chapter) who donated the money for our door prizes and volunteered throughout the evening with the Washington Gas company. These dedicated volunteers helped make the night run so smoothly.

The Vets enjoyed many games that were available from Vegas Times, and the newly added slot machines stayed crowded all night, in fact every game station was full

to the max and the Veterans could be heard all around the hall laughing and enjoying the night. Ruby Bloomer and Jessie James volunteered their services and the outside volunteers just fell in love with the two of them. Casino Night is one of the many events here at the home where you can truly see the happiness on the faces of the Veterans while they are involving themselves in an event put on by the recreation department. The biggest smile of the night came from our overall first place winner, Mr. Roy Webb, who took home the top prize of \$1500. But, in the end, everyone was a winner because not one person of the 230 people who attended the event had one complaint, and everyone said they enjoyed themselves. I had a great team following my lead in Nicole Chappell and Carolyn Weber and that's one more necessity that makes an event flow so nice and smooth.

We'll miss the Vets who are going back to Gulfport and although we know how much you want to go back to your homes, know that it's always been a pleasure having your competitive, fun spirits around, during our Casino Night and other events. You will be missed!



Above - Bob Macy and Frederick Schell watch the wheel at the Casino Night held on July 30.



Willa Farrell places a bet against fellow residents.



Left - William Fowler tries his luck on a slot machine. Residents enjoyed a night of fun thanks to the event's generous sponsors.

## King Health Center News

### Fresh Fruit Festival

By Carol Mitchell

What better way to brighten up an overcast and dismal afternoon than eating fresh fruit?



John Bires chats with one of the Navy military volunteers.

Recreation Therapy set up a Fresh Squeezed Orange Juice Booth (using the old manual juicers), a Fresh Sliced Pineapple Booth (luckily we had handy dandy pineapple corers), and a Fresh Mixed Fruit Bowl Booth. The event took place on LaGarde Mainstreet and approximately 40 residents attended. Live music was provided by Ray Anderson. A good time was had by all on August 13th.

### KHC Residents Go Golfing

By Carol Mitchell

On Wednesday, August 4th the Residents of King Health Center took a trip to the AFRH Golf course for an afternoon of fun. AFRH Golf Professional Matt Kayson provided a putting clinic giving residents pointers on how to grip the club, body positioning, and how to "sink the putt!" Residents utilized a motorized vehicle that enables wheelchair users to swing with the best of them. Several KHC residents such as Robert Hill are able to feel a real sense of freedom and independence with such devices. Residents from KHC hope to do more outing to the golf course in the very near future.

### Patriotic Concert

By Sara E. Kenan, Recreation Therapy

On Sunday, August 8th, KHC residents went to listen to the Naval Academy Band at the Bladensburg Waterfront Park on the Anacostia river. It was a hot summer evening when we arrived. We had a wonderful picnic lunch with a variety of sandwiches and side dishes. Each lunch came with a big, delicious chocolate oatmeal cookie. It was such a lovely evening sitting by the water and watching the people fishing and boating. Finally the Navy Band arrived and came over and talked and exchanged stories with are veterans. The residents were really excited and happy that they took some time to visit with them. Soon the concert started with a variety of Americana songs and ballads. Residents were clapping and marching to the music. It was an exciting night for our residents!

### KHC Sports Day Cookout

By Carol Mitchell

On Friday, July 30th the Residents enjoyed a sunny beautiful day at the KHC LaGarde Fountain area Sports Day Cookout. Various sporting events were set up for the residents to participate in prior to the cookout and numerous residents tested their skills. Following the sporting events the residents were treated to a good old fashioned cookout with hamburgers, hot dogs, deviled eggs, fresh fruit salad, baked beans, beer & sodas, and to top it off ice cream sundaes.

Special thanks to all the community and military volunteers for all their hard work in making this event such a wonderful success.

### KHC Redskin Tailgating

By Carol Mitchell & Sarah Kenan

It was August, Friday the 13th and fortunately the KHC Redskin Resident Crew didn't have any bad luck! It was a beautiful night for tailgating and watching the Redskins hunt down the Buffalo Bills. The final score of 42-17 shows the Redskins are back in the game and ready for a great season. Residents were treated to a pre-season game... in a luxury suite no less! Thanks to Keith Turner, team leader for Recreational Services for personally donating the tickets. The AFRH Independent Living and KHC Residents all had a wonderful time together cheering their favorite team. The game started off shaky with a fumble on the kick-off return but they rebounded quickly to take the lead. Throughout the game Residents were tuned in to the action except for resident William Palmer who had his binoculars zoned in on the ever exciting Redskin cheerleaders!

The Redskins performed like the days of old. A special visit by the Hall of Fame "Hogettes" topped off the night! The "Hogettes" dropped by took pictures and mingled with all the residents.

Pete Dounis is pictured with the Hall of Fame "Hogettes" during the Redskins game on Aug. 13.



# AFRH-W August Activities

## Stone Soup at the Gardens

By Jerry Carter,  
AFRH-W Rec Services

On Thursday, August 19th the annual Stone Soup Luncheon and Garden Judging Contest took place here at the gardens. Resident gardeners were awarded for their efforts of growing vegetables and maintaining garden plots. Sarah Kenon prepared a tasty Stone Soup and gardeners provided vegetables to add to this special soup. Judges from the USDA Fruit Lab - University of Maryland, judged residents plots. Congratulations to the following: 1st place- Frank Nelson, 2nd place- Jessie Hines and 3rd place- Jessie James.

Recreation Services thanks all gardeners for their hard work during the garden season, judges from the USDA-Fruit Lab, volunteers Frank Nelson and Reggie Ragland, co-workers for making this event successful and fun for all who attended.



The resident garden area full of fresh vegetables. Residents enjoy maintaining the garden and working outside.



Elizabeth Hoden with the USDA Food Lab inspects a sunflower in the resident garden.



AFRH-W Director David Watkins (left), gives a first place plaque to Frank Nelson.

## 2010

### Hawaiian Luau

By Nicole Chappell

Think Hawaii and you think of the ultimate tropical get-away - beautiful weather, gorgeous beaches, exotic food and drinks, relaxing music and entertainment. On Friday August 20th AFRH celebrated our tropical getaway outside behind the Scott building. However, the beaches were just a part of our imaginations, the weather wasn't. The weather was perfect for our Hawaiian Luau party. There were plenty of food and dessert choices such as lemon chicken, Hawaiian shrimp, sweet and sour pork and tropical fruit. Also, Hawaiian Volcano drinks were served inside of coconut and pineapple cups to really set the mood.

The guests in attendance were also entertained throughout the evening with a band, fire show and dancers. The band played several Hawaiian selections while the Hula/ Polynesian ladies dangled their hips to the music. However, audience participation was mandatory during this event, sitting was not allowed. The residents and guests learned how to dance and greet people in The Hawaiian culture. We also learned about the placement of a women's flower once pinned to her hair. By placing a flower over the left ear, this indicates that one is taken or in a relationship and placing a flower over the right ear indicates that one is available.

Special thanks to Michele Bailey for all her assistance planning this event. In addition, to Carolyn Weber, Mendel Bailey, Richard Ranzo, Reginald Ragland, Lisa Evers, Barbara Collier, Mr. Snow, Dining Hall staff and my supervisor Laura Fogarty. Aloha until next year! Remember ladies to make sure your flower is on the appropriate side.



Richard Ranzo dances with two Hawaiian ladies during the Luau held at the AFRH-W on August 20.

## Bowling News

By Ed Crump

Charlie Gammon and Phyllis Bradford were co-winners for bowler of the month honors for July. Each finished with nine points. Charlie has a first and second place finish for the month, which accounts for eight of his nine points. His final point was the result of him rolling a series of at least 75 pins above his average. Phyllis on the other had won her first ever bowler of the month honors. She bowled her highest series ever in the shootout with a 429. She has a first place finish, which was worth five points. Her other four points were earned as a result of bonus points. That 429 series she rolled earns her bonus points for being at least 75 pins above her average. She earned another bonus point for having high series handicap for the month with a 681. Her final two-bonus points were the result of bowling 11 pins a game higher in July than what she did in June, which was the most of anyone. So winning this enables her to tie Charlie Gammon for bowler of the month honors. Charlie himself bowled 10 pins better each game in July than in June.

Eugene Allison becomes the sixth bowler to finish in the four on four consecutive weeks. He accomplished the feat during June and July. He joins

Buron Noel who has done it twice, Jim Vancil, Charlie Gammon, Mimi Rivkin and Ralph Wineland who's the only one to do it in the same month which he did back in June. So my congratulations to Eugene for joining this select group.

With four months remaining this year Ralph Wineland continues his quest to win this season's bowler of the year honors, which he won last year. He currently has 41 points while Charlie Gammon who finishes third last year has 39 points and Henri Gibson is third with 32 points.

With the Bowling Center undergoing phase two of renovations there will be no bowler of the month for August. Despite the bowling center being closed I will still have my column in September. All of us in the shootout are looking forward to returning in September when the bowling center is scheduled to reopen after renovations. It will be a completely different look with new furniture, new control center and a fresh new paint job besides a new looking floor, among other things. So even if you don't bowl make sure you drop by and take a look around at a much different bowling center. It should be a thing of beauty once it reopens in September. So all the waiting we have gone through this month will be well worth the wait. I am already looking forward to it.

Don't miss the  
**Resident / Employee  
cookout**  
on September 24th @ 11:30 a.m.  
with an Ice Cream Social @ 1:30 p.m.  
behind the Scott building