

Veterans Day Cards

Gold Star Mom's tribute journey

By Carolyn Weber

On her journey across the nation visiting 19 states, 39 hospitals and memorial locations in the 48 days preceding Veteran's Day, Gold Star Mother Kathryn Cross spent a few days here at the Armed Forces Retirement Home in DC. The Tribute Journey is an expression of appreciation for Veteran and Military Service Members through the hand delivery of custom made greeting cards produced by Kathryn Cross. Illustrations and poetic verses in these greeting cards created an avenue to cope with personal grief and an opportunity to express gratitude in honor of those who serve and defend our freedoms.

Kathryn is no stranger to the Armed Forces Retirement Home. Earlier this year, she traveled down with the United War Veterans Council from New York hosting a wreath laying ceremony on Memorial Day weekend. She also paid a visit with bagpipers on Valentine's Day. During her most recent visit, Kathryn and volunteers from U-Haul delivered cards and candy to our residents at LaGarde. As Kathryn can testify, "the Armed Forces Retirement Home holds a special place in my heart."



Gold Star Mom Kathryn Cross explains her Veterans Day message to Donald Barnard in a recent visit to the Washington campus.

500th resident checks in to AFRH-G

World traveled Marine veteran gets special welcome at orientation

By Mary Kay Gominger

On Monday, October 3, 2011, the AFRH-Gulfport checked in its 500th resident since its grand opening one year earlier. An unsuspecting Leslie Crawshaw was surprised with balloons and a photo op with Director Richard Heath. At 64, Leslie is one of the youngest residents at the AFRH-G but if one were to measure the number of miles he has logged in over the years, in flight and on the highway, he would be right up there vying for the title of most traveled.

Les has a total of 37 years service to the government, 21 in the Marine Corps and 16 years civil service. In 2005, he retired and hit the road in his RV and has traveled over 80,000 miles. In the air, Les has logged in an estimated 13,000 flight hours which, converted, equals roughly about two years being airborne.

Les, born in Minnesota but raised in western New York, joined the Marine Corps in 1966. He retired 21 years later having spent his

entire career in the aviation field. His career started as an engine mechanic and at the height of his service he was maintenance chief for an 18-plane squadron with over 500 maintenance Marines. Les served two years in Vietnam, and, at the end of the war, was part of the evacuation of Saigon. He also had a tour of duty, from 1981 to 1985, in Pensacola, Fla., as a flight engineer with the world famous Blue Angels. In fact, he first heard about the AFRH-G when he was with the Blues and he visited the home.

"Two of the men on our team had relatives that lived at the old Naval Home," Les explained. "So I loaded up a van and we drove over to Gulfport so that they could visit their relatives and we could pay respects to the veterans that had served before us."

Little did he know then that with that visit, the seed was planted and that one day this would be his home.

"The idea of living here has been planted somewhere in the back of my mind since that day in 1982," Les said. "I still plan on continuing my travels, maybe not as extensively, but it's nice to have a home base and to be amongst fellow veterans."



Les Crawshaw, second from left, gets a special welcome by Richard Heath, AFRH Director (center), on the morning he checked in as the 500th resident. Also pictured (from left) is Dennis Crabtree, Adelina Hay, Lee Corban and Becki Zschiedrich.

Inside this Issue



Veteran Highlight Raleigh Player

Page 5



Valor Hall goes to the dogs

Page 6



54th Annual Antique Car Show

Page 8

AFRH COMMUNICATOR

Phone: 1-800-422-9988

Web site: www.AFRH.gov Email: 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



ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

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

Eligibility:

Military veterans from each service branch can live at AFRH.

The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer), are eligible to become residents of the Retirement Home:

Veterans with 20 or more years of active duty service and are at least 60 years old, or

Veterans unable to earn a livelihood due to a service-connected disability, or

Veterans unable to earn a livelihood due to injuries, disease, or disability, and who served in a war theater or received hostile fire pay, or

Female veterans who served prior to 1948.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH, PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400.

Visit us on the web at: <http://www.AFRH.gov>

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>



Become a resident today!

A Veterans Day Thought

The draft board decided the Army needed my skill.

Many hours were spent on the parade field where I learned how to drill.

I've cleaned toilets, picked up cigarette butts, and pulled KP.

I did this without the companionship of an iPod, iPad, or iPhone 3G.

I've seen situations that put us to the test. You cannot fail when you're serving with the best.

My address changed frequently over the years. The abbreviation "APO" in the new addresses caused family tears.

I've stacked arms at the Armed Forces Retirement Home.

No more deployments, reveille or retreat. Now a distant plot waits with its soft sandy loam.

George L. Wellman
AFRH-W Resident

AFRH-G Celebrates One Year Anniversary

By Adelina Hay

On October 4th, 2010, the new doors of the Armed Forces Retirement Home-Gulfport, opened to the victoriously returning veterans who left five years earlier in the wake of Hurricane Katrina. This was a moving, emotional time for everyone and a cause for celebration for the entire Gulf Coast. Now, here we are a year later, and the Armed Forces Retirement Home residents and staff are in full swing, going places, doing things and fully participating as a contributing force to the quality of life for the whole Gulf Coast community.

To mark this special time for us all, we had a Resident/Staff cookout on October 4th, 2011. Just days before we welcomed our 500th resident, which gave us even more cause to celebrate. The Dining Services staff outdid them-

selves, serving steak, boiled shrimp, teriyaki chicken, and all the trimmings to make it a meal to remember. Volunteers served wine and beer to the residents and Goldie, one of our resident musicians, provided the background music to add the right touch to the event.

One thing that has made the Gulfport home so welcoming and special is the mix of residents who lived here before Katrina and those who are new to life at AFRH-Gulfport. Some moved here from DC, so they have the new experience of coastal living and some are newly retired and have been enjoying our Southern Hospitality!

We are not just resting on our laurels though, we continue to add new programs, projects, and AFRH residents move forward onto new ventures in making the Gulf Coast the great place it is to live and thrive!

**AFRH-G is hosting a
Community Day Open House
in honor of our Veterans on Friday, Nov. 11
10 a.m. to 2 p.m.**

**Arts and Crafts, Antique Military Vehicles, Dog Agility Demonstrations,
Refreshments**

Message from the Chief Operating Officer



Much is happening at the Armed Forces Retirement Home and although some things seem to change from day to day and week to week let me assure you we are working very hard to make both facilities continue to move in a positive direction.

In September the Washington facility underwent its second Commission on Accreditation of Rehabilitation Facilities Continuing Care Accreditation Commission (CARF-CCAC) inspection. Although Washington has a five-year accreditation through CARF-CCAC we are required by law to have some type of inspection in the off years that the DoD IG doesn't inspect our facilities. As most of you might know we decided to pursue the CARF-CCAC inspection (survey) because these types of inspections are geared towards Continuing Care Retirement Communities (CCRCs) and can only help us improve our services and process to you the Resident. We are currently awaiting the results and recommendations of the survey. I am confident that the management team of the Washington facility will work together to incorporate and improve our processes and standards based on the recommendations of the findings.

When the CARF-CCAC inspection was completed the survey team provided us with an initial out-brief of their findings. Although this is not the final report (which will be received in approximately 90 days) it allows us to understand in what areas we are on the right track, and other areas that we need to review and improve to better serve you. Once the Washington facilities receive the final report they will have approximately 6-8 weeks to submit a Quality Improvement Plan (QIP) back to CARF-CCAC, then they will issue the decision on the continued accreditation.

There are several different areas the survey team reviews. The information I am providing comes straight from the out-brief.

Management and Staff:

-The management team has been challenged, yet has been very flexible in meeting those challenges.

-Employees at all levels are dedicated and compassionate. They are open to innovation and to improvement opportunities.

-They have generous hearts and enjoy serving the AFRH Residents.

Processes:

-The AFRH has impressive processes to re-define process improvement. It will be exciting to see what it will deliver.

-The AFRH has a thorough process in dealing with contracts; e.g., the attention to detail in the evaluation process.

-The AFRH exhibits a commendable thoroughness in annual reports.

Flexibility of the Team (staff):

-The team is flexible in dealing with the day to day issues as well as with crisis issues.

-The team takes the PI system seriously and has demonstrated an eagerness to grow and learn.

Services to Veterans:

-Staff shows considerable heart and a sincere commitment to providing and improving services to our AFRH Residents.

-Person-Centered Care (PCC) is a journey. The preparation and planning that the AFRH is doing now is directing it in the right direction wherein ultimately the AFRH will be a leader in PCC.

Financial:

-Documentation is very good.

-Several financial ratios are above the median, which indicates that the AFRH is a healthy, strong organization and is adhering to industry standards.

This next section reflects the recommendations, suggestions, guidance and consultations provided by the survey team.

These areas include Residents, staff and our processes.

Leadership Guidance:

-Add sexual orientation to the Policy Statements.

-Witnessing of documents: Provide guidance in the Policy Statement on this subject.

-Update the Vision Statement in all written materials.

Governance:

-Suggest Advisory Board sign an annual conflict of interest statement, sign a code of ethical conduct, and review policies annually.

-Educate Board members as to their role.

-Advisory Board should do an annual self-assessment of themselves and of the Board as a whole.

Fact Sheet at Annual Meeting:

--Add to Board's awareness of financial matters in general.

--Ask for reference about Board Committees.

Strategic Integrated Planning:

No recommendations. However consider placing the Strategic Plan in the library for Resident's convenience and for staff who do not have computer access.

Input from Person Served:

-The AFRH is customer service oriented and proactive in seeking opinions through written surveys.

-After trending data, suggest that AFRH management meet face to face with Residents and share the survey results. The internet loses the passion, thus, a personal presentation is much better. People are not looking for perfection, but for partnerships.

-Make families partners in improvement. Ask them for their opinions and suggestions.

-Personnel Survey: Important to invite staff to identify areas of the organization that can be put into an action plan.

Legal Requirements:

Recommendation: Guidance on being served with a subpoena.

Financial Planning and Management:

No recommendations.

Risk Management:

No recommendations

Health and Safety:

The goal is to provide a healthy and safe environment through infection control, emergency preparedness, competencies, etc. Recommendations include:

-Suggest a more comprehensive effort, such as additional safety rounds especially in tunnels where individuals can get lost. Document the rounds.

-Do reports on fire extinguishers.

-Transportation:

--Contract staff was sometimes unable to find written safety procedures.

--Lack of use of seat belts on campus.

Non-use of seatbelts off campus could pose a different level of risk, e.g., lawsuit. Educate drivers to request Residents wear seat belts.

--Health Inspections: Need more comprehensive health inspections. Consider the use of outside consultants in various areas, such as falls, pressure ulcers, etc.

--Critical Incidents: Analyze what the trended data means. Identify actions/procedures to implement for improvement in that area. Follow with training on new procedures. Examples --

--Recommend a different floor mat pursuant to repeated falls from the current floor mat.

--Recommend a new lift – then decide how to train staff on the lift.

-Look at how we respond to recommendations and then follow up.

Resident Services:

Recommendation: Give volunteers personal feedback – one on one. Not like a staff performance evaluation, but a positive report of their efforts. Does not need to be formal. Perhaps 15 minutes per year (make notes on an index card).

Technology:

Recommendation: Do a SOP on system



Steve McManus, AFRH Chief Operating Officer, discusses the CARF surveyor's agenda during a meeting with AFRH Corporate and AFRH-W campus staff.

technology, e.g., assisting Residents with technology, who makes the reference, who responds.

Rights of Persons Served:

Recommendation: Be proactive, identify trends, make recommendations, find solutions, and implement plans to address complaints.

Accessibility:

-Deliver an annual report.

-Include examples of reasonable accommodations in the Resident Guide.

Information on Measurement and Management:

-Need a full year of measurements.

-Trend data on Resident discharges.

-Identify staff and Resident satisfaction. Get as much feedback as possible.

Performance Improvement:

-Take proactive approach – provide annual report and other information to staff and all stakeholders.

Program/Service Structure:

-Care Delivery system – go beyond clinical. There will be many suggestions/consultations (best practices in the field). The AFRH team needs to determine whether the suggestions fit the AFRH model.

-Recommendation: Have a written philosophy of health and wellness.

--Suggest that this written policy integrate the family and other support systems. Demonstrate how they are a partner in the community's success.

--Wellness has 8 points – consider how to highlight the other 7 areas in addition to the clinical. Families mentioned pest control issues.

Resident Agreement (RA):

--Indicate in the RA that counseling is available, should it be needed.

--Ensure the RA is formatted in clear, specific language. Example -- specify where the Resident will live (unit number). Specify a dollar amount for user fee (in addition to the percentage categories).

--Revise RA language to be more Resident friendly. Give Residents options.

--Discuss limitations such as, should the resident have insufficient funds to pay the user fee, is there a system in place to assist him/her?

-Explore Residents participating in staff recruitment.

-Recommendation: Medical Records storage room in the Wellness Center must always be locked due to data confidentiality. During the survey, the room was found to be unlocked at all times.

Congregate Residential Programs:

No recommendations. The kitchen in LaGarde was noted to be very clean.

Person-centered and Long-Term Care:

-Nursing facility program – a 24/7 ho-

stic program that embraces wholeness.

-The Resident is the expert regarding his/her life. The key is to form partnerships with staff.

-Recommendation: Process Improvement in Person-Centered Care (PCC) - Include Residents and employees in process improvement. Are employees satisfied with PCC education? As the Resident's care needs change, the Resident may want breakfast in bed which may conflict with management's philosophy that it is healthier to get out of bed. Thus, process improvement is a continuous enhancement, not stagnant.

-Suggestion: Review AFRH philosophy care statement. It should stipulate that the AFRH partners with Residents in making decisions.

Continuing Care Retirement Community:

-No recommendations. Suggestion: Document policy on restraints. Example--if a lap buddy is to be used, develop a tool specifying when it will be used.

Dementia Care Specialty Program:

-Develop measures that indicate our progress.

-Validate the individual – maintain detailed information on the individual for without it, PCC goals are eclipsed. As needs change over time, Care Plan must reflect such changes. Care Plans should be more individualized, in addition to standardized Care Plan items.

-Do not plan for Resident to do more than they can.

-Train PCC staff dedicated to dementia care Residents. An example of training is Montessori-based education for the elderly.

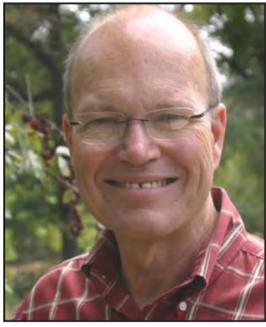
I know this is a lot of information regarding the CARF-CCAC survey but I believe it is very important that AFRH provide Residents, staff and our stakeholders this type of information in order to help us to improve daily in all areas. The Washington leadership didn't waste any time reviewing the findings and have already started to incorporate some of the recommendations and suggestions where possible.

This month will be the first time the Gulfport facility will undergo a CARF-CCAC inspection/survey. They have worked hard and look forward to their accreditation survey.

Finally, I want to leave you with this thought. There is no greater accolade than the title of Veteran. The recorded service of our Residents whether in wartime or peace is a history of valor, dedication to duty and willingness to sacrifice for others. We salute you on Veteran's Day!

Steven McManus

From the AFRH-W Director



I spent the better part of four decades trying to figure out what my career trajectory was supposed to be. Lots of people expected different things from me but I rarely went with what they thought. But I had a difficult time giving myself permission not to do what so many people thought I should do.

My first job was mopping floors at a grocery store in Texas when I was 13. At the same time, I worked for a friend on his small ranch milking cows and goats by hand. Since then I have done many different types of jobs: A salesman in a music store; a waiter; raised rabbits, chickens and hogs for food, money and 4-H. I then wanted to see and travel the world so I went into the Navy and was a Steward (cook) on submarines. I discovered it's difficult to see the world submerged! Immediately following discharge, I was head chef in two nice restaurants. I tired selling insurance too but not for long.

With the GI Bill, I attended Bible College and Seminary and went into full-time ministry and ended that work as a missionary for a several years in Chile, South America.

Sue and my family arrived back to the US in late 1991 with six children. My nickname in that country was Conejo, or Rabbit. I was encouraged by a friend to think about entering into the Retirement Communities as a Nursing

Home Administrator. And now, I am ready to pass the 20 year mark in this remarkable field.

I do know which of all my jobs was my favorite and exactly why but I won't expound on that. And my reasoning for that is that I firmly believe we make a job to be what we want it to be. And I would hope that all of you who work here at the AFRH-W will one day be able to say, "That was my best job."

I liked most things with every job I ever had. I worked some jobs that I know other people didn't like. Some of the work that we do, there's a risk that people will die if we don't get it right, so we need to get it right. That's an incentive to do a really good job.

There are a few things that are not the greatest but I invest enthusiasm, joy, and effort into what I do anyway. I have a strong sense of ownership and responsibility for how the work turns out. LaGarde Resident Roy Baker asked me recently, "How do you like your duties here?" I answered that there were few things I didn't immensely enjoy. The work at the Home is fascinating, meaningful, innovative, challenging, and provides us an opportunity for strong relationships with all types of people. The greatest realization for me is that we are doing things to make the lives of others better and most of our residents greatly appreciate us. The strongest motivation for me is the Scripture that says that in whatever we do, do it all as if working for the Lord.

I finally realized nobody knows what they want to be when they grow up, even long after they have grown up. Most people do not find their calling. It finds them. Collections of apparently random events set us on paths we never would have imagined. Before you know



One of the best jobs ever...

David Browne, David Watkins and Esker McConnell were on hand to judge the 54th Annual Antique Car Show hosted by Recreational Services.

it, a career is born.

Now I live in Washington, D.C. When I was young, I knew I never wanted to live in a large city. I had no use for all the noise and congestion. Then I was offered this remarkable job, and now I've spent nearly four years in the Nation's Capitol. Who would've thought? You know what I mean. You have a story too.

As an example of the fascination of D.C., I recall a recent event when waiting to catch a plane out of Reagan National. An older hard-of-hearing gentleman was talking on his cell phone to one friend after another. I know he had a hearing loss by the volume in which he was speaking. He was so animated to be in Washington and was looking out the window and saying, "I can see the Washington Monument and the Jefferson Memorial and the

Capitol building from here." And then he'd call another friend and would tell them the same news. Those of us around him caught his thrill of being in D.C. and enjoyed being part of the crowd.

The great American author Willa Cather said, "The end is nothing; the road is all." John Lennon said it a little differently, "Life is what happens when you're busy making other plans."

I have no idea what I will be doing over the next 20 years. I figure it will come to me pretty much as everything else has. God has been good to me.

And so it goes.

David Watkins

**Veterans Day Wreath Laying
Friday, Nov. 11 at 11:15
in front of the Sheridan**

Notes from the AFRH-W

Chairman, Resident Advisory Council



Well, the dates for the visit of the in-Pensioners from the Royal Hospital have been firmed up and will be the 8-15 November, 2011. The Residents who were chosen by a selection board of former Hosts are as follows; Ken Faller,

Nelson Jamison, Corrine Robinson and Billy R. White. In the past, only three Residents were selected along with the current Chairman of the Resident Advisory Council (RAC). But this time, as I was the RAC Chairman in 2008 when the last visit from the Chelsea group occurred, I am not authorized to return. And that is the way it should be. The trip is a special once-in-a-life-

time opportunity for Residents of the Washington home.

The work on the Dining Facility continues and, as usual, one solved problem causes others to pop up. Things like toasters that appeared to only toast on one side of the item placed in them. So those are replaced and then the amount of power to run the items causes circuit breakers to blow and they have to be reset and Residents have to be told not to run a toaster and microwave off the same plug-in as the same time. Remember that the area we are currently using was once only a gym and was not wired for high-energy using items. So is life, things continue to be worked on and solved.

One problem that has arisen is that of improper use of language in the Dining Facility. This type of activity is covered in the new Resident Guide and can be solved first by

upon hearing this type of language notifying a supervisor in the dining hall or if that is not possible, attempt to get the person's name and let the Ombudsman know who said what, when, and other information that may be asked for. The Ombudsman can then let the person know what the Resident Guide says about this sort of activity. Bad language has no place in our home.

The work on the Scott Building continues. The firm doing the work is bending over backwards to insure that they are causing no long-term problems for the Resident of the Washington home. For example, recently the work was causing large amounts of dust to be raised in the work area. This was not supposed to happen as dust suppression operations were supposed to be in place. After they were notified of the problem they either repaired or replaced the equipment and the dust problem has almost disappeared.

I want to remind the Residents that they may reach the Chairman of the RAC by using the following email address: afhrwac@gmail.com.

You may address any issue you want and I can usually give you an answer back within 24 hours of the time I receive your query. I wish that more Residents would take the time to utilize this method for getting their problems solved. The reason is that this is much faster than the older methods of communication. And to admit it, I hate to have to write letters, memos, etc. in longhand. Well, that is about all for this month. Let us all remember that soon our guests from the British home will be here. They will be living and eating among us and we need to insure that they are welcomed to our home and made to feel at home just as they will do when the Hosts visit them in the near future.

Esker McConnell

Veteran Highlights

Smalczewski served as an (MP) in Vietnam

By Christine Baldwin
AFRH-W Librarian

James Smalczewski was born in Pittsburgh, PA. After attending the Pennsylvania Military College for two years, James decided to join the Army in 1961 in the Military Police Corps. While doing his first tour in Korea, it was found that he was a sole surviving son, so he was sent back to the States. In 1968, he found out he could waive that status and he volunteered for Vietnam. He was one of 200 MPs in Saigon, keeping the peace for over 20,000 servicemen in that city. One of the actions he was involved in was the repelling of the Communists in the Tet Offensive of 1968. In all James did three tours in Korea and 3 1/2 in Vietnam before he left the service in 1975, as a Chief Investigator. After his service, he moved back to Hawaii. One of the jobs he did was working for the U.S. Park Service at the 'USS Arizona Memorial' at Pearl Harbor. In all he had over 40 years of police experience. He loves surfing, diving, running race cars, playing drums, and sports of all kinds, especially football.



Coast Guard gears up for ponds projects

By Carolyn Weber

If you've visited the Ponds lately, you will notice an inviting entrance enticing you to spend a cozy couple of hours near the water. Our volunteers from the United States Coast Guard CWOA & CPOA were back in action on October 5th focusing on beautifying the entrance into the Ponds. They cleared the brush, added a fresh coat of paint to the fence and created a garden bed showcasing the Home's adored wooden fish sculpture. Another major project involving replacing the pavilion roof was undertaken by the Coasties at TISCOM. They spent two days tearing away rotted wood from the old roof and replaced it with new materials and shingles, which should last the next 30 years. I encour-



Wilfred McCarty and Reid Hawthorne have a few laughs with some Coasties.

age you to revisit the Ponds. It's a great spot on the grounds to kick back on a nice day.



Charles Dickerson, Chief Resident Services (far left) along with staff and residents meet with representatives from the U.S. Coast Guard during a recent visit to the fish pond area.

From the AFRH-G Director



Veteran's Day will be celebrated this year on 11-11-11 and at the AFRH-G, it is a special day indeed to the men and women that live and work here.

Typically, Veteran's Day falls

Did you know that roughly 1 percent of our population serves in the military? Now consider the impact these individuals have had on the world defending freedom and protecting democracy. Winston Churchill summed it up best when he said, "Never in the field of human conflict was so much owed by so many to so few."

We owe our veterans a debt that cannot be fully repaid. Through their blood, service and sacrifice, they have given us freedom, security and the opportunity to live in the greatest nation on earth. It's impossible to put a price on that. Showing our appreciation is the least we can do, as individuals and as a country.

One way we are showing our appreciation to our veterans is with a Community Day Open House, scheduled for Friday, Nov. 11 from 10 a.m. until 2 p.m. The front gate will be open during those hours for area community members to stop in and take a tour of the Home and pay their respects to our veterans. A color guard will post colors at the flagpole at 10 a.m. to start the day. Outside there will be antique military vehicles set up for display and a dog agility team performance. Inside resident artists and local vendors will have tables with arts and crafts for sale, there will be tours and plenty of refreshments. Community Day is open to the public so please tell your friends and family they are all welcome.

Also in November, we will begin airing a segment on The Resident Channel (CH-87) entitled, "Veterans Stories - Opening Doors to the Past." This project is a partnership between AFRH and Cable One with the goal of

veterans sharing their unique military experiences so that others, especially the younger generations, can better understand the sacrifices the men and women serving before them made. In addition to airing here, it will be broadcast to all Cable One subscribers in the area. In this first segment, three of our residents - Bill Parker, Patrick Kane and Lou Boyles - each give a very in-depth and heartfelt interview describing their time in the service. Their story is now captured on video and can be told time and time again to pre-

serve the memory. We will be looking for many more of our Residents to participate in this very worthwhile project so please, whether you think you have a great story to tell or not, contact Mary Kay Gominger in Administration and let her know you are interested in being interviewed. Most times, it's the ones that say they have no real story that have the most interesting ones!

Have a wonderful November and be sure to thank a veteran for their service.

Richard Heath

a bit short of the fanfare other holidays receive, having to compete with Christmas, New Year's, and 4th of July, to name a few. We celebrate Memorial Day every May and many people view that day as the official day to pay tribute to the military. Yet this day, Veteran's Day, serves a very important purpose. It is the day we recognize not just those who have given their lives in war, but all those who have worn the uniform of service. This day, above all, is an opportunity to celebrate the choice one makes to serve their country. For many of our Residents, it meant the world wide conflict of WWII, or a lifetime of peacekeeping missions, or the tense standoff of the Cold War. Others found themselves in the jungles of Vietnam or in Korea, Panama, and other conflicts over the years. For the men and women in uniform today, service oftentimes means multiple tours to Iraq and Afghanistan. And for all veterans, it's about sacrifices for their country to include long separations from their families, missing the births of their children, freezing in sub-zero temperatures, enduring the sand storms and heat of the desert, losing limbs, and, far too often, losing their lives.



Veterans Helping Veterans

The AFRH-G accepts a new blood pressure monitor donated to the Home by the FRA Baton Rouge 371. The new monitor is located near the Fitness Center and is available for all residents to use. The FRA raised the funds to purchase the blood pressure monitor by holding a raffle which Sally Manning won. Here, Sally is donating back to FRA a check for \$500. Also pictured is (from left) - Laura Slack, Chief, Resident Services, Bob Rutherford, Jay Johnson, President FRA Baton Rouge 371, Diana Dopp, President FRA Branch 307, Leon Perkins, Treasurer FRA Baton Rouge 371.

Veteran Highlights

Air Force veteran spends time volunteering

By Ruby Woods-Robinson, Librarian, MSLS in collaboration with James Player, SCPO, Ret. USN (Raleigh's son)

Raleigh C. (Dawg) Player was born on January 2, 1940, in Valdosta, Georgia to Dorothy M. and Lessie D. Player. Raleigh, the youngest and hardest working of three sons, dropped out of school in the 10th grade to help with the daily chores of tending to the family hardships. This was not unusual at the time, but significant in the telling of his story. So eventually, without the knowledge of his parents and the desire to serve his country, Raleigh joined the Air Force 25 March 1957, at the age of 17.

Raleigh, like so many young men of that time, thought the Air Force was the way to go to advance their future, and it did. "Dawg" had twenty years, nine months and three days in service and retired as a Communications Center

Supervisor with the rank of Staff Sergeant.

Dawg's 20 year career as a Communication Systems Specialist (teletype operator) sent him to a variety of countries and many duty stations while leaving his family behind for months at a time. But oh! how great it was when they traveled and joined him. Japan and Okinawa was the most enjoyable because all four of his children and wife were there with him. After retiring from the Air Force Raleigh worked for NCC (formally known as Canton Wholesale Co), and Mayer Electric until he retired at age 63.

Raleigh married Estelle Bell of Thomaston, Georgia, on 24 May 1959, and together they had four children (James, Gregory, William and Lafonda), and have 11 grandchildren and four great grandchildren. After his wife passed on, 29 May 2008, Raleigh was without direction and traveled between Pensacola, Florida, and Jasper Georgia until he decided to settle down at the AFRH in Gulfport, Mississippi, on May 27, 2011. Once he was placed on the waiting list to move in, he went back to work for a while at WalMart in Jasper.

Raleigh is very involved with his new home. He volunteers at the security desk; drives other veterans to Medical

Centers; and other areas as needed. He is a member of the RAC (Resident Advisory Council), and is always available to help anyone who wants it. He also enjoys golfing, bowling, billiards and traveling.

To the youth of today Raleigh would like to leave this message, "Work hard and the fruits of your labor will be rewarding."



Raleigh Player

Notes from the AFRH-G Chairman, Resident Advisory Council



October 2011 has been another GREAT perfect weather month here on the Beach. Any unfavorable weather was unfortunately diverted to the folks not fortunate enough to live in

South Mississippi.

The Resident count here in Gulfport exceeded 500 this month and is now 498. October 4th we celebrated our first anniversary with a cook-out and picnic. Fred and his TEAM of Super Stars in the Food Service Department created another great "SUCCESS" on our "First Anniversary!" Fred, congratulations to you and your team for another job well done, AGAIN!!

On the 2nd of October we started a full eight days of "Cruisin the Coast," with hundreds of Classic Cars cruisin in our front yard, up and down US 90. The cruisers also stopped by and allowed the residents to view those beautiful Classic Restored Vintage Ve-

hicles. Much fun was had by all.

On 18 October, we enjoyed Birthday Night with Roasted Prime Rib and all the appropriate trimmings! A Wonderful Dinner and Fun was had by all especially with "Music by Goldie." Thank You "Goldie!"

A new program started this month of October! Dog Walking and Pet Petting!! Many Residents have signed up to be part of the fun of going to the Super Outstanding Gulfport Humane Society for a few hours with dogs and cats in a Great Pet Friendly facility. Fun and Heart Healthy!! Thanks to Page Noe for his efforts in making this happen!!

Now, some notes from the Military Memorabilia Committee. The Committee has been hanging and framing items of Military Memorabilia. The Home is beginning to look like it has a History of Militarism. We are looking forward to receiving the items of Military Memorabilia from Walter Reed Army Hospital, due any day now. Thanks Again, to the Military Memorabilia Committee!!

US Navy birthday celebration and dance was enjoyed by all on 14 October 2011.

The Resident Advisory Council met on the 11th of October 2011. Some of the actions

taken were:

ANNOUNCEMENTS:

-Thanks for making this a Friendlier/Happier Home!!

OLD BUSINESS:

-RAC received updates on all Committee Chairpersons.

NEW BUSINESS:

-RAC approved floor rep appointments, Roy Beard A-3 and Andrew Lemstra

C-8.

-RAC reviewed the Monthly Financial Report for August 2011.

Many THANKS to all the Residents for participating in making OUR HOME a Better place to live. Your help, your suggestions, and Your Comments are helping us all become BETTER.

Enjoy!!

Bill Parker



Bill Parker collects shredded paper and delivers it to the South Mississippi Humane Society. As President of the RAC, Bill is encouraging residents to give back to the local community by getting involved in local activities.

AFRH-G October Activities

Fall Military Celebrations enjoyed by all

By Adelina Hay, AFRH-G Volunteer Coordinator

With the anticipation of all the wonderful activities and events that Fall brings on the Gulf Coast, we have already had two wonderful military birthday celebrations. In September, we celebrated the 64th Birthday of the U.S. Air Force. Our guest speaker, Lieutenant Colonel Jeffery McClemore, is the Commander of the 334th Training Squadron, 81st Training Group, 81st Training Wing, at Keesler AFB. Colonel McClemore spoke about the youth, vitality and proud heritage of the Air Force. Then in October, we saluted the 236th birthday of the United States Navy. Our guest speaker was Commander Angie Walker, Commanding officer of the Center of Naval Aviation Technical Training Unit at Keesler AFB. Commander Walker spoke of the long standing service to our nation by the U.S. Navy and some of the current action around the world, that the Navy is involved in.

Both speakers were engaging, personable and were incredible examples of the services they represented. Cake cutting ceremonies followed the speakers, and young people from both services attended the dances in order to mingle, dance with and learn from our veterans who have gone before them. Now that Fall is in full swing, we have more wonderful programs and events, such as these, to look forward to!



Residents and guests listen to the guest speaker during the Navy birthday celebration.

Valor Hall Goes Cruisin'

By Susan Bergman, MT-BC, Recreation Services

Valor Hall went for a walk, peered over the balcony patio, waved at the classic cars, and decided to get a closer look down below. On our cruise to see more cars, Tom Crawley and Bill Cleveland sat with Wendell Ward under the oak tree while Marine veterans called out to cars rounding the circle - "here are the WWII Veterans! - Army, Navy and Air Force!" Cruisers paused to thank the residents for their service. They gave gratitude for the military service they gave in fighting for freedom and how this was the reason they were able to show off these cars today. A 1931 car pulled up, opened up, and shared their treasured memories. It was great to cruise down memory lane, too!



Lou Bose checks out a convertible as it cruises through the AFRH-G.



During Cruisin' the Coast, classic cars roll through the AFRH-G to the delight of the residents.

Valor Hall Goes to the Dogs!

On September 23, 2011, the residents of Valor Hall travelled to the Hancock County Fairgrounds to watch the AKC Dog Ability Trials.

Right - Dog lover Jesse Self holds a five-month old Sheltie from Pensacola, Florida.

Below - Jumping Joe Flash, a Poodle that won 1st Place in Novice from Montgomery, Alabama, enjoys attention.



Fall Shopping Events for Guys and Gals

By Adelina Hay, AFRH-G Volunteer Coordinator

The AFRH-Gulfport Clothing store, located in the east side of the Chapel, hosted special shopping events for both ladies and men last month. Since the clothing store was opened a year ago, many residents still had not ventured down to see all that is available for them. A lot of work has also gone into organizing, sizing and displaying the clothing that has been donated for the residents use.

Racks that don't collapse under the weight of the clothes was an issue that is happily being resolved thanks to the help of the Seabees, who are building some for the store. Another great thing that has happened is the on going donation of unclaimed clothing left at Hansboro drycleaners. Who wouldn't want beautiful clothing already dry-cleaned and on a hanger.

First the ladies event was held, refreshments of wine, cheese and crackers were provided. The ladies all helped one another shop for blouses, items to match a skirt or shoes, as well as handbags, scarves and winter jackets. Everyone attending left with a nicely filled bag of clothing items and shoes.

Then men's event was much the same, with beer, wine, pretzels, cheese and crackers to fuel their energy to shop. One of the biggest requests were sports coats and tuxedos! I guess the men are getting ready for the holiday round of parties and dances. The men who attended also left the shop with bags of clothing items and shoes.

Since both the events, the clothing store has seen a definite rise in residents making use of this wonderful service provided to them of free articles of clothing. The store also carries blankets, bed linens, towels, etc.

The resident volunteers who man the store five days a week are very dedicated and have worked hard to make it look and feel like a real store!



Marion Wolke goes through some clothes during the Ladies Shopping Event held at the Clothing Store.

Valor Hall Paints the Town Red - Trip to Red Lobster & Target

Submitted by Susan Bergman, MT-BC Recreation Services

On September 30, 2011, Valor Hall / Assisted Living had a feast at Red Lobster in D'iberville! After eating and visiting with Keesler Air Force Base volunteers, residents travelled to Target for some after lunch shopping, coffee, and visiting. Residents got a kick

out of looking at the Halloween costumes especially the ones for the dogs. The favorite was a horse jockey with a saddle to lace on the dog's bag, cowboy with holsters, and a lady bug. We hit the target of our tickle bones, got a giggle, and had a great day sticking with our Paint the Town Red Trip Theme!



Residents from Valor Hall enjoy lunch at Red Lobster during a day trip that included shopping at Target.

A BEAUTIFUL DAY

Submitted by Robert Granvle, TRS, Recreation Services

Resident Tom Crowley from Valor Hall and Therapy Assistant Robert Granvle enjoy a leisurely stroll on AFRH-G campus in the newly purchased golf cart for residents. The temperature was 82 degrees with a slight breeze in the air. Mr. Crowley stated, "It sure is a beautiful day in the neighborhood."



Tom Crowley and Therapy Assistant Robert Granvle take a cruise around the campus in the new golf cart.

AFRH-W October Activities

New Craft Spaces and Upcoming Arts And Crafts Events

By Lori Thompson, Art Specialist

Now that the Sherman move is complete, two new craft spaces will be opening soon. The new sewing center will open in room 6021. We also have a large storage room for our material and quilting frames. Thank you 6th floor Residents for voting this in!

The other space is in the front of the Ceramic Studio. This is where the arts and crafts library has been relocated, along with our crafting supplies. We have our new IKEA shelving up and it looks fantastic. Bright and cheerful. Come down and join us for a workshop. Thank you Ceramic Studio Residents for welcoming our displaced artists and crafts folks, as well as our supplies and books. Your kindness and consideration of them has made their relocation much easier to bear. Thank you for demonstrating that the "holiday spirit" can be shown throughout the year.

In mid-November, we will be hanging a new show at Ruffino's Spaghetti House in Arlington, Virginia. The restaurant has graciously given us exhibition space for another six months. Their food is as outstanding as their hospitality towards AFRH-W is. Please

visit them if you have the opportunity to do so. And don't forget to introduce yourself, as the owner, Robin, and his employees love talking with our Residents.

Mark your holiday calendars! We will be hosting an Open Studio Holiday Arts and Crafts Fair from 2:30 to 6:30 p.m., on Wednesday, December 7th, the day of the tree lighting ceremony. The Multi-Hobby Room in G206 and The Ceramic Studio in G408 will be open; several Residents and employees will also have tables set up in the Sheridan lobby. This event is open to Residents and employees. We will have many delightful, hand-crafted items, sure to please every holiday shopper.

Artist Colony Relocated

Hard hats became the official gear for AFRH-W Residents in the Artist Colony as they vacated the earthquake-ravaged Sherman building during the last four weeks. After days of sorting, boxing and moving, artists are now unpacking their new spaces located in various hobby rooms in The Sheridan. A special Thank You goes to Residents John Bednarz and Mimi Rivkin for their assistance with the move and for collecting all the art work throughout the building. Last week a Resident told me, "Once you are finished, no one is going to recognize you without your hard hat and cart!" I say, "Hurray! No more hard hat hair!"

Recreation Therapy Summer In Review

By Carol Mitchell

Autumn is here and the cold weather of winter is fast approaching. The residents of the King Health Center at AFRH have some wonderful 2011 summer memories to share...

*Lorton American Legion has been inviting the Residents of KHC out to their facility three times a year for theme luncheons with live music or a DJ. One of the residents favorite luncheons is Spaghetti Day.

*Magic Shows are always entertaining especially when the magicians interact with the residents and staff.

*The Greenbelt Dog Training exhibition is always a hit with the residents. The dogs with their loving owners/trainers perform a variety of skills and tricks.

*Throughout the year KHC is provided with musical entertainment of all kinds from around the nation.

*Casino Night was a big hit as residents tried their luck at Blackjack, Texas Holdem, Spin-The Wheel, and Roulette.

*Live hula dancers and Elvis - what more could you ask for at the KHC's "South Pacific Day Luncheon."



Sarah Kenan's Oyster Stew Shack is the hit of the party in Recreational Therapy.

*Residents enjoyed an afternoon at Chesapeake Beach in Calvert County, Maryland, including: lunch on the waterfront, slots, and a train museum.

*Resident Ida Simpson shoots some hoops at the KHC Sports Day while Resident Elliott Bronfman takes aim for a strike.

*The ALP Rhythm Band performs live.

Stone Soup Garden Judging Contest corrected results



Jerry Carter presents Jessie James with the 1st place award.



Chester Mahaffey receives the 2nd place award from Jerry Carter.

Bowling News from the Washington lanes

By Ed Crump

It's been three months since I have updated you on the bowling news in Washington. Ralph Wineland won bowler of the month three times in a row. In August, Wineland won bowler of the month by having a tremendous final week in which he finished in first place with five of his twelve points coming on the last day.

In September, Chuck Merlino took the bowler of the month honors with two first place and one third place finishes. Merlino averaged 172 during the month which is his best ever in the shoot-out competition. He tied a shootout record by finishing in the top four on six consecutive weeks during August and September.

Notable accomplishments in the shootout over the past three months was Willa Farrell who finished in the top four on seven different occasion. Willa has finished in the toup four on eighteen different occasions this year which is more than any other bowler.

Emil Byke is back on the bowling scene after three year lay off. Byke has finished in the top four six times in a twelve week period. We are glad to have Byke back on the lanes.

In closing it looks like Ralph Wineland is on his way to winning bowler of the year honors once again which would be his third year in a row. He currently has 90 points with Chuck Merlino in second place with 59 points.

A Day To Remember On Skyline Drive

By Nicole Chappell & Mary Catherine Murano

What do you get when you travel on the Skyline Drive, with 13 very determined AFRH residents? A journey to remember, of course! Despite all odds, the group set out Friday, October 14th braving the weather, intent on traveling along Skyline Drive. Miracles did happen as they encountered brightly colored leaves, bear crossings, and a dessert to die for!

For all you naysayers, this one's for you:

Submitted by Mary Tickner, Resident

The Ultimate was Reached on te Shenandoah Vally on Skyline Drive!

The WEATHER, beautiful

The LEAVES, gold, red, yellow

A black bear on sight,

The BUS, immense for our 3 voyageurs! Oh!!!

The SKILLED DRIVER:

On one side, farms over 1,000 ft. below,

Opposite side, the closeness of cliffs & hills.

The quiet observation of panorama by us 13 residents.

Never will it escape exaltation

Never to be forgotten-

The day after. HUZAZH!

Many thanks to Mr. Dickerson, Laura Fogarty, and the recreation staff for each of their parts in making the trip 'a go.' Go AFRH Recreation Team Washington!

'ON THE LIGHTER SIDE' A BIG HIT

By Christine Baldwin, AFRH-W Librarian

Several AFRH-W residents enjoyed a night of light poetry and funny jokes. George Smith got it started with "A Crazy Poem." This was followed by Naomi Plummer's "A Hillbillies Love Story," which was a big hit at an earlier poetry reading. "The Jabberwocky" was read by John Kershaw, who also explained what it meant! Ida Emily Simpson's "On Drinking" was an original poem read by Christine Baldwin, who also read the original joke, "Who is that 250 year old man?" written by Ronald Jackson. John Miller had the group in stitches with his drawing and reading of the poem, "Why I Can't Come to Work Today." A deadpan Paul Grimes told some dog jokes and recited, "My Dog" for comic relief. The evening ended with Patrick Goldsworthy playing "Taps" on his harmonica. A very thoughtful ending to a wonderful program.

Employees and Residents enjoy a great afternoon of food and games



Karen Williams, Linda Southerland, and John DiFilippo enjoy beautiful weather and good food during the afternoon picnic.



Ana Graham receives well wishes from Martha Williams on her retirement before the picnic begins.



Russell Smith gets all the fixings for his burger.

2011 Fall Games

By Sean Campbell, Recreation Services

The weather couldn't have cooperated more as AFRH-G held its Fall Games for residents. Over 30 residents competed in several events ranging from Bocce and Shuffleboard to Bowling and Basketball Free throws. One notable event had participants guess the time it would take to them walk around the outdoor walking track, and then they walked it trying to match their predicted time (without using a time piece).

Residents competed in the games for points and special embroidered shirts, but more importantly it proved to be a fun time for the participants and it encouraged physical fitness and social interaction for residents. Recreation staff are pleased with the participation for the first year of being opened, but are also hopeful that interest will increase as time moves forward and new residents become more acclimated to their new Home.

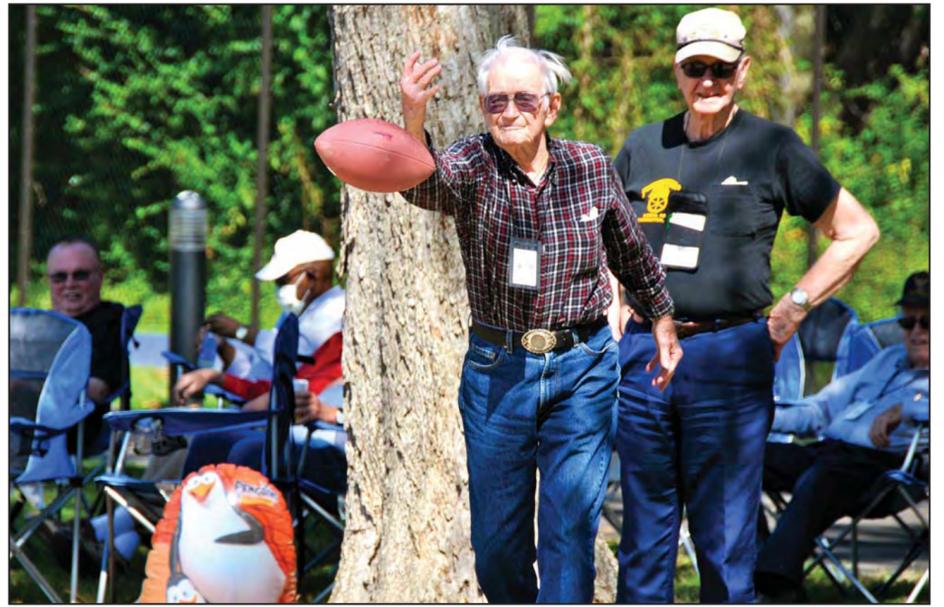


Sean Campbell (center) watches as Jim Grant shoots the ball during the basketball toss. Bill Long stands ready to catch the rebound.

2011 Fall Games Results:

Overall Winners

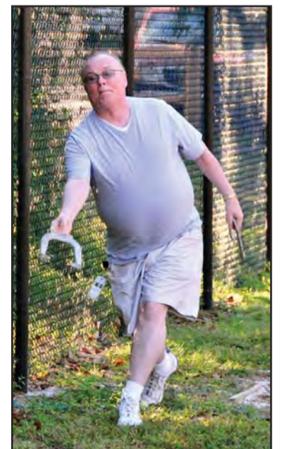
Ladies	Men's 76 & Under	Men's 77 & Up
1st Gerry Gorsky (48)	Jack Peterson (43)	Wayland Webb (36)
2nd Jean Rhizor (39)	Snuffy Smith (41)	Harry Rhizor (31)
3rd Doris Jones (26)	Ernie Fowler (27)	Ray Gischia (28)



Bill Long tosses the football during Fall Games competition as Buren Noel waits his turn.



Ernie Fowler takes his turn tossing the football.



John Peterson tests his skills in the horseshoe toss.

AFRH-W hosts 54th Annual Antique Car Show



Top car! David Watkins (passenger) rides in the traditional parade of cars around the Washington grounds in this Lincoln Continental. This Lincoln outshined the rest of the field and took top honors at this year's show.



Esker McConnell and Billy White check out the engine of this Chevy Chevelle.

By Nicole Chappell and Mary Catherine Murano

Despite chilly weather and overcast skies, history was made once again as friends and followers gathered for the 54th Annual Classic Car Show at AFRH-W on Oct. 2. The threat of rain did not deter returnees and first timers from jockeying for a position to display their prized possessions while DJ Billy White spun such classics as My Little Duece Coupe, Runaway, and 409. Enthusiasts enjoyed watching the Model T club assemble their likeness in 15 minutes while announcer Erwin Mack gave everyone a brief history of highlights of the Ford Motor Company's accomplishments in the past 100+ years. Did you know that early production of the Model T came in a color other than black? Blue to be exact, which was enjoyed by everyone who attended this year's event.

Sunday showcased several vintage cars from an era gone by. In addition to the 1909 Ford Model T Touring, autos from the 40's, through the 90's could be found gracing the grounds of the Armed Forces Retirement Home. Judges Dave Watkins, Esker McConnell, and Dave Browne had the difficult task of selecting winners in seven categories. Highlights of the event included presenting the Director's Choice Award to Dan Murray for his '57 Lincoln Continental Mark II, and seeing the 25 or so residents come out and brave the weather to cast their vote for Residents' Choice Award.

It was a perfect ending to an enjoyable day as all entrants joined in the parade of cars led by Director's Choice winner Dan Murray, as he began the procession toward LaGarde where residents waited to catch a glimpse of the automobiles that were once a part of their generation.

The support for this event was tremendous and ensured its success. Many thanks to the following organizations and people for their assistance throughout the day: The V-8 Club for lending sponsorship support; The Model T Club for the demonstration; AAFES for cookout support; the CUA football team for set up and breakdown; the CUA ministries for handling registration; DAR and CAR (Daughter's and Children of the American Revolution, respectively) for manning the refreshments table; Dave Watkins Director, AFRH; Judges Dave Browne (DAVE!) and Esker McConnell; DJ Billy White for spinning winners; Laura Fogarty, Recreation Director for her guidance, patience, and support; Susan Chubb and Ruby Bloomer for taking care of participants; and AFRH Security for their role in assisting with the event.



Waving to the crowd this passenger is enjoying his ride in a Ford Model T around the grounds.