

## Best of America television films at AFRH-W

### *Historic ride retraces Lincoln's commute from the Soldiers' Home*

*"Best of America by Horseback" rides Lincoln's Commute to the White House Washington, D.C.* --Trail Master and Outdoorsman, Tom Seay retraced (on horseback) Abraham Lincoln's commute from President Lincoln's Cottage to the White House on Sunday, September 12, 2010. The ride was filmed for an upcoming episode on the television show, Best of America by Horseback, which airs nationwide on RFD-TV.

President Lincoln lived in the

Cottage at the Soldiers' Home from June–November of 1862, '63 and '64—totaling one quarter of his presidency. He was living here when he drafted the preliminary Emancipation Proclamation and deliberated critical issues of the Civil War. Lincoln commuted three miles daily by horseback or coach to and from the White House, last visiting the Cottage the day before his assassination. Seay was quoted as saying "he is looking forward to this trip to Washington DC by horseback and publicizing the history of the President Lincoln's Cottage."

Seay is being escorted on this historic ride by the United States Marine Corps' Mounted Color Guard, led by GySgt Peter McConnell. The horses that will be ridden by the USMC Color Guard are all wild mustangs adopted by the Bureau of Land Mgmt. Also escorting Seay will be officers from the

United States Park Police Horse Mounted Unit and DC Metro Police Mounted Unit. Riding along side Seay, will be Jim Shelhorse, retired Public Information Officer and Mounted Officer with the Fredericksburg, Virginia Police Dept; Jack Peacock, retired US Marine and frequent guest on the television show and Bob Vance, who was an Assistant Trail Master on the recent Mexico to Canada Trail Ride with Best of America by Horseback.

The Best of America by Horseback television show airs weekly on the RFD-TV channel. Host, Tom Seay brings the most beautiful riding locations to his viewer's living room. Each episode features the riding location's facilities and highlights the history and beauty of the area. Show information and event schedules can be found at [www.bestofamericabyhorseback.com](http://www.bestofamericabyhorseback.com)



The U.S. Marine Corps' Mounted Color Guard escorts 'Best of America by Horseback' host Tom Seay out of the AFRH-W gate as they make their way to the White House, retracing the historic three-mile commute President Lincoln took regularly during his presidency. President Lincoln enjoyed spending time at the Old Soldiers' Home.

## Team Gulfport



The AFRH-Gulfport staff is ready to welcome residents back home. The Gulfport facility will officially open its doors to residents on Monday, October 4th.

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## Notes from the Resident Advisory Council



So here I am, sitting in the dining facility, and watching our fellow Residents come and get their food, sit down, finish, and start to leave the dining facility; then their eye sees something on a

table. They go over to the table, pick up the item, and leave the dining facility. That started me thinking. Just how many times has this happened in other venues of our home? I mean just because something is sitting on a table does not mean that the item is up for grabs. Many times one of the Residents has just forgotten when they placed an item and when they go back for it - it is gone. So here I think I am asking that if you see an item in a place where it is not supposed to be (not on one of the free tables) just leave it in place or call Security to have it picked up.

By the end of October 2010 (or the early part of November 2010), the vast majority of Gulfport returnees will have departed our facility. To those who have departed, we wish you good luck at the new Armed Forces Retirement Home - South. It has been a long wait for you but I am sure you will welcome the wait. New places often are better than the one you left behind, in this case, it will be true. The current Residents of the AFRH-W were glad to be your hosts during your stay. We thank you for all the volunteer work you contributed while you were here and hope that you continue to provide help and assistance to the new Residents of the Gulfport home.

As far as the Resident Advisory Council (RAC) in Washington is concerned we have to replace a few members and I have asked for members to apply for positions that they might wish to fill. So far, only two people have asked for these positions. But that is not a problem. For as I mentioned before, if a job needs to be done by a RAC member (Floor Representative, Committee Member) and a Resident does not step forward; that job just will not be able to be accomplished in a timely manner. That may sound harsh, but I feel that it is best; NOW to inform you of the way things might become. It is important to each and every Resident that their questions be addressed as soon as possible. That is why it is important for you to serve other Residents by asking to serve on the Resident Advisory Council. Just see me Esker McConnell or leave a message on the door of the RAC Room (Sheridan 5017), or even on my Resident room door, Sheridan 7018.

Well, another month, another column. Have a great day, welcome a new Resident to our home and tell them as Mr. Luis Lopez always does "I Love this place."

*Esker McConnell*

## AFRH COMMUNICATOR

Phone: 1-800-422-9988

Web site: [www.AFRH.gov](http://www.AFRH.gov) Email: [sheila.abarr@AFRH.gov](mailto:sheila.abarr@AFRH.gov)

Sheila Abarr- AFRH Public Affairs Specialist, Marketing  
Mary Kay Gominger- AFRH-G Admissions Officer, PAO  
Greg Moore - Marketing  
Sherry Artis - Marketing

*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!**

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>



### S\*M\*A\*R\*T

## Special Military Active Retired Travel Club

This month members of the Washington, DC/Amish/Civil War Caravan broke away from their muster at Ft. Meade to attend a gathering here at the AFRH. With the assistance of the AFRH Public Affairs Officer, Sheila Abarr and her staff, it turned out to be a great success, even though it was my first attempt to host a visit by SMART members, I had some problems to overcome but nothing was insurmountable.

SMART Wagonmasters, especially Connie Harrell and husband Doug, had to put up with my constant urging to move this event along and I feel quite certain it was worth it. The many tourists, including the SMART Group, never realized the historical value of the Home until they visited the Lincoln Cottage and the resident buildings that are surrounded by beautifully landscaped 270 acres - all a part of the National Historic Register. Many photos were taken and I would be remiss if I didn't make a few comments:

Group picture: The recently dedicated bronze statue of President Lincoln and his horse, which is located in front of the Lincoln Cottage, is always a favorite spot for photographers and it was indeed a pleas-

ure to take a picture of this happy group of SMART RVers. I believe that the lady standing behind me was chosen to protect me from the husbands of all of the nice ladies in the group. One of the residents said that she should remain behind and help the Washington Redskins. I disregard all of the comments because I found her to be a very charming person.

There was a photo of resident Bertha Wolke and I: When Bertha spied the SMART badges worn by the group, she showed them her membership card which indeed proved that she is a Charter Member #379C (I hope that I remembered the correct number). There were other members that the group came in contact with, during the tour. I have talked to Bertha many times since my stay here and I never would have



**Members visited President Lincoln's Cottage. The Armed Forces Retirement Home and resident John Di Filippo hosted the group for the day, and they chose to stop by the Cottage for a guided tour and to see the exhibits in the Robert H. Smith Visitor Education Center.**

believed that she was an RVer but other residents tell me that she used to keep her RV here at the Home and made solo trips across the U.S.

After leaving here they will be headed to the National Muster in Center Hall, PA. Good luck and God Bless you.

Happy trails to all of you.....

*John Di Filippo*

**Antique Car Show!**  
Sunday,  
October 3, 2010  
at 9:00 a.m. in  
front of the Sheridan Building.

# Message from the Chief Operating Officer



Last year we received a five-year accreditation from the Commission on Accreditation of Rehabilitation Facilities - Continuing Care Accreditation Commission

(CARF-CCAC). We have requested that the CARF-CCAC complete a survey each year except for the year that the Department of Defense Inspector General (DoD IG) is scheduled to conduct an inspection of the Home. A team of surveyors has completed a rigorous review process during a recent on-site visit. This accreditation process allows us to acknowledge what we have accomplished over the past year, while giving us a baseline to focus on new goals for our resident centered approach.

The on-site survey included discussion sessions with advisory board members, Residents, and staff members. During these sessions the survey team reviewed several aspects of our organization such leadership, governance, strategic planning, financial planning, risk management, health and safety, and rights of persons serviced.

During the exit conference at the end of the review process the survey team outlined several positive highlights.

- They agreed that our staff demonstrated a strong sense of caring and family.
- A large number of amenities and the quality of health resources are more abundant than in the civilian sector.
- Fiscal responsibility is incredible with five consecutive unqualified audits.
- The Information Technology (IT) area has made major improvements since the last survey a year ago.
- They found no resident care or medication issues.
- Exceptional performance program in place.

We also have areas that we need to continue to make significant improvements

- Inconsistencies in completed advanced directives.
- Updated resident health evaluations at a minimum once a year.
- Paper compliance issues on refund policy.
- Updated and posted evacuation routes.
- Additional evacuation drills on evening and night shifts.

We continue to see the benefits of accreditation in our leadership practices and the overall care of our residents. Work has already begun to improve on the areas outlined by the survey team.

In just a few short days our Gulfport residents will head back home to Mississippi. I want to assure each and every one of you that our staff has been working around the clock at both facilities to make sure this is an easy transition into your new home. This will

be a new and exciting time for you moving into a facility that is focused on exceptional senior care and services. This is also a time that you will say goodbye to friends from the Washington campus and reunite with old friends on the coast. We wish each of you safe travels back to the coast.

The Washington facility continues to move forward on the Scott Project with the design phases and needed approvals complet-

ed. The transition from the Scott Building into designated areas in the Sheridan and Sherman building will soon take place. This can also be a time that some residents are unsure of all the changes in service locations and understanding of the project. The staff will continue to work on resident communication in order to make this transition period as seamless as possible. The Scott Project focus group meetings will continue throughout the entire project and it would be very beneficial for all residents to attend.

*Timothy Cox*



Program Surveyors John Jones and Patsy Long review paperwork during the recent Commission on Accreditation of Rehabilitation Facilities - Continuing Care Accreditation Commission (CARF-CCAC) inspection.

## Full Force

# Selectees Conduct Annual Volunteer Day

*Carolyn Weber, AFRH-W Volunteer Coordinator*

On Friday, August 27th, 130 Navy Chiefs and Selectees joined together to tackle beautification projects at the Armed Forces Retirement Home. As part of their training and preparation our Navy's new Chief Petty Officers and Selectees must complete a community service project during the CPO Induction process. For the past several years, they have given their time, sweat and skills to the Armed Forces Retirement Home to meet this objective. This year they took on the task with a complete renovation of Quarters 40. They teamed together trimming the trees and bushes around the building, repainted the cast iron rails along the Sherman Building, painted crosswalks, washed the plane and tank behind the Sheridan, dusted shelves in the library and cleaned the fence line along the northern part of the grounds.

During their laborious endeavor, they were greeted by residents and retired Chiefs who swapped stories and shared words of encouragement. Their hard work was quickly noticed by many with one resident commenting, "I can now see out of my window." referring to the trimmed tree near Quarters 40. As quickly as they arrived, it was Anchors Aweigh! We wish our current and future Chiefs all the best in leading our United States Navy. Thank you Chiefs and Selectees!

THANK YOU!!



The Chief Petty Officer and CPO Selectee team scrub the plane to give it a shine.

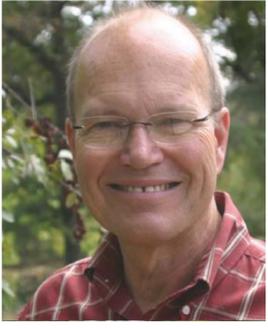


Navy Chiefs and Chief Selectees get together for a group shot in front of the Sherman Building. The team did renovations and clean up projects around the AFRH-W on August 27.



The cast iron rails along the Sherman Building are given a fresh coat of white paint.

## From the AFRH-W Director



In the based-on-real-life movie, *The Soloist*, Jamie Foxx plays Nathaniel Ayers, a virtuoso whose mental illness forced him out of Julliard and into homelessness. Steven Lopez (Robert

Downey, Jr.), a reporter with his own wounds, meets him and begins documenting the man's journey on, and ultimately off, the streets. In one scene, Lopez finds Ayers playing his two-string violin beneath a busy overpass.

He asks Ayers why he plays there, instead of in a safe place with an appreciative audience. Ayers clutches his broken instrument and stares into space as though hearing a crowd from another time. He says, "Here, the pigeons are my audience, and their wings are my applause."

The need for applause struck me several months back when I was waiting in the Indianapolis airport for my flight to Washington, D.C. A group of 39 veterans from World War II were participating in the Hoosier Honor Flight and were on the plane I was taking. These vets ranged from 82 to 94 years of age. The plane had its belly full of walkers and wheelchairs.

At the Indianapolis airport gate, the attendant announced on the speaker, "Ladies and gentlemen, we are honored to have as our guests today 39 World War II veterans. Please join me in thanking them for serving our country." I was one of the people who rose in unison and applauded. I began to wonder how infrequently any of them heard applause.

An Honor Guard from a local unit marched in flags waving, and saluted the soldiers, the veterans' eyes reddened. When we boarded the flight, the pilot welcomed the veterans and the plane erupted in applause. When we arrived in D.C., a

Navy band greeted the men. Everyone in the gate not only waited patiently to board after a very long debarking process, but they also rose to their feet in gratitude with tears of their own. I spoke with several of these men and they were humbled and in awe at the same time. They were so thankful and a good number of them were crying. I almost wished I could have spent more time with them as I am confident there time in D.C. was wonderful.

Psychiatric research suggests that every person alive craves and needs affirmation. Appreciation is one of the most overlooked and undervalued gifts we receive or give, and we live in disappointment without it.

Our problem, perhaps, is that we keep hoping to receive that from others around us, or we go about our lives burying the desire deep inside. Bit by bit, our souls begin to shrivel in that affirmation-deficit. Ayers, the veterans, you and I all need to be noticed, not necessarily for what we do, but because we are. We exist.

Brass bands, clapping, and cheering may not greet us at the doors of our lives. Except—hold that thought. The Scriptures surprised me when I discovered God's declaration. Psalm 149:4 says, "For the Lord takes delight in his people." And in Zephaniah 3:17, the prophet trumpets, "The Lord your God is with you . . . He will take great delight in you and he will rejoice over you with singing." So when I find myself hiding under an overpass, or hoping someone will notice me, I attempt to remember those words.

I am so fortunate to work with you who served the people of the United States and countries that our nation helped. When I take the time to listen to your stories of what you did while you served, I am amazed and encouraged. You are an inspiration to me and I am sure, to others. Thank you. How privileged I am to have a job where I am able to be around so many individuals who sacrificed for our remarkable country. As a matter of fact, it's individuals like you that make the United States of America so significant.

## Sherman Building

### Historic Clock Tower Makeover

By Justin Seffens,  
Chief of Campus  
Operations

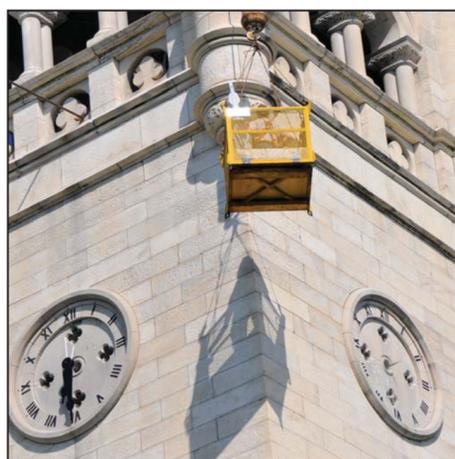
The clock tower has been completely replaced. Due to the age of the previous clock mechanism, AFRH could not locate a vendor that was capable of finding gears, which could be used to allow the clock hands to turn. That issue along with the outdated sound system prompted Campus Operation to look into replacing the previous clock system with a newer system that had the addition capability to act as a PA System for events and emergencies.

After over a year and a lot of federal regulation red tape, AFRH was able to award a contract to Verdin, a clock company that has been around since 1842. They were able to provide an entirely new system that met and exceeded all of our requirements. The new system has a day light savings function, remote bell activation capability, battery backup, a PA system, and as many of you have heard a very strong and crisp sound system.

We hope that AFRH enjoys this clock system, and its abilities for many years to come.



Above - Final adjustments on the Sherman Building clock are made earlier this month. Below - A worker is hoisted down the historic clock tower during the repairs.



Thank you, thank you.

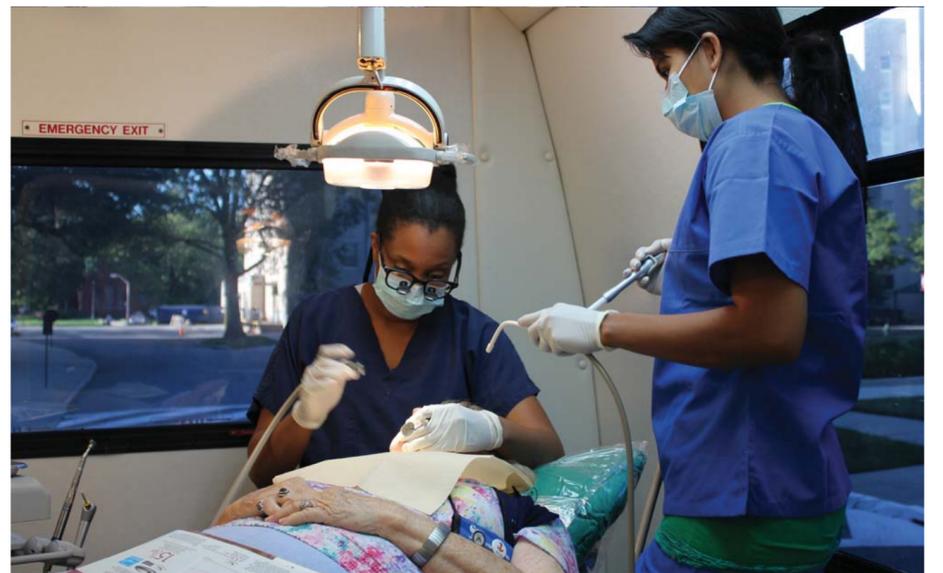
On to another subject – Mobile Dentistry. Many of you residents have made favorable comments to me about the Mobile Dental service that is now parked in front of the Sheridan Building. The Mobile Dentist group has been serving the LaGarde residents for some time but now their services are available to all who live at AFRH.

You may call the Mobile Dental Group

### Mobile Dental Clinic serving all Residents

Walter McClellan opens wide as he gets his teeth checked.

Below - Eva Downs gets her teeth cleaned last week in the new Mobile Dental Clinic.



## 63rd Air Force birthday celebrated



Master of Ceremony William Sinnott (left) looks on as Fay Steele (right) cuts the cake with guest speaker MG Suzanne Vautrinot, Deputy Commander, Joint Functional Component Command - Network Warfare, U.S. Strategic Command, and Airman First Class Charles Black.

By Nicole Chappell

On Monday September, 13th AFRH celebrated the U.S Air Force 63rd Birthday in the Scott Theater. Maj. Gen. Vautrinot was the guest speaker for this event. She was so delighted to be with us and share with the residents her experiences. It was her first time visiting the Armed Forces Retirement Home; however, she promised not to make it her last.

Maj. Gen. Vautrinot is a Deputy Commander, Joint Functional Component Command- Network Warfare, U.S. Strategic Command, Fort George G. Meade, Md. Her duties consist of integrating and executing the full spectrum of

the computer network operations through a joint interagency. She also is responsible for providing cyber operations support to combatant commanders; and deny our adversaries safe haven and freedom of maneuver in the cyberspace domain. Maj. Gen. Vautrinot maintains a busy schedule but she was able to join the residents after the ceremony for refreshments in the Scott Lounge. During the reception the guest speaker Maj. Gen. Vautrinot lead the audience with a sing-a-long of the Air Force Birthday Song. Thanks to all that were in audience. Also special thanks to Billy White "the music man" for his wonderful music.

David Watkins

# From the AFRH-G Director

As I write this note, only ten days remain until residents arrive in Gulfport. This week we held our last focus group meeting in Washington and our last resident luncheon in Gulfport; all that remains is final furniture and fixture arrangement, packing and moving the residents returning to the Coast. Next week the staff will receive additional training and the kitchen crew will host a practice lunch next week for everyone working at the building.



New staff members who have joined us since last month are Dale Littles, Chief of

Campus Operations; Adelina Wasser, Volunteer Coordinator; Don Watton, Supervisory COTR; Lee Corban, Supervisory Recreational Therapist; Debby Pearson, Art Specialist; Andrea "AJ" Johnson-Boyd, Custodial COTR; John Cage, Food Service COTR; Stanley "Mac" Mackenzie, Healthcare COTR; Monica Fragello, Administrative Assistant for Resident Services; and Becki Zschiedrich, Admissions Contact Representative. We are currently interviewing for security staff and Larry reports we have excellent candidates.

So beginning October 4th we will have residents returning home to a brand new building and a brand new staff. I ask that as you move into your new home and begin your new routine that you are patient with the new building and the new staff. Newly constructed buildings and newly hired staff, no matter how well constructed or trained, still require a break-in period to have everything run smoothly. The home was built with excellent materials and operating systems but glitches do occur from time to time. The new staff has a can do, service orientation but we will make mistakes. Working together and with patience on your part, all issues will eventually be resolved and the new AFRH

Gulfport will attain its full potential in fulfilling our nation's commitment to you, our Veterans.

We are excited and looking forward to

seeing you in October. Travel safely and enjoy.

*Richard Heath*



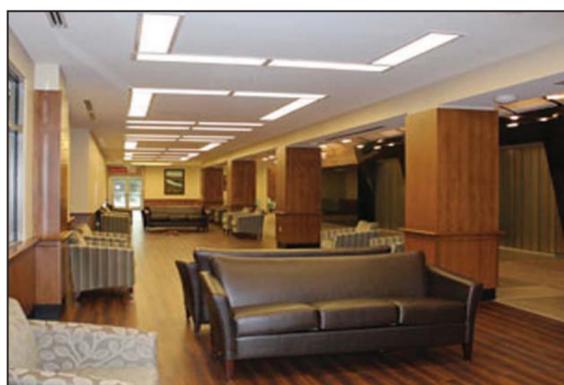
Frank Bermudez, standing, the AFRH-G Safety Officer, gives the AFRH-Gulfport staff members a safety briefing. Staff members are preparing for resident move in day which is scheduled for October 4.



This is the view as you walk into the first floor lobby. To the left is the Security Desk. The back wall is the entrance into the Hall of Honors. Furniture and accessories continue to come in daily and will be in place when the residents begin moving in on October 4.



Equipment is installed in the Wood Hobby Shop located on the east end of the Boardwalk.



This is the pre-function area located just east of the Hall of Honors. Residents can gather in this area before meals or activities.

## Welcome Home!

### "For Just a Short Time"

It's been 5 long years, can it be true?  
Since Katrina blew in  
and sent us to you.

It is still very vivid  
That August Day  
When the Gulf rushed in  
And then went away.

We walked down  
The stair wells  
Thru the muck and debris  
As far as we could see.

We looked at each other  
We all had survived  
Without our beloved staff  
And our precious CB's  
We never would have thrived.

Steve McManus, Robert Locke and the rest  
of the crew  
Were bound and determined to pull us  
thus through!

They had 400 some OLD FOLKS  
With no food and no beds  
They thought for awhile  
And then scratched their heads.  
That dear kitchen gang

And the beautician as well  
Walked back to help us  
And left their own HELL!

Some lost their homes  
Had but the shirts on their back  
But loyalty to us  
They sure didn't lack!

They cleaned up enough chairs  
So we could sit in the Yard and wait  
To hear more news  
About our fate!

"You're off to Washington"  
Steve McManus said  
It was hard to get all of  
This straight in our head.

So it was back to the stairwells  
And down thru the slime  
And pack 1 small suitcase  
For but a very short time!

Now out of the blue  
From Heaven I think  
Came 10 big buses  
As quick as a wink!  
Those wonderful CB's  
Had cleared the road

So the buses could come  
And pick up their load!

To Atlanta we drove  
The whole night thru  
We ate and we slept  
What a motley crew  
Some might have had  
A beer or two.

Now it's back on the bus  
For the final stretch  
And most of us looked  
Like a miserable wretch!

At noon we arrived  
At those Eagle Gates  
All now are wondering  
What awaits.

We looked as we staggered  
Off of the bus  
This crowd got together  
Just for us!

We laughed and we cried  
What else could we say  
You had planned all of this  
In just one day!  
There were hugs and kisses

And the bells did ring  
It was a celebration  
Fit for a king!

You scrubbed and you cleaned  
And you made us a bed  
Once more had  
A roof overhead!

We have partied and toured  
We've been wined and dined  
And more gracious hosts  
We could never find!

So as we take leave  
Of the Washington town  
You can all rest assured  
You have all earned  
Your crown!

The friends that we have  
Made here  
We will never forget  
And our stay at  
"The Old Soldiers Home"  
We will not regret!

*Submitted by Barbara Folk*

## Notes From the Auto Hobby Shop

*Henri Gibson, Auto Hobby Shop Volunteer*

Hi, hope everyone had a wonderful summer, and did get a chance to get out and see some of the great things that DC has to offer or maybe you got to visit with relatives and friends in other parts of this wonderful country.

Well, fall is here and winter is close behind and it is time to think about winterizing your vehicles, even those of you who are going to Gulfport and especially those who are going to drive down... you need to take the steps necessary to insure their autos are ready for foul weather.

Just because Gulfport is warm most of the time it can still get fairly cool or cold in Feb. not to mention how cold it gets in Washington.

So lets get started.

### 1. COOLANT SYSTEM

If your automobile is five or more years old and have not replaced your coolant; do it now. Radiator coolant is not just for cold weather its designed to keep your motor from overheating as well. Regardless of how old your vehicle is get the coolant checked or change it at the Auto Hobby Shop or your favorite repair facility.

### 2. WINDSHIELD WASHER FLUID

If you've been using water in your washers drain it out and refill with the proper fluid for your area. Cold areas use fluid designed to work to -20 degrees f.. For warmer climates there is a warm weather washer fluid but if you plan to do any travel outside of your home area just use the cold weather kind. Note: you should only use water in an emergency!!!!!!

### 3. OIL

For those of you who drive only drive a little each week an oil change for the colder months is recommended. Get in the habit of changing your oil every six (6) months. Once in the spring and again in the fall or sooner if you drive a lot (follow the manufactures recommendation).

Remember if a vehicle sits up for extended periods in warm or cold climates moisture can form in the oil pan and other parts of the engine causing rust to form. Get in the habit of running your engine or better yet driving your car at least 20 minutes two or three time a month to boil off moisture and re-lubricate the internal parts of the engine.

### 4. WIPER BLADES

I recommend that wiper blades be changed every six (6) months. Hot Sun, salt spray and cold are equally hard on the rubber blades so change them in the fall and then in the spring even if you don't drive a lot.

### 5. GAS

Keep your gas tank full year round in Gulfport for obvious reasons but in Washington and Gulfport it will help prevent moisture from fuming in the tank and causing rust. If you're not driving a lot this winter think about adding a fuel stabilizer to the gas to keep it potent and prevent sludge and gunk from forming in the fuel lines, carburetors or fuel injectors. When you add the stabilizer run the engine for five minutes to circulate the fluid through out the fuel lines.

### 6. TIRES

Tires-Tires-Tires. Check your tires for wear, weather cracking, uneven wear, and proper inflation (recommended pressure is in your owner's manual or on the driver's door, not on the tire).

### 7. LIGHTS

Make sure all exterior lights are working properly. Do walk around with a friend to check that every light is doing what its supposed to do.

### 8. BRAKES

Have your brakes inspected for wear and replaced if needed.

Well good luck to all of my friends going to Gulfport. I hope you have a safe trip. I'll miss all of you and wish you the best. Hope to see each of you again.

## Second Phase of Bowling Center Renovation Underway

*By Ed Crump*

Due to the second phase of renovation in the bowling center there has been no bowling shootouts these past two months.. Because of this I do not have any bowler of the month to announce or any scores to report. I am happy to report that the bowling center which was originally scheduled to reopen on September 2 will now schedule to reopen on October 6.

I will miss Jim Vancil the most. He gives us all an example to follow for someone in his 95 years old and what he can do with a bowling ball is just incredible. He started bowling in the shootouts in February 2008 and during this time he has been able to finish in first place ten different occasions. He was also bowler of the month twice. He has a total of for 200 games and four series of 525 or better. He is one of six bowlers competition in the shootouts who have finished in the top four on four consecutive weeks which he did in 2008. He is the type of person we all admire.

Eugene Allison has been a member of the bowling shootout for better than five years. He finishes in the top four on 41 different occasions since January 2008 which is the most of anyone in the shootout. It includes nine first place finishes. He has also been named bowler of the month four times. In 2008 he was named bowler of the year. Eugene also won the GEICO Tournament in 2008 and 2010. He has two series over 600 with 626 being his high during 2008.

Buron Noel has been a member of the bowling shootout since 2005 when he came her from Gulfport. He finished first in the



shootout eleven times which is the most of anyone and has finished in the top four 34 times since January 2008. Buron has also been the bowler of the month three times during 2008 and 2009. He finished in second place in the GEICO Tournament in 2009 and 2010.

Ernie Eldredge began bowling in the shootouts in 2005. Since 2008 he has finished in the top four 13 times. He also finished in second place for bowler of the month in March of this year. Ernie's high series was a 499 in April 2008.

Clarence Peterson will be the final Gulfport bowler in this column. He had a hot strike during the GEICO Tournament in 2009. He came into the tournament with a 135 average but managed to average a 151. Clarence managed to winner three first place finished and 13 top four finishes in the shootouts. His high series average is 475 in July 2009.

I would like to wish all the bowlers who are going to Gulfport, MS the very best of luck. I will truly miss all of you. It has been a great honor to have you all in Washington and participating in the bowling shootouts.

On behalf of the resident bowlers I would also like to invite new bowlers or first time bowlers to join us in our weekly shootouts.

## "Eat Mor Chikin"

# Chick-fil-A Serves Up More than Chicken

*By Carolyn Weber*

If you've seen the popular Chick-fil-A ad, then you probably weren't as surprised to see a 7-foot cow roaming the Scott Dining Hall early this month. On Thursday, September 2nd, local and corporate staff from Chick-fil-A hosted a luncheon for our military veterans in honor of their service to our country. Staff were in chef's and hostess uniforms greeting residents and serving their popular Chick-fil-A sandwiches, cool wraps, waffle fries, brownies and iced tea. Tables were decorated with centerpieces containing small stuffed Chick-fil-A cows. It was certainly a special treat!

Thank you to Jim Ruane, Martin Wills and the Chick-fil-A staff for sponsoring this special treat and thank you to Greg Wilson, Mr. Snow, Fred Hornsby, Liz Garris and the Scott Dining Hall staff and Dining Committee for supporting this event.



Phyllis Bradford selects a Chick-fil-A salad.



John Nagy enjoys a cup of coffee and a visit with a Chick-Fil-A staff member on September 2.



Carolyn Weber, Volunteer Coordinator, shows the Chick-fil-A mascot around to meet the residents in the dining hall.

## A busy month for the AFRH-W Arts and Crafts participants

By Lori Thompson

September has been an exciting month for AFRH artists and crafters. From filling our new display windows with wares to starting a new resident-taught crafts class and from new faces in the Ceramic class to trips to local art museums, residents have been busy in the arts!

On Monday, September 20th, several of our residents were given a unique opportunity while visiting the National Museum of Women in the Arts. Residents went into the research library to view the artist books on display. Our keen interest in book art, led the library assistant, Malini Sud, to bring out several artist books from NMWA's archives. These beautiful rare books were made by the museum's annual book artist fellowship award winners. Residents were allowed to handle all of the volumes and were amazed by the uniqueness of each book. The group also enjoyed seeing the

exhibition "Books Without Words: the Visual Poetry of Elisabetta Gut." The docent's stories about the Italian artist Gut's works captured our imaginations and interest.

Brian McDonald, from Veteran's Art Program, returned with his veteran artist filmmakers on September 28th to wrap up their documentary, "Home," which is to be aired on Veteran's Day, November 11th, at the Creative Alliance in Baltimore. Along with the film and performance pieces, VAP is having an art exhibition that evening and has invited several resident artists to participate and exhibit their work. Mark your calendars for this exciting event!

In closing, I would like to extend a warm thank you to resident George Smith for his fantastic Crochet class. George's enthusiasm and patience make him a great teacher. The class runs through late October, so if you missed the first sessions, you may still join us!



Pictured at the National Museum of Women in the Arts, from left center, Frances Scott, Mary Varva, Catherine Deitch, Marion Marques, Sally Blythe and Museum Assistant Malini Sud.



George Smith works with Engelina Kuhn, Catherine Deitch and Jean Ringuette. George teaches a crochet class and is available to help residents learn to crochet.

## Rosa Williams Uses Casino Winnings to Purchase a New Coat

Steve Briefs and Sarah Kenan

Rosa Williams won a gift card to AAFES at the AFRH Casino Night held in the Scott Dining room last month. And she knew exactly what she wanted to buy with that \$250 prize. A new winter coat.

Sarah Kenan from the Recreational Therapy department in the KHC escorted Ms. Williams to the Andrews Airforce BX and helped Rosa pick out a comfortable, warm coat. Rosa also had enough money to buy two new sweaters and some socks. What a haul! Rosa said she was very happy with her new clothes and is looking forward to wearing them this winter. Congratulations Rosa!

## New York Style Fashion Revealed on Main Street

By Carol Mitchell

This month the KHC Recreation Therapy Department hosted the AFRH Fashion Show. Residents, employees, and volunteers all joined together and put on a fantastic event. The models strolled, strutted, and danced down the "catwalk" of the LaGarde Mainstreet in a variety of stunning and fun outfits. Public Affair Officer Sheila Abarr not only did photography for the event but walked the catwalk in a stunning sky blue ball gown. L-4 CNA Tonya Richardson pumped everyone up in her workout wear and Antoinette Boyd dazzled in her Betty Boop

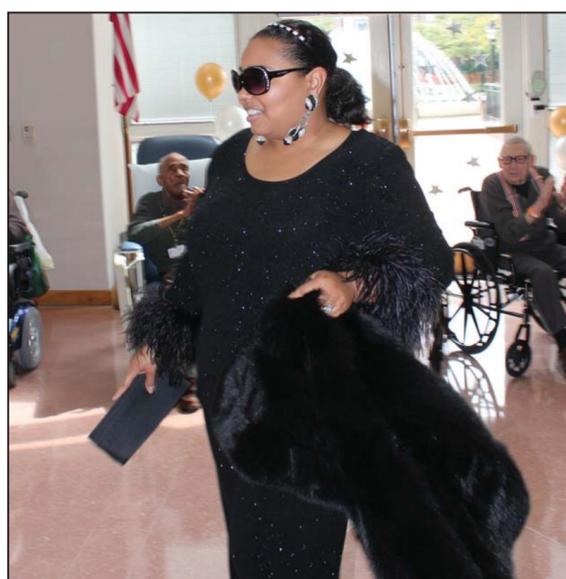
lounge wear. KHC Social Worker Sheila Ramsey sizzled in a pink zebra print gown. Recreation Specialist Nicole Chappell and KHC Resident Clift Mathews ambled elegantly down the runway in cocktail wear. Physical Therapy employees Naomi Davis and Brook Cawley had everyone cheering in their Redskin/Hogette wear! Special thanks to all the other models and volunteers who did such a wonderful job, our MC Steven Briefs (Supervisor of Recreation Therapy), and music coordinator resident Bill Jenterra for keeping the commentary and music flowing.



Above - Donna takes a turn on the runway during the fashion show held at King Health Center earlier this month.



William Palmer strolls down the runway and shows off his suit.



Left: Lynn Holt greets residents during the New York style fashion show.

# September Fall Events

## *The Carnival comes to AFRH-W*

By Howard Keith Turner

It was a day of revisiting our fun days. A time when you would go to the carnival and see all of the wonderful prizes that you could win, when you would see the magician perform his illusions right before your very eyes, and when cotton candy filled your mouth for a split second before it quickly dissolved, oh yes folks, that carnival atmosphere was truly present. Mr. Billy White filled the air with his carnival music, and residents rolled in to test their skills at the many games that were provided as they received the enjoyment that was expected and much more. Fifteen volunteers from the Navy, two residents (Jessie James and Martha Williams), and one outside volunteer, Sharon Turner (wife of Keith Turner), made it possible to enjoy this fully successful fun filled events. It was great to see people like Larry Friesel, Mike Longwell, Pete

(Jack) Peterson and many others with those huge smiles on their face as they displayed their appreciation for this huge event called Funfest/Carnival Day. The food was great, as usual and everything was topped off with Ice Cream Floats and a magical show from "Illusions by Vicks". The compliments that poured in from the residents makes it all worthwhile and the request for the "Dunk Tank" will have to be discussed again. But until next year, we'll just remember the great events that we had on this day, such as The Strong Man Bell Ringing, The Shooting Gallery, The Balloon Pop, The Basket Toss, The Can Knock Over, and the rest of the games that were available for your enjoyment. And as the carnival clown would say, "keep smiling and your sure to brighten someone else day. Thank you Recreation Staff. See you next year!



Eye on the target - William "Bill" Allen takes a turn at the Shooting Gallery.



Carl Peck brings down the hammer to ring the bell a record seven times.



A resident rolls the dice in a board game set up at the carnival. Residents enjoyed the many games and prizes of the day. Thanks to the volunteers and staff that made this event possible.

## Day of Service held at AFRH-W in Remembrance of 9/11

By Carolyn Weber  
Volunteer Coordinator  
PALS Visit

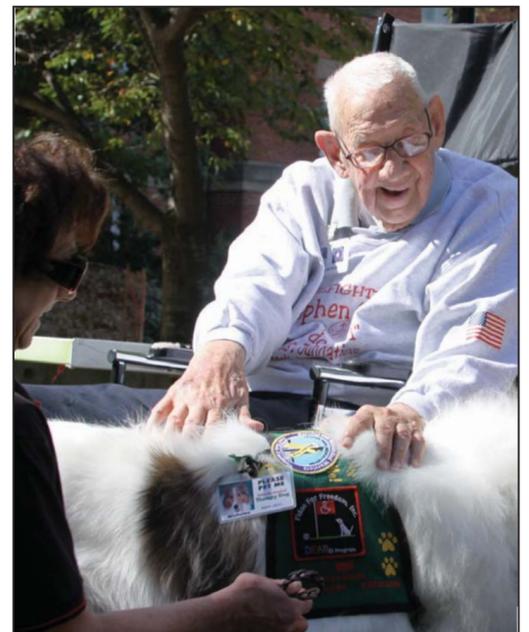
On a gorgeous Saturday morning along the KHC Fountain, PAL hosted an event to remember 9/11 and pay tribute to those who served and currently serve in the U.S. military. Through the support of local organizations including Fidos for Freedom, the Metropolitan Washington Airports Authority, Doggie Style Bakery, Serve DC and the PAL Afterschool Club, our residents enjoyed a day of K-9 education, entertainment and fellowship with friends, children and "man's best friend". Residents and friends of AFRH also made beautiful cards of support for our men and women overseas in Iraq and Afghanistan. Thank you Fran McCrae, PAL Volunteer Coordinator, and the PAL volunteers who made this event a huge success!

### George Washington University

One hundred George Washington University freshman students entered the gates of the Armed Forces Retirement Home on September 11th hoping to reignite the spirit of unity and service that inspired Americans after 9/11. The Home was one of 14 sites host to nearly 2,000 students in the DC area. The "new recruits" walked off the buses in their green t-shirts, grabbed rags, buckets and towels and went to work. One group washed, rinsed and detailed tires, bumpers and dashboards for 18 residents and "detailed" a few BPVs. Students also repaired divots on the golf course putting greens and scrubbed the tables in our dining facilities. They left the Home a little wet, a bit dirty, but most impactful were the stories and experiences they had with our retired veterans.



John Kahler enjoys the PALS visit to AFRH-W on September 11.



William Grubb pets a dog with both hands during the pet therapy visit held at the AFRH-W earlier this month.



Mike Longwell gives a thumbs up with the students from George Washington University.



A George Washington University student does repair work on the greens at the AFRH- W golf course.