



Korean Ministry of Patriots and Veterans Affairs hosts banquet honoring American Korean War veterans

By C. Monika Stoy

The Minister of Patriots and Veterans Affairs (MPVA) from the Republic of Korea, the Honorable Park, Sung Choon, honored American Korean War veterans on the occasion of the 59th anniversary of the signing of the Korean Armistice with a banquet the evening of July 27, 2012, in Arlington, Virginia. The event was held at the Sheraton Pentagon City Hotel and hosted 500 guests. This is the first time the MPVA has organized and conducted such a wonderful banquet commemorating the anniversary.

Minister Park presented plaques to representatives from the United Nations countries which supported South Korea during the war. He also presented the Ambassador for Peace Medal to representatives of each of the U.S. Armed Services during the program. Veterans were given their Peace Medals as they registered upon arrival at the banquet. Minister Park presented \$100,000 to General Sharp for the Department of Defense's Memorial Book project. The grand finale of the evening was a stirring performance by the Little Angels song and dance troupe from Korea and a very sincere thank you film produced by the Republic of Korea specifically for Korean War veterans. Mistress of Ceremonies for the evening was Captain Monika Stoy, USA (retired).

On July 26 Minister Park had a meeting with Veterans' Affairs Secretary Shinseki at VA Headquarters in Washington, DC; hosted a luncheon at the Fort Myer Officers' Club for former USFK and 2nd Infantry Division Commanders as well as other general



The Honorable Park, Sung Choon Minister of Patriots and Veterans Affairs (MPVA) from the Republic of Korea honored AFRH-W Korean War veterans during his visit.

officers who had at some point in their careers served in Korea; visited the Washington, DC VA Medical Center to thank Korean War veterans and present them the Ambassador for Peace Medal; and visited the Armed Forces Retirement Home to thank veterans there and present them the Ambassador for Peace Medal. The Little Angels accompanied Minister Park to the luncheon and the visits to the hospital and the retirement home, singing wonderfully for the veterans at each stop.

The morning of July 27 the Department of Defense held its official commemorative ceremony for the 59th anniversary of the signing of the Korean War armistice in the

Memorial Amphitheater of Arlington National Cemetery with Secretary of Defense Leon Panetta as the keynote speaker. Minister Park participated in that solemn ceremony, which was followed by a floral ceremony at the Meditation Bench outside the Amphitheater. After that ceremony Minister Park visited the graves of former
Throughout his stay in the DC area and at every venue Minister Park was sincere in expressing his and his country's deepest gratitude to Korean War veterans for their sacrifice and service during the Korean War.



Who knew fitness could be so fun?

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Recreational Services host Casino Night

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Goin' fishing in Gulfport

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Leadership in Energy and Environmental Design

AFRH-G receives LEED Gold Certification

By Mary Kay Gominger

On Thursday, Aug. 16, 2012, the Armed Forces Retirement Home-Gulfport received the LEED Gold Certification established by the U.S. Green Building Council and verified by the Green Building Certification Institute. LEED, which stands for Leadership in Energy and Environmental Design, is the nation's preeminent program for the design, construction and operation of high performance green buildings.

The AFRH-G achieved LEED Gold Certification for energy use, lighting, water and material use as well as incorporating a variety of other sustainable strategies. By using less energy and water, LEED certified buildings save money, reduce greenhouse gas emissions and contribute to a healthier environment.

The AFRH-G opened its doors in October 2010, welcoming hundreds of veterans

that now call it Home. The construction project, which began in 2008, was spearheaded by Steven C. Smith of the General Services Administration. Jacobs Engineering served as the construction manager and Yates Construction was the general contractor. Together the team designed and built a 680,000 gross square foot retirement community. Representatives from all three agencies were on hand for the LEED Gold presentation on Thursday.

"I am very honored to have been a part of this very successful project," said Steve Smith. "Residents here can take pride in the fact that this is one of very few environmentally sound structures in the United States and it is the largest LEED Gold certified building in Mississippi."

Howard Rice of Yates Construction explained to the residents the many ways the team strived for LEED Gold Certification. In the interior, use of green cleaning products in

the facility meet Green Seal standards. From the common areas to the individual residences, care is taken to use environmental products, prevent release of toxins into waterways and maintain indoor air quality. Special design features maximize the amount of natural daylight in both common and private areas. Residential units have floor to ceiling windows and common areas are punctuated by skylights. Sun control devices were designed to enhance the architecture while also preventing glare.

During the construction, 82% of construction waste was sorted and recycled, diverting it from the landfill. Thirty seven percent of the building materials come from within the region and another 21% have recycled content.

Planted roofs offer residents an opportunity for relaxation and contact with nature without leaving the building. Vegetated roofs also help to regulate the air temperature and extend the life of the roof system.

Clean drinkable water is a resource priority. Water use is reduced 41% through the use of water conserving fixtures. In addition, boiler water is fed from an onsite well and doesn't contribute to the overall water use.

A state of the art automated control system maintains high efficiency boilers and air handling units that run only on demand. Residents have individual control over the personal environment through the delivery of hot and cold water piped directly to fan coils at each unit.

The LEED Gold Certification and plaque was presented to Laura Slack and Dr. Sissay Awoke by Steven Smith and Howard Rice.



Howard Rice holds up the LEED Gold Certification that was awarded to AFRH-G. Laura Slack and Dr. Sissay Awoke accept the award. Also pictured is Steven Smith.

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

By Ruby Woods-Robinson, Librarian, MSLS

As I interviewed Jason S. White for this article, somehow the term "Renaissance Man" or a "Modern Day Renaissance Man" label popped into my mind. As you read the article you may or may not feel the same way. The definition of a modern day Renaissance man is a man who has acquired profound knowledge or proficiency in more than one field.



Mr. White speaks three languages fluently - German, Spanish, and Latin, and also speaks Vietnamese and French. Whether it was his military training and education or his education at the Milton S. Hershey School that has helped him develop his many talents remains to be answered.

Jason was born in Scranton, Penn., coming from a family with coal mining history: both his grandfathers were coal miners. Jason's father died at age 49 in 1955 and his mother enrolled him in the Milton Hershey School, Hershey, Penn., which he attended from 1955 to his graduation in 1963.

After Jason graduated, he and his mother then moved to California where Jason attended Fullerton Junior College, graduating with an AA degree in June 1966. On September 28, 1966, Jason enlisted in the U.S. Army and began a 20 year career which took him to such places as the Panama Canal Zone (1967-1968), Vietnam (1970), Okinawa, Japan (1973-1975) and finally West Germany (1978-1987). While stationed stateside,

Jason alternated in assignments between Fort Ord, CA and Fort Bragg, NC.

Jason retired from the Army in West Germany in 1987 at the rank of Sergeant First Class (E-7); six months later he was accepted into the U. S. Civil Service system at Frankfurt and worked as a Finance Auditor and then as the supply technician at the Frankfurt Commissary. In 1994, Jason accepted a job offer from the National Park Service and returned to the states to work at Independence National Historical Park (INDE) in Philadelphia, Penn. In March 1995, Jason accepted an offer to work at Valley Forge National Historical Park (VAFO) as a maintenance clerk and worked at VAFO from March 1995 until his second (Civil Service) 20 year retirement on September 30, 2006.

In October, 2006, Jason was accepted as a resident at AFRH-W and resided there for five years until being accepted for a room swap and then moved from the DC campus to AFRH-G in December 2011. Jason became a resident of AFRH-G on January 4, 2012.

Jason's primary MOS (job) in his Army military career was in logistics and supply; one of his more interesting and challenging experiences was in assisting with the reactivation of the 7th Infantry Division at Fort Ord in 1975 and working in that division for three years until his assignment to West Germany. Memorable in those years were the annual Brave Shield Summer Field Exercises held at the National Training Center at Fort Irwin located in the Mojave Desert of Southern California. The entire division, consisting of 15,000 male and female soldiers plus various transport vehicles, tanks and full armament travelled by convoy for several days from the Monterey Bay area to the Mojave Desert.

The exercises were always held in August of each year so we could experience the full heat of the desert, Jason remembers.

At AFRH-G, Jason enjoys learning about and exploring the local area and the surrounding states to Mississippi. He is also a participating member in three community organizations: Beauvoir (the last home of CSA President Jefferson Davis), the Ohr-O'Keefe Art Museum in Biloxi and Bellingrath Gardens located just outside Mobile.

One of the many reasons that Jason moved from DC to Mississippi is to be closer to his church, the Cornerstone Church of San Antonio, Texas. Jason also enjoys exploring east Texas especially the entire San Antonio - Dallas area which he finds to be incredibly beautiful.

"AFRH-G is the best engineered and most beautiful retirement home that I have ever seen or lived in and it is a daily delight to be living here on the beautiful Gulf Coast." Jason said.



AFRH-W Veteran Highlight

By Christine Baldwin

Loraine Murphy (many call her Lori), was born in Chicago, Illinois, and joined the Air Force in 1949. After basic training at Lackland and Kelly Air Force Bases in Texas, she became a flight attendant. Her first assignment was out of



Westover, Massachusetts, during the Korean War. For two years, she helped unite the military with their families, as well as helping active duty get to their stations in Europe. Next Loraine was sent to Hawaii, flying to Japan and the islands, bringing troops back from Vietnam. During this time, they had three flying emergencies. "However, due to the good pilots and navigators, we made it through in each instance," Lo-

raine said. In fact, after the first emergency, the crew was told to go to the local swimming pool to learn to swim! When not on a flight, Loraine helped at the information desk at the terminals. During these years, Loraine has been on the C-54 (Skymaster), the C-94 (Super Constellation), the C-121 (Constellation) and the C-124 (Globemaster II).

While at Hickam AFB, Hawaii, Loraine received visas to travel to Japan and throughout the Middle East to include Saudi Arabia, Egypt, Syria and Israel. While in Jerusalem, she attended mass and received Holy Communion in Jesus' Tomb in the Church of the Holy Sepulchre. She then left Hickam on a ship to return to the states, being discharged from the Air Force from Chanute AFB, Illinois.

After leaving the Air Force, Loraine married and raised a family. She was always volunteering in her church and in the local schools. Loraine came to AFRH-W in 1989 after hearing about the home from the local VA in Florida. "Everything you need is here," said Loraine. She has been an active volunteer ever since she came; currently helping in the Chaplain's office. She's still in contact with her roommate from Basic Training days. And a true highlight is that Loraine is now a proud great-great grandmother!



Loraine Murphy (front left) with other members of the flight attendant crew.

Message from the Chief Operating Officer



Are Medicare Payments Increasing?

As you know, we like to address the concerns of Residents as they arise. We take questions and comments through the Suggestion Box located in the facilities and answer them in the Communicator each month. Also, we have monthly Town Halls where we field questions and try to find answers to your concerns. Sometimes, if a topic requires discussion,

we hold focus groups to explore your concerns and hear your ideas. This request about Medicare Part B came to me in a letter. So I asked our financial experts to help figure this one out.

In recent months, a rumor has circulated that the monthly Medicare Part B Standard Premium would increase to \$247 in 2014 from the current level of \$99. AFRH has evaluated this rumor and does not believe that such a large increase in the Medicare premium will occur.

No one knows what the cost of Medicare premium will be in future years. This is because the premium is set each year at a level calculated to pay for 25 percent of the cost of the coverage. The cost of healthcare changes every year from general cost inflation and the costs for new medical treatments.

The Medicare Actuary (in the Office of Health and

Human Services) officially is responsible to predict future Medicare premiums. However, those predictions are only estimates. According to the 2012 Annual Report of The Boards of Trustees of The Federal Hospital Insurance and Federal Supplementary Medical Insurance Trust Funds, the projected Standard monthly premium for the next four years will be as shown in the table below:

Calendar Year	Standard Monthly Premium
2013	\$109.10
2014	\$112.10
2015	\$117.80
2016	\$122.00

(From Table V.E2 – SMI Cost-Sharing and Premium

Amounts, page 229.)

While the Medicare Part B Standard Premium will increase with inflation (the forecast assumes a 2.7% insurance cost inflation rate in 2013), the actual inflationary increase next year is uncertain. Nevertheless, it is likely that the impact on AFRH Residents will not be significant – either for Medicare premiums or for AFRH Resident fees.

As I am writing this we are waiting to see Hurricane Isaac impact at our Gulfport facility almost on the anniversary of Hurricane Katrina. As I reflect over the past 7 years we are prepared and will pull together as we always do and weather the storm.

Next month I will summarize the results of our DoD IG Inspection which is ongoing.

Steven McManus

150th anniversary of the Lincoln family's first season at Soldiers' Home

Please join President Lincoln's Cottage and the Armed Forces Retirement Home - Washington, on Saturday, September 29th, 2012, from 10 a.m. - 3 p.m. as we celebrate the 150th anniversary of the Lincoln family's first season at Soldiers' Home. Bring your family and friends to experience the Lincolns' Cottage through an array of activities and demonstrations including:

- Civil War encampment by Lincoln's personal guard, the 150th Pennsylvania Volunteers (Bucktails)- Ongoing demonstrations from 10 - 3.
- Interactive Lincoln hat activity-Ongoing from 10 - 3.
- Pony rides and a petting zoo with Tad Lincoln's favorite pets-11 a.m. - 1 p.m.
- Musical performances by the Washington Revels-Half hour performances at 1:30 and 2:15.
- Ample picnic space and fresh foods by local vendors
- Tours of President Lincoln's Cottage-Reservations are strongly recommended, regular admission applies for all visitors to include resident family members (free admission for AFRH Residents).



Misconceptions of diabetes in the elderly

By *Sissay Awoke, M.D., FACP, CMD, AFRH Medical Director*

A number of residents erroneously believe that elevated blood sugar in the elderly is harmless.

Additional misconceptions regarding diabetes in the elderly include:

- The high prevalence of diabetes in the elderly is inevitable.
- Mildly elevated or high blood sugar in older adults

is usually harmless and a benign condition.

•The majority of older adults with type 2 diabetes is obese and need to lose weight.

In actuality, the problem of being overweight is as common as being underweight in the elderly community. Therefore, nutritional management should focus on weight loss for the obese and weight gain for the underweight individuals.

Such misconceptions among health care providers and the public has been a major barrier to the optimum management of diabetes in the elderly.

Epidemiological studies have repeatedly shown that the onset of diabetes in the sixth (6th) and seventh (7th) decade of life reduces life expectancy of the individual. The outcomes of stroke, heart attack, vision loss, and kidney failure stem from uncontrolled diabetes and mildly elevated blood sugar. Although strict control of diabetes in the elderly is associated with increased mortality, especially in

the intensive care unit, it is desirable to achieve fasting blood sugar less than 140 mg/dl and less than 200 mg/dl two (2) hours after eating.

The following steps can be taken for optimal blood sugar control:

- Maintain a controlled diet, avoiding refined sweets.
- Exercise regularly.
- If overweight or underweight, try to achieve ideal body weight.
- Monitor blood sugar levels as directed by your provider.
- Keep regularly scheduled visits with your provider.

Reference: Mooradian and Associates, "Diabetes Care for Older Adults", Diabetes Spectrum, Volume 12, No. 2, 1999, pages 70-77.

COO Questions and Answers

Q - I understand a battery (used) disposition can pollute the environment. Can a Central Battery disposal place be set-up and publicized to stop used batteries from going in the regular trash? The collected batteries can be disposed of properly (Dept. of the Environment Article is attached to this comment).

A - AFRH-W joined the Call2Recycle® program. This program will provide boxes for collection of all household batteries. Box will be placed near the entrance to Jerry's Diner in the Sheridan and near the Clothes Shop at the LaGarde Building. When full, the boxes will be shipped to the Call2Recycle headquarters. This recycling program is a free service to the AFRH-W.

Q - To the Parking Czar - Once again the minority has spoken. He/she is unhappy about the parking of the power chair and how it is parked in the library. If they (the staff) do not want the vehicles inside the library they should place a sign on their door stating their position. But per usual the minority will win the day and no one will know exactly where they should park their vehicle. Thanks, the Resident

A - Parking BPV's creates a difficult situation with the limited temporary spaces at present and this includes the Library. There is now one vacant space for mobility devices within the Library as equipment has been moved to making more room. This should be somewhat helpful but remains that there is only one designated space. This problem will go away when the new Scott opens.

Q - The Recreation Dept staff have lost focus of their target audience. The Rec staff (younger generation than residents) plan trips/events that are fun for them, instead of trips/events of interest to residents (older generation). Most residents come here to live out their years quietly and safely, in a supposedly gated community. Keep neighbors out. Stop, Stop, Stop promoting gambling and alcohol consumption.

A - Recreation Focus Meetings (as the last that took place in June) are for all Residents to share their views and preferences on Recreation trips. We encourage all Residents to participate so that together consensus may be achieved. Recreation employees attempt to introduce creative new opportunities for a variety of trips and programs to satisfy the Residents. Resident participation is encouraged at Recreation Focus Groups and all are encouraged to make suggestions at any time.

Q - Confused?? My question is- There is a sign posted by the elevators in the Sheridan. It says in effect that if a resident comes in during non/no shuttle bus hours that the guard at the Randolph gate will call security for transportation to the Sheridan bldg. Question: 1. Does this apply to guest and workers? 2. Does this apply to government employees? 3. Does this apply to contract workers? 4. Does this apply to visitors, guests etc.?

A - The transportation assistance for the Residents is a temporary service that was designed while using Randolph Gate and it applies only to the Residents. This will remain in effect

until Eagle Gate re-opens. When opportunity permits transportation may be offered to the workers and guests if they are waiting at Randolph Gate. But calls will be made to Security only for the Residents.

Q: Why does Tim Cox still occupy quarters one on the AFRH property with his friend? And why do you have meetings with him here?; Why is he still involved?; Does he still have designs on our property?; And do you still agree with his plans for our Home as you did when you were his deputy?

A: Mr. Cox signed a lease with AFRH for Quarters One prior to his departure. He is in the process of ending his lease at this time. To the best of my knowledge he has not participated in any meeting/functions at the Home since his departure. As far as my plan for managing the Home, I fully support the Vision, Mission, Guiding Principles and Goals contained in the Agency's Strategic Plan. This Plan is reviewed updated annually. One major difference – for the past two years the AFRH senior management team and staff have adopted (and readily embraced) the philosophy of providing Person Centered Care to its Residents. Our goal is to "listen" to the needs of our Residents and encourage them to become active partners in decisions involving their care.

Q - Our Navy Exchange here at the AFRH-G has a sign on the door - Authorized - Patrons Only? Valid ID - Required?? Please inform Residents and Employees what is the requirement for the Navy Exchange.

The Clerk never asks for an ID. This would be nice in the plan of the week or other ways.

A - AFRH residents and employees are authorized to use the Navy Exchange but, alcohol & tobacco purchases are available to AFRH residents and valid military ID card holders only. Guests of authorized patrons are allowed access to the Exchange. We will place this in the Plan of the Week to inform all Residents.

Q - Why not plant trees on the grounds that are useful? Pecan, Fruit Trees, Nuts, Berries, etc.

A - There has been a lot of discussion concerning what type of trees should be planted here at the AFRH-G. It was determined that if fruit trees were planted they would become a problem in the long run due to the fruit falling on the ground and attracting rodents that then present another problem. Some fruit trees have already been planted and eventually will produce a limited quantity of fruit that can be easily managed and enjoyed by the Residents

Q - Could we have pink and purple crepe myrtle trees on each side of the entry road from gate to stop sign?

A - We are in the process of reviewing the Landscape Master Plan and will be looking at the possibility of adding crepe myrtles at the entrance way.

Thank you to Residents for submitting their questions. Participation in the Chief Operating Officer Question and Answer section of the paper are welcome.

From the AFRH-W Administrator



Colonel Paul Goode's The United States Soldier's Home writes and demonstrates "the definite and continuing improvement in the meals served". He called it the Bill of Fare in a typical menu:

Dinner: Roast beef, potatoes, stewed tomatoes, beets, bread, milk and coffee
Supper: Frankfurt sausage, bread, butter, sirup and tea.

Tuesday, 26 June 1909:

Breakfast: Rolled oats, milk, corned-beef hash, bread, butter and coffee
Dinner: Puree of Lima beans, Roast beef au jus, sugar corn, potatoes, bread, coffee and milk
Supper: Smoked beef in cream, baked potatoes, bread, butter and tea."

I wonder what a typical menu was like before 1889. How the menus differ now from back them in the early history of our Home. How good we have it with today's variety!

I mention this as a group of people (Residents, AFRH-W staff, architects, GSA, etc.) is working jointly with the design artist to come up with the stunning Hall of Honors that will be in the new Scott Building. This room will be fantastic. Many of our newer

Residents have not seen some of the historical belongings of the Home since the museum has been closed for some years.

The Hall of Honor is intended to be a platform for a range of uses – from military ceremonies such as pinning, re-enlistment and retirement ceremonies to our annual military birthday celebrations. Many very special social events will take place in this Hall of Honor. Displayed will be fixed AFRH historic artifact exhibitions, including a historical snapshot of the history of the home and General Winfield Scott, the wildly popular national hero, affectionately called "Old Fuss and Feathers" or the "Grand Old Man of the Army", who fought to establish the Armed Forces Retirement Home. Multi-media projections will put on view the lives of those who have lived here over the years up to the present Residents, showing when and where they served and stories of their lives.

The story of the Armed Forces Retirement Home is going to be told in the Hall of Honor. It will deal in facts. It will portray

concrete events. One will walk through a timeline, showing original buildings and resident-run shops to the present. Better yet, the Hall will display the humanity of the Home. For this reason, the "Military Asylum" (the original name of the AFRH) was established and has continued for more than 160 years. It's here because of General Scott's farsightedness for the "relief and support" for America's best as they gave from the strength of their youth. These men and women stood for America, made countless sacrifices of leaving family, home and being in some of the hardest times of the country's history – confrontations and war – the Indian Wars, Civil, WWI and II, Korea, Vietnam, Gulf, Iraqi and Afghanistan.

The Hall of Honor will show people, events, and happenings but won't at all be able to capture the difference in the food from the early years to now. Yet that can be accomplished by visiting and eating in one of Washington's finest dining halls with a spectacular view. You'll enjoy the difference.

David Watkins

Joe Coleman helps residents celebrate the U. S. Coast Guard birthday



Joe Coleman performs for residents in LaGarde.

By Amanda Jensema, CTRS

The residents of AFRH were treated to a very special guest on Friday, August 3rd.

During the 222nd Coast Guard Birthday Celebration in the LaGarde building, Joe Coleman performed for our residents. Mr. Coleman was the lead singer with "The Platters" for 17 years and is considered a "double, triple threat" because not only is he a theatrical producer and composer, he is also a performer and songwriter, and a businessman. Along with Mr. Coleman was Nathan Giles, also known as Nate "D" Snake. He is a local radio DJ for WPFW 89.3 and on Wednesday nights can be heard live on the radio.

The performance was very lively, with staff and residents dancing along to familiar tunes by "The Platters," "The Temptations," and many more. Songs such as "Only You," "My Girl," and "Smoke Gets in Your Eyes," to name a few, were performed. Mr. Coleman still has the moves he performed and even danced with a few of the ladies who were in attendance. After their performance they socialized and mingled with the residents and staff as we celebrate the Coast Guard Birthday. We would like to thank Marvin Talley for bringing Mr. Coleman to AFRH to perform

for our residents. They have known each other since they were kids, or as Marvin put it, "We are playground buddies!" The residents and staff truly enjoyed the performance and we hope to have Mr. Coleman return again!



Joe Coleman performs for residents in LaGarde.

United States Coast Guards celebrates 222nd Birthday



Hand in hand, Petty Officer Leehy and Robert Devaney cut the traditional first piece of cake.

Stone Soup 2012

By Lori Thompson, Art Specialist AFRH-W

On Tuesday, August 7th, it took two hours for USDA garden judges (Elizabeth Ogden, Geoff White and Bob Bennett) to walk through the gardens and, after much discussion and deliberation, select the winners. They were amazed by the variety of planting methods and the amount of the vegetables. After enjoying lunch with gardeners in the dining hall, the judges departed, their decisions silently folded upon my desk.

Later that evening, Friends of the Home Garden Volunteers and Resident Gardeners gathered at the gardens to donate vegetables for this year's Stone Soup. Evenings have become a special time at the gardens, but that evening had an extra spice to it, with everyone anxious to know the judges' decisions.

It was sunny and pleasant on Thursday, as Residents and employees began to gather at the gardens for Stone Soup. Along with the delicious soup, we had sandwiches, fresh fruit, chips and cookies. Finally, appetites sated and our curiosity about to get the best of us, Mr. Watkins announced the winners and presented the plaques. Congratulations to the first place winner, Dallas Jones (\$75); the second place winner, Chester MaHaffey (\$50); and to the third place winner, Jessie James (\$25).

A special thank you goes to our USDA judges; Friends of the Home volunteers, Ellen



Dallas Jones (left) accepts a plaque from AFRH-W Director David Watkins.

Hughes and her delightful daughter, Isabelle (Izzy) for all of their help out at the event; and to Michele Bailey for helping me chop for hours, making sandwiches and anything else that needed doing. Thank you also to Jerry Carter, Carolyn Haug and to the rest of our recreation team for all of their assistance. I would also like to thank Campus Ops for making the grounds look so nice and Kevin Green for his hard work in setting up all the tables, chairs, tent and helping clean up. You all are awesome. Most importantly, I would like to thank our gardeners. Through drought and flood, through raccoons and deer, you've hung in there; the gardens look terrific and have produced a LOT of food. More importantly, you've formed a unique community that has touched, inspired and enriched the lives of others. Thank you.



Residents and Friends of the Home Garden volunteers and USDA judges show off some of the vegetables grown at the AFRH-W garden.

Notes from the AFRH-W

Chairman, Resident Advisory Committee



Well, here we are and the following may have happened. The election for the RAC Chair in Washington was Aug. 29 and this article will appear in the Communicator on the 31st – So either this is my last column as the RAC Chair or you have another 24 of these to endure. In addition, the DOD IG was conducted the last week of August and that information will probably appear at the end of September 2012. Gads, what is left to write

about? Well, let us talk about the staff again. You know all those people who work at the home; do everything that we used to do prior to our retirements. I just want them to know that even if we do not come out and say anything; we value them and their work for this community. Every worker from the highest to the lowest is important in how this place functions and how we live and function.

Another thing to consider when living here is that the problems that you face can be solved by just asking for assistance. If you have any problems, ask your floor representative for assistance. In the case where there is not currently a floor representative, ask me

the RAC Chairman for assistance. In most cases your problem can be solved in short order making your life a little better. In no case should you let the problem go on and on because WE together can solve your problem.

Work is near finished on the new Scott Building, the Eagle Gate new Security Gate system is being completed, and the Sherman reconstruction is moving along nicely. All this work, even though it will benefit us all, still causes problems to our everyday lives. Ways we used to walk, stroll, relax in have had to be adjusted but SOON we will be back to normal and things will return to almost what it was before. But, until then, we will have to adjust to all the work.

Want to take this time to thank those Residents who, during the past two years, have volunteered to serve as Floor Representatives or as members of the sub-committees

of the RAC. Your work, even in times of great stress, has been well received. It is important to remember that your willingness to step forward when no one else would was, and is, important to the well-functioning of the RAC. I thank you and the Residents also thank you.

Now to the figures for the month of July, 2012; starting out with the average age of Residents being 82 which is about 1 year less than last month. We have a total of 518 Residents with 328 of those in Independent Living, 47 in Independent Living Plus and 143 In La-Garde. Just as before these figures come from Billy Striegel, Quality Improvement Officer and Ms. Becky Perry of Resident Services. Included in those figures are our new Residents so if you see someone new WELCOME THEM to our home and make them feel good about being here.

Esker McConnell

From the AFRH-G Administrator



Do you know what makes my job one of the best in the country? Where else can you work and have this caliber of people to work for and with? Our resident population is made up of fascinating individuals each with their own story, experiences, talents and personalities. I continue to be in awe of what they, as a collective group of veterans, have done for our country. Each new resident I meet and each new story I hear affirms this time and time again. We have much to be proud of here and it goes way beyond the new building. It's about the individuals within.

August was a busy month. One of the highlights was receiving the LEED Gold Certification for design, construction and operation of a high performance green building. It was a collaborative effort by AFRH, GSA, Jacobs Engineering, and Yates Construction. Now that the construction effort is over, it will be up to us to maintain the processes we have in place to conserve energy and water on a daily basis, to recycle, and to use our resources conservatively. A LEED Energy Conservation Focus Group is scheduled for Thursday, Sept. 6 at 10 a.m. in the Theater. We should all be very proud of this prestigious LEED Gold Certification. I look forward to working with residents in expanding our energy conservation efforts through new ideas and innovations.

Our front entrance is beginning to take on a new look, thanks to input from our residents, we will soon have the American flag and five military services flags on display along the right side of the main road as you enter. Many different blooming plants will be planted across the front of the property, just inside the fence, to add a splash of color to our landscape. Raised gardens are going in on the east side of the property line, east of the loading dock. These areas are being installed so that residents that enjoy gardening have a designated area to do so and by being raised, they have easy access and if you haven't noticed, a barbeque pit has been put in for resident use just north of the drainage ditch under a large pecan tree. Thanks to the Seabees, once again, for all that they do for us, on a daily basis, and especially for projects such as these that improve the quality of life for our residents.

Next month, September 11 – 13, we will be undergoing an Inspector General inspection, the first since we've reopened. The Department of Defense inspects the AFRH every three years. Last year we underwent a CARF (Commission on Accreditation of Rehabilitation Facilities) survey and received a five-year accreditation. The effort that went into achieving that milestone helped us to fine tune our processes and closely look at how we deliver quality, person-centered care for all residents. We have a strong commitment to quality in all that we do as evidenced in the high level of participation in the many programs and activities we offer residents. Results of the inspection will be shared to the resident community as soon as they are re-

leased.

Next month we will also be holding our Resident Advisory Committee elections. I encourage all Resident's to get out and vote.

Last week we hosted a group from the local Kiwanis Club. They toured, met residents, and then had lunch and their meeting in our Community Center. They got to see, though briefly, what we see everyday serving our residents. They met resident Rupert Maxwell, a WWII fighter pilot, POW and

Purple Heart recipient. They were very touched by his story. And that was just one person. We have a building full of veterans that have fascinating pasts that encompasses 70, 80 and even 90 plus years of living. Now, as residents all come here under one roof, we celebrate their camaraderie while promoting and protecting what makes each individual unique, ensuring each person is heard, cared for and their needs are met.

Charles Dickerson

Awarded 3rd place in national competition



PJ Johnson entered the Woodworking category in the National Veterans Creative Arts competition and he placed 3rd overall out of 53 entries. His entry was a WWII jeep and trailer that he hand carved.

Resident Advisory Committee Nominees for Chairman Election Day is Wednesday, September 5



William (Bill) Parker



Charles (Charlie) Ridens

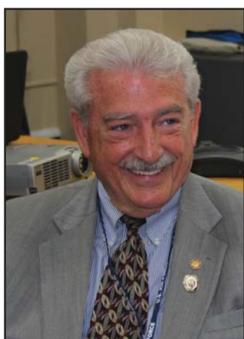
Residents join Coasties in celebrating their 222nd

The Armed Forces Retirement Home celebrated the 222nd birthday of the U.S. Coast Guard, on Friday, August 3rd. Our keynote speaker was CMDCM Ken Sampson, who spoke of the history and mission of the US Coast Guard. This was a milestone event for the Armed Forces Retirement Home in Gulfport, as in our second year of being re-opened, we had one Coast Guard veteran, Diamond Blakeney, to officially help us to celebrate this day. Diamond Blakeney was on hand to cut the cake as the oldest (and only) Coast Guard resident! The residents were joined by many young Coast Guard personnel, who are currently serving on active duty. It's a wonderful experience to now have all five Armed Forces represented at the home. The rest of the evening was spent dancing and enjoying the wonderful food provided by dining services. Everyone had a wonderful time and we were proud to celebrate the Coast Guard birthday in style.



Diamond Blakeney joins active duty Coast Guard in the traditional cutting of the birthday cake on Aug. 3.

Notes from the AFRH-G Chairman, Resident Advisory Committee



510.

Fred and his TEAM of Super-Stars in the Food Service Department created another great "SUCCESSFUL" month! Fred, congratulations to you and your Team for another month 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!! In addition, the flower pots and flowers recently added at the entry to our Chapel and our Home are absolutely beautiful!

HIGHLIGHTS OF ACTIONS AT THE RESIDENTS ADVISORY COMMITTEE MEETING:

The Resident Advisory Committee met on the 14th of August 2012. Some of the actions taken were:

The Resident Advisory Committee met on the 14th of August 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.

-RAC received donation from the Navy Chief's Mess from Kuwait! Also, received donations from the proceeds of the auction of the week at a Beach Front Condo in Cancun!

REVIEW OF PREVIOUS MINUTES:

-Minutes of Meeting for July 10, 2012 were approved with amendments.

OLD BUSINESS:

NEW BUSINESS:

-RAC received updates from all Committee Chairpersons.

-MWR Committee reported that a fifth week could not be added to the calendar but all the things that will happen the first week of the following month will be listed on the calendar. Also, the RAC discussed the Friday Dance Schedules. A motion was made, sec-

onded and carried that MWR should start moving toward scheduling two Friday afternoon dances and the remaining Fridays should be scheduled for evening dances.

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

-Financial Report for June 2012 was reviewed.

OTHER BUSINESS:

-Motion made, seconded, and passed that the RAC Chair should answer the e-mail from the DOD IG any way he feels is appropriate.

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 August Activities

Water Aerobics has many benefits

By Brian Mason, Recreation Assistant

As summer continues to bring us those warm and wonderful days, along the Mississippi Gulf Coast, there is a place you can go to cool off. Try coming to one of the Water Aerobics classes held throughout the week, down at the pool. The water feels great and there is a side benefit, exercise! The interesting thing about Water Aerobics is, that while you're in the pool, you really don't feel the stress and strain on your joints, the way you do when exercising on land. In fact 75% of your body weight is supported by the water, depending if you are in the deeper end or not. The deeper end can relieve up to 90% of the stress on your body, while you exercise. Just think, taking all that stress off of your joints, while you workout! It sounds like a win-win situation! But wait, there is more! Did you know that you can burn upwards of 600 calories per hour exercising in the pool? You would have to walk almost two hours to achieve that amount of caloric expenditure. One more thing that should be noted about water exercise is that there is an element of fun involved. Yes, that's right, fun. Ask anyone who is currently participating in the water aerobics and they will tell you what a good time they have. Give water aerobics a try, you can be smiling like the residents in these photos!

Classes are held down at the pool, Mondays at 9:15, Wednesdays at 4:00 and Fridays at 10:00. We have some of the best instructors teaching these classes. The majority of them are resident volunteers or volunteers. These instructors would like nothing more than to see more happy faces in the pool on these three days. Come join us, won't you?



Summer Themed Cookout a Hit

By Susan Bergman, MT-BC, Recreation Services

The Valor & Loyalty Hall Summer Themed Cookout on Aug. 8, 2012, was a grand success with additional support from Keesler Air Force Base Top III Volunteers. MSgt Jason Holbert organized 10 MSgt volunteers for the event. Assistance began quickly with setting-up tables, decorating the dining areas, menu selection, serving meals, visiting, and cleaning up after the event. Several outside and Independent Living resident volunteers joined in to assist, too. Compliments abounded with staff reporting how special the atmosphere felt and with residents stating how each MSgt enhanced the quality of their meal time. Thanks again - we are already looking forward to a future visit!



Valor Hall residents enjoy the tasty menu of the summer cookout.

**Come join us for the Air Force celebration on Friday,
Sept. 14 at 1900**

Bowling for Smiles

By Susan Bergman, MT-BC, Recreation Services

On Tuesday, August 14, Naomi Pointer and Fred Schell met up with friends for bowling. As Naomi and Fred paired off with bowling ramps and strategies, friends sneaked up to bring surprise smiles! Clifford Smith "Smitty" paired up to join Fred to discover the key to using a bowling ramp - off the bumpers! Pastor John Goodloe Sr. gave a welcoming "God Bless You!" to Naomi and recalled fond memories from Washington, DC. Chuck Dickerson shared in the cheers and the excitement was topped off with a "hooray" as Naomi hit the strike of the day! Military volunteers will be assisting on Thursday, August 16 for more bowling action and fun.



Left - Smitty bowls with Fred Schell as Pastor John Goodloe Sr. visits with Naomi Pointer.

Gulf Coast Summer Road Trips

By Sean Campbell, Recreation Specialist

Rising temperatures along the Gulf Coast didn't squash our resident's plans to enjoy a series of excursions for the summer. From routine shopping trips to enjoying a delicious meal at local restaurants, residents were "on the go" this summer and finding different ways to beat the heat. Trips ranged from visiting the newest science center on the coast at NASA to enjoying a thrilling come from behind victory and walk off home run in extra innings as they watched the New Orleans Zephyr's baseball team from their air conditioned luxury suite above home plate. Residents even witnessed local actors "fly" across the stage in the Lynn Meadows Wings performance of "Peter Pan". Strolling through the French Quarter in downtown New Orleans is always a favorite as well as visiting local history and art museums.

Buses were not the only means of travel for AFRH-G residents as van trips went to places such as: Gun & Knife Shows, Deep Sea Fishing Rodeos, Greyhound Tracks, Roller Derby matches, square dancing, New Orleans quarter horse racing at the Fairgrounds, and other local minor league base games. Residents have logged many miles but have banked several great experiences this summer. And one thing is for sure....there is always more to come!

To Infinity and Beyond.....

The new \$30 million dollar science and education center built in Bay St. Louis, Miss., near Stennis Space Center played host to residents from AFRH-G this summer. The Infinity Science Center serves as the replacement for the former NASA Stennisphere Visitor Center that was closed last year in preparations for the new and improved facility built near the property. The visit to the center included a 30 minute bus tour of the testing facility where NASA tested space shuttle engine and other rocket engines for decades. After the bus tour residents were welcomed to this stunning new visitor center filled with attractions and static displays featuring the advances in space research as well as other scientific fields of study including the work of NOAA.



Residents check out a display at the new NASA Infinity Education Center.

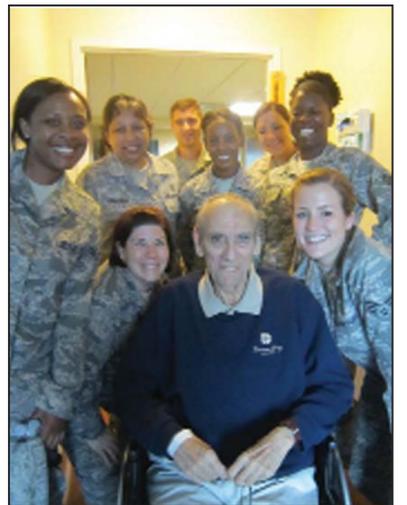
Fata Morgana thrills Gulfport Residents

Bello Nock, featured star of this cirque style extravaganza entitled "Fata Morgana" thrilled AFRH-G residents as they visited the Beau Rivage Casino Theatre in August. "Fata Morgana" is an Italian phrase meaning optical illusion. This entertaining show featured an international ensemble cast including the stunning Bolshoi Moscow Circus dancers, award-winning acrobats, aerialists from Canada and daring motorcyclists from the Ukraine. The show featured more than a dozen acts including hand-balancing, the Cyr Wheel, the Sphere of Fear motorcycle globe and the Wheel of Wonder to AFRH-G residents.

A Grand Day for Valor & Loyalty Hall

By Susan Bergman, MT-BC, Recreation Services

On Thursday, Aug. 16, residents on Valor & Loyalty Hall experienced a grand day with military hosted events! To begin the day, Navy visitors from the Seabee base escorted Tom Crawford, Mildred Knoble, Fred Schell, and Jack Oxford downstairs for bowling. Jack Oxford landed the most strikes with assistance from EA1 Strong stating they were the "strong" team and Mildred Knoble responded, "This is the first time I have bowled in 50 years!" After lunch, residents were greeted by members of the Keesler Air Force Base Medical Top III volunteer group. Residents hand picked their partners asking, "Is anyone from Oklahoma...Texas...Iowa...?" With bingo games running simultaneously on Valor & Loyalty Hall, KAFB volunteers paired up to double the luck for residents and increase their odds of winning. After all the games were won, residents continued to visit and share stories with a resounding "yes" to having military visitors return!!! We thank these dedicated military members for their service and dedication to our veterans and our country.



Anthony Starr enjoys visits from Keesler's Medical Top III group.



Robert Granvle helps Mildred Knoble line up the bowling ball to get a strike.

AFRH-W August Activities

Big wins at Casino Night

By Nicole Chappell & Carol Mitchel
Photographs by Cynthia A. Spigner,
Washington Gas

On Friday, July 27th Recreation Department joined together to create a night of fun and excitement for the Residents of the Armed Forces Retirement Home holding the annual event this year along main street and in the recreation therapy room at the LaGarde building. We couldn't be in Las Vegas or Atlantic City... so Casino Night came to AFRH!

Residents enjoyed a variety of games including blackjack, poker, Texas hold em, roulette, slot machines, a money wheel, and the ever popular craps table. Residents were provided with \$50,000 dollars to play with as they liked. The resident with the most money at the end of the night won BIG! Special thanks to the Non Commissioned Officers Association (NCOA) National Defense Foundation for providing the money for the top 10 winners to receive gift cards. All residents attending also had the opportunity to win great door prizes ranging from a TV, radios to restaurant gift cards. The NCOA continues to support our residents throughout the year and this program wouldn't be possible at this level of excellence without NCOA.

Delectable refreshments were provided by the Warrant Officers Association, Lord Fairfax "Silver" Chapter. Refreshments consisted of assorted chips, dips, wraps, and wings were served throughout the night along with old fashioned root beer, cream sodas, and beer. Residents were also treated to a visit by the lovely "Hooter" girls of Washington, D.C.! The "Hooters" strolled around the casino meeting, greeting, and cheering on the residents.

The event went amazingly well with tremendous help from the following volunteer organizations: Washington Gas, Ft. Meade Army Signal School Detachment, U.S. Army Warrant Officers Association and community volunteers.



Earl Clifton eyes the table for the next bet.



Jeanne Beasley, James Riordan and Muriel Kupersmith enjoy a Vegas style night with dice, cards, poker chips and good old fashion fun.

AFRH Casino Winners

1st	Emil Byke	\$1200
2nd	August Kulick	\$ 200
3rd	Walter Hall	\$175
4th	Charles Felder	\$125
5th	Louis Rolando	\$100
6th	Johnnie Powell	\$75
7th	Dallas Lamb	\$50
8th	Alexander Picard	\$50
9th	Melvin Shoemaker	\$25
10th	Emil Krudys	\$25

Door Prize Winners

Catherine McCarthy
George Smith
Robert Goss
Lionel Vennett
Earl Moore
Maurice Taylor
Ruby Bloomer
Norman Godfrey
John Green
Emil Krudys
Van Hayes

National Parks and Recreation Month

By Amanda Jensema, CTRS & Nicole Chappell, Recreation Specialist

During July, in celebration of National Parks and Recreation month, lots of activities were being conducted for all residents. The Recreation Therapy department focused on Sensory Stimulation/Awareness. This is a form of therapy that is used to help "awaken" the senses. It is a great activity for individuals who have a decrease in their cognitive abilities, such as individuals with dementia. This is one form of therapy that is used for our residents in LaGarde. One example of this is on Thursday mornings we show a video that has eye-catching scenes for visual stimulation and music that goes along with the scenes for auditory stimulation. In addition to videos, Recreation Therapists can also use objects for tactile stimulation. Recently we purchased such items, one of which I call the "treasure box," which contains different size and textured balls, as well as a flexible ring and other items. We also purchased a rain stick for tactile and auditory stimulation and an item called "the twirly whirly" which seems to be the big winner. That particular item is for visual and auditory as well. The last two senses, taste and smell can be accomplished by attending Sarah Kenan's cooking group each month. Residents are able to smell the food as it is baking and of course then they get the opportunity to taste it as well, which is the best part of all. If you would like to learn more about Sensory Stimulation/Awareness, or see some of the items listed above, come and visit the Recreation Therapy Department.

In addition, on July 11th, the Recreation staff provided an array of information for the residents in IL and ILP staying true to this year's theme "Get Wild." Everything from information about workouts and wellness to wild with nature trivia, the residents surely enjoyed themselves while eating healthy treats such as granola and fruit bars. While expressing the benefits of how important staying active is and "Getting Wild" to have fun is, the resident all shared short stories about their fun and crazy days as children. So until next year get out and do something Wild!

2012 Hawaiian Luau

By Nicole Chappell and Michele Bailey

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 17th, AFRH celebrated our tropical getaway outside behind the Sheridan building. However, the beaches were just a part of our imaginations, the weather was not. 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 drinks were served inside of coconut and pineapple cups to really set the mood.



Walter Hall with the Hawaiian Dancers during this annual tropical getaway.

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. Audience participation was mandatory during this event and sitting was not allowed. The residents and guests learned how to dance and greet people in The Hawaiian culture. We also learned the focus of the Kahiko is the chant. Special thanks to Michele Bailey for all her assistance planning this event. Thank you Mary Catherine, Mr. Snow and Dining Hall staff. Aloha until next year!



Samuel Lewis and William Opferman jump right in to learn one of the traditional Hawaiian dances.

Slip-Pouring Machine Humming In Ceramics!

By Lori Thompson, Art Specialist AFRH-W

On Tuesday, August 14th, Residents gathered around as our slip pouring machine hummed to life. Then the magic began, as the gas-pump type handle was triggered and sixteen molds were filled. "The machine makes mold pouring so much easier!" long-time ceramist Jean McCarthy said. We were simply in awe. Thank you Melvin (Doug) Shoemaker, our new volunteer studio assistant, for all of your assistance in pouring that day. And thank you, ceramic guru's Jean and Jo Soboleski, for all of your help cleaning up and wiping out the molds! We have many mold pouring sessions planned this fall, so come on down to ceramics and we'll help you learn the secrets of ceramics! Mold pouring classes are on Mondays, at 9:30 a.m.

Take Me Out To the Ballgame

By Amanda Jensema, CTRS

Nineteen people from AFRH were treated to a Washington Nationals game against the Philadelphia Phillies on Wednesday, Aug. 1. The weather was perfect, warm with the nice cool breeze. The residents enjoyed eating hotdogs, hamburgers, fries, popcorn and even cotton candy. It was a battle to the end for both teams and the residents were right there with them cheering them on!

In the first inning we scored 2 runs to lead the game. Later in the 3rd the Phillies got a run and then in the 5th inning they made two home runs in a row with hitting

the ball out of the park. After that final Phillies homerun, Elliott Bronfman yelled, "Take him out!" At the bottom of the ninth with the Nationals at bat the batter almost hit the ball out of the park to tie the game, but it was just short and cost them their final 3rd out. It was a very tight game, but in the end the Nationals lost to the Phillies with a final score of 2-3.

The residents had a wonderful time at the game and look forward to their next opportunity to cheer on their home team, the Washington Nationals! On behalf of the residents we would like to thank the Fenwick Foundation for donating the tickets.

Navy chiefs make an impact

New CPOs spend time with AFRH-W veterans

The echoes of Anchors Aweigh resonated through the grounds of the Armed Forces Retirement Home during a COMREL visit from our newly selected Chief Petty Officers. On Friday, August 17th, the new Chief Selectees from Naval District Washington spent a day volunteering at the Home and visiting with our Navy Veterans. The community relations visit is a part of their training process during the chief induction season designed to prepare them for increased duties and responsibilities as a Navy Chief Petty Officer.

One hundred fifteen Chief Selectees and their Genuines volunteered to dust our library bookshelves, clean the Woodshop and Ceramics room, assist with taskings from our Admissions Office, set up for the Cookout and remove brush behind the LaGarde Building and around the Grant. Gold shirts were seen throughout the Home.

After the projects were complete, the Navy Chiefs and Selectees enjoyed a

cookout lunch with our residents. Many of our Veterans shared stories and signed the log books of our new selectees, which will be kept with them throughout their Navy career and beyond. Many thanks to the staff and volunteers who helped take part in this community relations project and made our sailors feel

welcome at AFRH: Ken Faller, Helen Sadowski, Charles Felder, Kyle Moon, Becky Perry, Adam Reza, Al Mori, Christine Baldwin, MC Murano, Nicole Chappell and Food Services.



Retired Navy Chief Helen Sadowski welcomes a Chief Selectee.



Two chief selectees clean in the woodshop.



Chief selectees keep knees high and in step as they march across the AFRH-W grounds.



Trees by the Grant building are trimmed as part of the volunteer day.

What a Catch of a Day

By Susan Bergman, MT-BC, Recreation Services

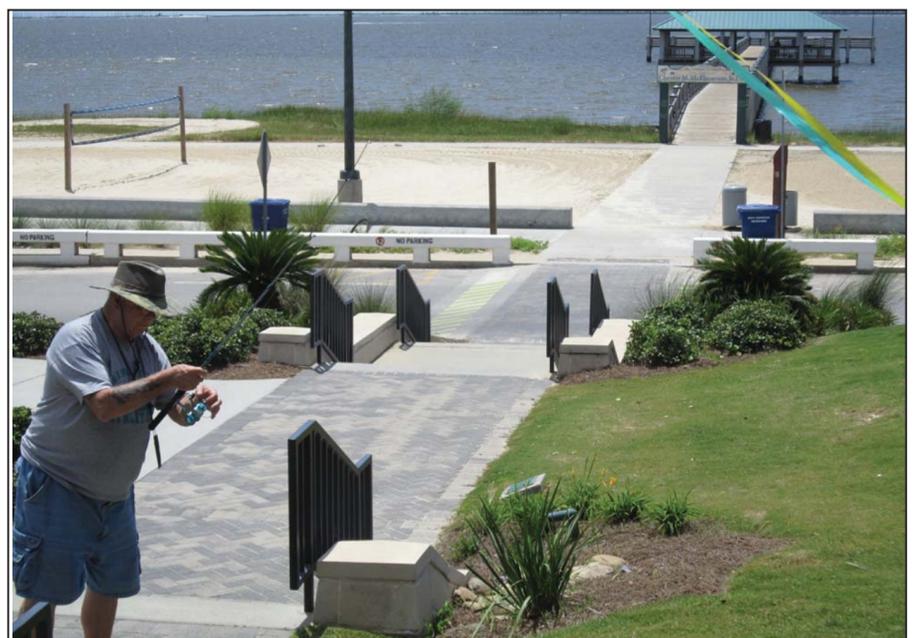
With a week of watching the weather forecast go from 40% chance of rain to beautiful skies with a rainbow over the AFRH grounds - the Valor & Loyalty Hall fishing trip was a go for Friday, August 24! Residents enjoyed the view of Deer Island and the Ocean Springs Bay Bridge before heading for the covered fishing pier across the street. With gear in hand, residents began getting the bites but no takers.

"We keep feeding them...they sure are smart...they have definitely been to school learning how to take the bait and not the hook..." a resident commented.

One visitor asked, "How's the fish?" Clifford Smith said, "In the water." With

words of wisdom, Fred Schell stated, "Just wait until lunch time, that's when you'll catch them." Sure enough, Ebbie Simpson caught the first fish and kept pulling them in - croakers, black snappers, catfish, and a variety of others. Earlene Syverson began pulling in the fish, too. Fred was correct - it was feeding time for everyone. At the shelter, all enjoyed a wonderful lunch from the dining service and concluded the day with the traditional "kite fishing." Those that didn't catch a fish ended up catching the kite!

A great big thank you to our Seabee volunteers - Amanda & Wendy, Independent Living Resident Volunteers - Pat Russo, James Stockstill, and Clifford Smith, and college volunteer Kati Royer for a wonderful catch of a day!



Clifford "Smitty" Smith uses a fishing pole to launch a kite up into the air.



Susan Bergman shows Earlene Syverson her catch.



Susan Bergman and Ebbie Simpson show off the fish Ebbie caught.



What a view - these fisher ladies cast a line and enjoy the beautiful view.