

AFRH-G honors veterans on 11-11-11

Veterans Day celebrated with Community Day

The AFRH-G celebrated Veterans Day this year by hosting a Community Day on Friday, Nov. 11, 2011. The day began at 10 a.m. with residents, staff and guests gathered around the flagpole for a short ceremony that honored all veterans, past and present. Special guests of honor were Rear Admiral Jonathan White, Chief of Staff, Naval Meteorology and Oceanography Command, Stennis Space Center, Miss., and Gulfport Mayor George Schloegel. Others participating in the day's events included the Harrison Central High School's band, West Wortham Elementary History Club, the K9 team from the Harrison County Sheriff's Department, the 334th Training Squadron Drill Team and the ROTC Unit from Yazoo City, Miss. Resident volunteers tour guides led guests through the building to see the different areas. Resident artists as well as several community artists had display tables set up in the hallways showcasing their artwork and outside, military vehicles were on display for all to see. The dining hall served up a delicious meal at lunch, with three serving lines to keep the crowds moving quickly.

Many thanks to the Navy and Air Force volunteers that helped make this event such a success.



On Friday, November 11, 2011, a color guard from the Naval Construction Battalion Center post colors to start Community Day at the AFRH-G.



A student from the History Club at West Wortham Elementary School interviews Robert Maylor during Community Day. History club students used Community Day as a way of meeting and talking with residents about their experiences in the military.

Engineering Independence

Groundbreaking kicks off the "new" Scott construction

AFRH hosted a groundbreaking ceremony on Thursday, November 3, 2011, for a new building located on the grounds of the Washington facility. The groundbreaking ceremony was held in the presence of Deputy Assistant Secretary of Defense (Military Community and Family Policy)-Robert Gordon, III, Administrator of the General Services Administration (GSA)-Martha Johnson, the new AFRH Chief Operating Officer (COO) Steven McManus and more importantly over 100 retirees and veterans of the Home were on hand for this significant event.

The new "Scott" building will feature "right-sized" activity spaces, Health and Wellness Center with medical, dental and optometry services plus housing for long-term care and memory support. The 171,000 square foot facility will include an energy efficient structure designed to current building codes and in compliance with the latest standards and practices in senior care design. AFRH Chief Operating Officer Steve McManus remarked: "This is an especially gratifying groundbreaking because it marks yet another milestone for AFRH to move towards our Person-centered care philosophy for all residents."

The General Services Administration has been a key partner in moving AFRH into the future. Administrator Martha Johnson stated, "GSA is honored to have the opportunity to once again oversee construction on the grounds of the Armed Forces Retirement Home." GSA is responsible for providing expertise in the Leadership in Energy and Environmental Design (LEED) certification for all new government buildings. The new "Scott" building is currently on track to receive a Gold certification when the construction is completed.

Secretary Robert Gordon III was the keynote speaker for the second time in less than a year at the Armed Forces Retirement Home. In November 2010 Gordon was on hand to help open the Gulfport facility along with new residents of the facility and activity duty members from the Gulfport, Miss., area. Secretary Gordon said, "It is fitting that we have this groundbreaking during Military Family Month, but more important we are a week away from observing Veterans Day in honor of you. You are forever part of the military family and we thank you for your service." Gordon also stated, "this is not merely a new building but a modern facility with several amenities and health care service that are consistent with a Continuing Care Retirement Community (CCRC)."

The construction of the Scott building is on schedule to be completed in late fall of 2012. AFRH is on track to have this new facility full operational by February 2013.



Participating in the groundbreaking ceremony for the new Scott are, from left to right, Deputy Assistant Secretary of Defense (MCF & P) Robert L. Gordon III, GSA Administrator Martha Johnson, Project Manager Hensel Phelps Andrew George, Jacobs Engineering East Regional Vice President Ed Pogreba, Principal Architect DiMella Shaffer-John Becker, AFRH Chief Operating Officer Steve McManus, AFRH-W Resident Advisory Council Chairperson, Esker McConnell.

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

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Become a resident today!

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

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

- 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>



AFRH-G Veteran Highlights Army career gave "Goldie" opportunity to play music

By Ruby Woods-Robinson, Librarian, MSLS

One of the most talented people I have ever met is Retired Master Sgt. Bernice 'Goldie' Goldstein, Conductor of the 14th Army Band (WAC) from 1972 to 1975. Before 1972 she was Assistant Conductor for eight years. "Goldie" plays for the AFRH-G monthly, for all of the birthday dinners and special events. Those of you in Washington know Goldie as the keyboarder who played beautiful music for you for over nine years.

Goldie also developed the Army Music Library at Ft. McClellan, Ala., and she planned all the musical arrangements for the band.

Goldie is always making everyone happy with her music. As a child Goldie played all kinds of musical instruments, any that she could get her hands on. She started early in life singing in all of the school choirs in White Plains Elementary through senior high school. Her first instrument was a French horn, given to her by gentlemen who played with the New York Philharmonic Symphony and owned a Musical Instrument Store in her Neighborhood. This gentleman gave her free lessons because of her interest in music.

Goldie comes from a talented family, her mother played the violin and her brother plays several instruments as well. Like most of us, Goldie had some hard years during her childhood when there was little money for such things as

music lessons outside of school. However, Goldie was fortunate enough to live in an area with many musicians who recognized her talents and helped her. She also honed her skills by continuing to play in as many bands and chamber groups as she could. Seldom was the time when she wasn't the youngest in the group. At the age of 15, Goldie was invited to play the French horn in the West Chester Symphony Orchestra.

One day, as Goldie relates it, she noticed a piece of paper lying on the floor. She picked up the paper with the intention of throwing it away when she read these words, "Woman's Army Corp Band" printed on it. Almost immediately (or at least as soon as she could) she went to the nearest Army Recruiting Office and told them, "I want to play in that band."

February 1952 her dreams came true. When Goldie heard that band play she knew that she wanted to be a member. With her self determination and her positive thinking, she knew she could make it. She auditioned to be in the Women's Army Corp Band. Not only did she audition, she played the French horn, String Bass, and Drums, also a Saw.

Goldie played with Dance Band, Concert Band as a feature Drummer, Dixie Land Band, a member of a number of small jazz bands playing the Drums.

Goldie was also the best Shimmies Dancer in the Army Corp Band. Goldie denies this but she could dance better than anyone in the band. She has performed at President Eisenhower, President Kennedy and President Johnson's Inaugural Balls. She has also entertained distinguished members of Congress and the Senate and at the White House many times.

The greatest thing that happened to Goldie was joining the Army, where all of her dreams and fantasies were realized. She did so many things in the service that she would never have done, being just a musician. Goldie says that most musicians love the same things and thus are a very close knit group. She says that this seems especially true with the WAC Band since they still get together every two years for their reunions and concerts.

Goldie is not only musically talented she is also a former tournament swimmer, ping pong player, basketball star; she was and is very competitive.

The AFRH has provided her an opportunity to play the Keyboard, and she is grateful to Laura Fogarty, who asked her to play for a July 4th activity years ago. This gave her an opportunity to keep up with her music. She's been playing for AFRH ever since.



Bernice 'Goldie' Goldstein

AFRH-W Veteran Highlights

Esker McConnell recalls 22 years as a soldier

By Christine Baldwin
AFRH-W Librarian

Esker joined the U.S. Army in September 1963 and went to Ft. Ord, Calif., for Basic Training. He was supposed to finish around November 22, but two things happened; Kennedy was assassinated and Esker got the mumps. When he went for Advanced Training, he only stayed one week because he knew everything for his MOS. In his 22 years of military service, he was stationed three times in Germany, once in Korea and had several home assignments. When asked which one he liked the most, Esker said they all had highlights, but the first assignment in Frankfurt, Germany, has the best memories. His first 10 years he spent in Finance; auditing and performing quality assurance measures. The last 12 were in the Army Equal Employment Opportunity area. Here he dealt with the integration of women into the military. After receiving a history degree from the University of Maryland,



Esker McConnell

Esker retired and worked as a substitute teacher in California. His last two years were with the Census Bureau. In both places, his experience in the Army made him a natural leader. Esker came to AFRH in September 2004. He became the RAC chairman in December 2007; a job he very much enjoys because he gets to meet so many different and interesting residents.



Esker McConnell in 1975 at Ft. Richey, Maryland, being promoted to Sergeant First Class. He retired from the Army with 22 years of service.

Message from the Chief Operating Officer



Hope everyone is doing well and getting ready for the holidays. There is lot going on at the Armed Forces Retirement Home. Last month I reported in detail on the Commission

on Accreditation for Rehabilitation Facilities (CARF) recommendations for AFRH-W. This month I would like to do these exact same regarding our CARF survey held in Gulfport this past October. We are very proud of the leadership, teamwork, support and dedication during the surveys conducted at both facilities.

Once the survey was completed in Gulfport the survey teams provided us with an initial out-brief of their findings. Even though these findings are from the out-brief and not the final report it allows us to start working on their recommendations immediately. Just as in Washington the Gulfport facility will submit a Quality Improvement Plan 45 days after the final report is received.

The CARF survey team has a very detailed survey process that focuses on the overall Continuing Care Retirement Community (CCRC). The survey team in Gulfport reviewed the following areas.

Management and Staff:

-The management team appears to conform to standards, recommendations and process improvement easily.

Financial Planning and Management:

No recommendations
-Documentation supports no debt

-Safeguarding funds
-Operating ratio good
Legal Requirements:
Recommendation: Guidance regarding serving subpoenas and search warrants.

Risk Management: No recommendations

Technology: No recommendations
-Good written plan and good technology support from partners.

Aspire to Excellence: No recommendations

-Transportation: Recommendations
-Additional safety checks in ground transportation that is provided by the facility. This should include a daily checklist that is maintained in all vehicles.

-Accessibility for Resident requiring additional travel assistance.

-Communication device for all drivers (cell phones or radios)

Rights of Persons Served: No recommendations

Care Process for the Person Served: Recommendations

-Provide the written philosophy of health and wellness. Need to get the philosophy out to all levels of Residents and staff.

Program Specific Standard

Long Term Care: No recommendations

Food services: Recommendations

-Provide more information on the menu regarding calories and sodium intake

-Increase hand sanitizers upon entry and in the dining facility

Mission core values: No recommendations

-It is very evident that there is strong relationship between the staff and Residents.

-It is evident that the Washington leadership provides Gulfport with the necessary tools to succeed in every aspect.

-The Wellness Center area is very impressive with 24-hour response time to Residents.



Members of the AFRH Local Advisory Board are briefed by Chief Operating Officer Steve McManus during the board meeting held earlier this month at the AFRH-W.

Governance: Extremely effective Recommendation
-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.

Strategic Integrated Planning: No recommendation

Input from Persons Served: No recommendation

Volunteers: Recommendation
-Provide assistant in volunteer performance

Informational management: Recommendation

-A lot of data is gathered and it needs to be analyzed for use

Performance management: No recommendations

Human Resources: Recommendation
-Training on borderline. Look at additional options.

Accessibility: Recommendation
-Look at using Capital Improvement funding for low vision tools.

I am very pleased with the out-brief that was provided by the CARF surveyors. Each facility is now in the process of reviewing and developing a Quality Improvement Plan to implement the recommendations. We are dedicated and committed to improve the quality of life for all Residents we serve and this type of survey allows us to establish patterns of excellence.

In the middle of November an AFRH Advisory Board meeting was held in Washington. As a whole we received excellent feedback from board members ranging from Risk Management to Health Care Services. Staff members and the Resident Advisory Council (RAC) Chairpersons from both facilities briefed the board in the following areas: CARF surveys, Suicide Prevention, Process Improvement, Scott Project, Human Resources, AFRH IG update, CARF surveys, Earthquake damage (Washington facility), Community Day & Military Volunteers Day and the RAC roles and involvement in their community.

Next month I will discuss new Green Initiatives we will be pursuing in 2012.

Happy Holidays!

Steven McManus

THE FLU SEASON

By Dr. Sissay Awoke, AFRH Medical Director



According to the Centers for Disease Control, contraction of the flu by older adults can be serious, even a deadly event.

Deaths from flu related causes average about 23,600 annually. Admission to acute

care hospitals due to serious flu complications is more than 200,000 per year. Ninety percent of flu related hospitalizations occur in people 65 years and older.

The flu vaccine protects the body and prevents the spread of the flu to other individuals. It is recommended that individuals get the flu vaccine as soon as it becomes available because it takes the body about two weeks to build up immunity. The immunity lasts throughout the entire flu season.

Inaccurate concepts about the flu vaccine include the following:

- Flu vaccine causes the flu. This is false.

A flu vaccine cannot cause the flu because the flu vaccine contains inactive (killed) viruses.

• Getting vaccinated against the flu early in the season poses a risk that immunity may wane before the end of the year. This is false. Seasonal flu vaccination provides protection against the influenza strain contained in the vaccine throughout the influenza season.

During the flu season, a person should take daily preventative measures, including:

- Avoid people who are sick with the flu
- Stay home when ill
- Wash hands often
- Cover mouth when coughing or sneezing

- Avoid touching eyes, nose, and mouth
- Remain physically active
- Get plenty of sleep
- Drink plenty of fluids and eat nutritious foods
- Seek medical assistance if seriously ill.

The ideal way to avoid the flu is to get the flu vaccine, which protects an individual from seasonal flu. Get your flu vaccine without delay!

And Then We Climbed INTO The Camera...

By Lori Thompson, Art Specialist

When the Metabolic Studio truck pulled up, we could hardly contain our excitement as steps were placed for us to enter the camera. Mr. Whittle wondered aloud what I had gotten him into this time...Built from a 20 foot shipping container in Los Angeles, the Liminal Camera is an enormous pinhole camera with a fully functional B/W darkroom; complete with AC, ventilation, water pumps, and drying equipment, all solar powered. After a brief how-to run down, we were driven around campus in the camera, to search for a shot. "It is more 3-D than real life!" Mimi Rivkin exclaimed. Using a radio to direct the driver, we lined up a shot of the Lincoln Cottage. Next a large metal backboard, that the film was attached to with magnets, was moved along tracks until the image was in focus. We made a test strip for timing the exposure and then we climbed down into the shot. Afterwards, we got back into the camera and developed the 12' x 4' negative. "This is amazing!" said John Green, as we watched the crew unroll the image. The crew made prints and hung them in the Ceramic Studio to dry. Charles Felder said, "This is the best thing I've ever

experienced here!" The photographs will be exhibited in Los Angeles and will then tour the nation in 2012. A film was also made of the workshop. It was shown at the Smithsonian's Hirshorn Museum on November 12-13th, as part of Metabolic Studio's Tribute to Veterans. One print will be given to AFRH-W. On Tuesday, November 15th, the camera was brought back to AFRH-W so that our Veteran guests from Chelsea Hospital in England could climb aboard for a tour of the campus. What a delightful surprise! Thank you Metabolic Studio/artists Guy Hatzvi, Rich Neilsen, Josh White and Tristan Duke for this unique opportunity for our Veterans!



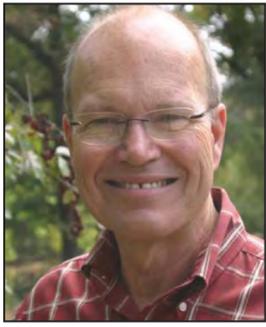
Photograph courtesy of Josh White, Metabolic Studio

Eighty-Foot Flag Raising

By Lori Thompson, AFRH-W Art Specialist

On November 11th, Veteran's Day, Metabolic Studio hosted a flag raising in front of the Capitol Building in tribute to America's Veterans. AFRH-W Resident Charles (Chuck) Felder assisted in hoisting the eighty-foot flag. As the crane slowly lifted the flag, the wind billowed it gently and everyone stood back in awe. The flag unfurling was truly majestic. A video of the event may be seen on YouTube and it is posted on Metabolic Studio's website. Photographs of the event were taken with the giant liminal camera and displayed in the Smithsonian's Hirshorn on November 12th and 13th.

From the AFRH-W Director



The delegation from England was a delightful representation of the leadership and the Pensioners of the Royal Hospital in Chelsea. I was fortunate to have spent time with them and the

His message was truly remarkable and it was obvious that he is a follower of God.

Colonel Lucas shared with me that of their stay with us, the part they enjoyed the most was their ability to participate at the Tomb of the Unknown, on Veterans' Day, following President Obama's speech, in laying a wreath at the Tomb. Our friends from the Royal Hospital were the only group that day that marched in to a verbal cadence to lay a wreath. I was proud of our friends from England. They looked smart.

One of the Residents, Ms. Catharine Deitch recently had a total hip replacement. Following the surgery, she had a short stay at the National Rehabilitation Hospital, and then was discharged back to the Armed Forces Retirement Home in the LaGarde Building. Catharine truly enjoyed her time at LaGarde and told everyone how thankful she was. And she told everyone about the great care she was given. She has since returned to her home in the Sheridan and she continues to talk about the great people and care she had at LaGarde. Not all people who have a short stay in LaGarde see it in the same light.

It is interesting to me how people see things so differently. By and large, I see a more positive side in almost everything, where as Sue, my wife, sees it from a different angle. Who is correct? Is she or am I? As much as I would like to be correct, especially with Sue, I don't think that can be determined as there is not a correct answer – we see things differently because we are different people, that's all. Rick Heath, the Director from the AFRH in Gulfport and I have the same positions in our respective places and wow, do we ever see things from a different

Residents from the AFRH who will participate next year. The arrangement of our two "Sister Facilities" is a first-rate endeavor. All involved had a very busy eight days. Thank you to Laura Fogarty and Chuck Dickerson for the enormous amount of time spent creating an excellent program.

On Sunday, 13 November, we all participated in "Remembrance Sunday" at St. David's Church in the District. It was a brilliant experience. Representatives and military officials from the governments and the Embassies of New Zealand, Australia, Britain and Canada were in attendance. "Remembrance Day" takes place on our Veteran's Day, and the Sunday following is a very special experience for those of British ancestry. The music during the service was magnificent as they love to sing heartily and so do I. During the service there was a two-minute silence that seemed to me to be very long. I didn't understand the significance until Colonel Rupert Lucas clarified for me that the two consecutive minutes moment of silence at 11:00 a.m. is a sign of respect in the first minute for the roughly 20 million people who died in the war, and in the second minute dedicated to the living left behind, generally understood to be wives, children and families left behind but deeply affected by the conflict. Dr. Toby West, former Secretary of the VA and the Army spoke for approximately 12 minutes.



A Pentagon tour was one of the highlights during the Royal Hospital Chelsea visit to the Washington, DC area.

point of view. There is no wrong in that.

Being grateful and thankful is a choice or is a learned attribute. The attitude of being grateful is not the same as a difference of opinions. Because we each have a different make up and experiences, we never will agree with anyone in everything.

The choice of being thankful brings benefits to us. It's healthy. Not being thankful is detrimental.

For example, across three experiments, Robert Emmons and Michael McCullough (2003) found evidence that the experience of gratitude leads to positive psychological, physical, and social outcomes. In these studies, the researchers randomly assigned people to a gratitude condition or one of a few control conditions. Participants in the gratitude condition were asked to spend a few minutes thinking about and listing what they were grateful for. Participants in control conditions contemplated and listed other (non-gratitude related) life experiences. Depending on the study, participants engaged in this gratitude or non-gratitude reflection task weekly (for a

total of 10 weeks) or daily (for a total of 13 days). Further, participants completed a number of other questions relating to psychological functioning, social functioning, and physical health. I will briefly summarize the findings.

The participants were asked to think about what they were grateful for, compared to control condition participants, experienced greater levels of optimism, positive mood, and feelings of belongingness over the period of the study. That is, experiencing gratitude promoted psychological well-being. Further, in one study, these participants reported fewer physical illness symptoms. This suggests that gratitude may also promote healthy living. Also, these participants were more likely to report helping someone with a personal problem or offering emotional support to others. In other words, gratitude may also motivate pro-social or moral behavior.

The take home message is that being grateful is good for you and those around you. So on Thanksgiving, be sure to take a little time to actually be thankful.

David Watkins

Notes from the AFRH-W

Chairman, Resident Advisory Council



Well, the visit of the visitors from England has come and gone. And from all reports that I have received things went well. I want to take this opportunity to thank all involved in the selection process for the work they did in that process. For

those selected you are now the face of the Armed Forces Retirement Home Washington. The way you put that face forward will give others their impression of the Armed Forces Retirement Home Washington. Good luck on your trip to England now scheduled for November 2012.

There are several things that the Resident Advisory Council has been invited to take part in during the next few months. The first

of these will be what might end up being called "the SWAP program." This program, in its basic form, means that if a Resident of the Gulfport home and a Resident of the Washington home establish a wish to swap their rooms then, after the payment of a fee to be determined, dates will be established so that each Resident will just move from one room to another. No cost to the government or the home would be incurred by this move as all costs (travel, household items, automobiles or other POV's) would be borne by the Residents. Now does not that sound easy? Sure it does! And that is why a new Home Regulation must be written to cover as many of the points that might come up. As I understand the function of the RAC in this program it is mainly to maintain the list of individuals who might wish to be SWAPPED. Further information on this program will follow.

Another new program is one that might be called "Friends of AFRH" and this is basi-

cally a group of people who live around the home who would be involved in certain programs around the home and also be involved in fund-raising for the home. This group which is in the planning stages has the ability to forge new bonds of friendships between those who live outside the boundaries of the home and Residents of the home. The first program that this group has asked to be involved with is the Christmas tree lighting ceremony. Those Resident of the home who wish to be involved with this outreach program are encouraged to let the RAC Chairman or the volunteer coordinator know of their desires.

Finally the RAC has started an accessibility committee whose main goal is to ensure that as many things around the home that cause problems for Residents who have vision, walking or other problems that keep them from accessing programs, services, or individual areas are looked at with the point of view of making them useful to all Residents. Now that I have started this committee I am looking for a Resident to serve as Chair-

man of the committee. Those who might like to be the Chairman please let me know.

And now a final word about some things that are not going on so well at the home. The first has to do with the wearing of certain items of clothing in the dining hall that are not allowed as per guidelines outlined in the Resident Guide. I do not want to go into the specific items but understand that there are certain standards that each Resident should follow. Some of the clothing worn really looks bad, and would have not been allowed while you were on Active Duty. Secondly I have noticed an increased non-wearing of the home badge by certain Residents. I guess those who do not wear the badge have their reason for not wearing the badge but the badge must be worn at all times while out and about the home. It could be that these Residents feel that they are above following the rules. Maybe if other Residents just shunned those who do not follow the rules, the rules would be followed.

Well that is all; except to say that when you see a new Resident, just say "Hi."

Esker McConnell

Congressional Gold Medal recipient

On September 21, 2011, the U. S. Congress passed the Concurrent Resolution to award the Congressional Gold Medal, the highest civilian honor bestowed by Congress.

AFRH-W resident Minoru Nagaoka was awarded the Congressional Gold Medal on Wednesday, November 2, 2011, at the U.S. Capitol for his service with the 100th Infantry Battalion, 442nd Regimental Combat Team and Military Intelligence Service.



'IT ONLY TAKES A MINUTE' EVENT

By Christine Baldwin

On Saturday, November 12, the AFRH-W Speak Easy Culture Club put on a production recalling the earthquake that hit the home on August 23, 2011. Calm soothing music, followed by the song, "What's Going On?" prepared the audience for the event. Resident George Smith started by reenacting his "moving" adventure at the sewing machine on the 3rd floor of the Sherman building. A frightening excerpt from Margie Asper, who works in Security near where some of the facade fell down, was shown via videotape.

Next, an audio account from resident Roger Davison telling his cans not to fall off a cabinet had all the audience laughing, especially with the special effects of the cans saying back to him "Are you talking to me?" Billy Ray White, who organized and played the music for the event, told his story of observing the great efforts the staff made in evacuating the Sheridan building. Videotaped presentations from Adam Reza and Angela Karabatos, from Resident Services and Liz Garris and Cleophus Snow, from Food Services, gave the staff prospective of the earthquake. Next, Esker McConnell, RAC Chairman, gave a tribute to everyone who helped, not just during the earthquake, but also after, with making sure that everything kept going as smoothly as possible. Chuck Dickerson, Chief of Resident Services, summed up the morning with heartfelt words of gratitude. A poem by resident William Sorince said it all with his last line reading "Some people had experiences with earthquakes...This was my first and I hope the last".

For a finale, Billy Ray played "Shake, Rattle and Roll" and had everyone up and dancing. Special thanks to Antoinette Ford of the Double Nickels for writing and directing the skit and to Carolyn Weber, who organized all the volunteers and prepared the props!

From the AFRH-G Director



The days on the calendar are zipping by and here we are only one short month away from 2012. My how time flies when you're having fun. And what a month we've had!

We started off this month reviewing the notes and comments from the CARF accreditation survey that was held the last week of October. Everything went very well thanks to the wonderful team of staff, residents and volunteers we have working together at the AFRH-G. The Chief Operating Officer, Mr. Steve McManus, covers the details of the inspection in his column this month so I won't elaborate except to tell everyone how proud I am of what we have been able to accomplish in the past year. Kudos to you all.

On Friday, November 11, we held our first annual Community Day and from all the feedback I have received from residents, staff and guests, it was a resounding success. The weather was perfect for the outdoor events and inside, guests received tours of the first floor and enjoyed a delicious lunch. We look forward to honoring our residents and all south Mississippi veterans, both active and retired, every year on Veterans Day by hosting such an event.

I hope by now that everyone has had a chance to view the Veterans History stories being broadcast on The Resident Channel. In the video, entitled, "Veterans Stories - Opening the Doors to the Past," three residents (Bill Parker, Lou Boyles and Patrick Kane) share their personal experiences in the military... where they served, what job they did, what it means to them now. All three stories were well done and very heartfelt. Cable One is airing

the segment on their local network in addition to our in-house station. They will be back out next month to do more interviews so please, if you haven't contacted our PAO yet, do so now. This very worthwhile project connects the generations and preserves our veterans' history forever.

Last week we had our first two residents exchange rooms between campuses as part of the Room Exchange Program. Stanley Sagara (now in Gulfport) and Julio Aragon were part of a pilot program where a resident can locate another resident that is interested in relocating, at the residents' expense, to the other campus. For those interested, more information will be forthcoming when the program's procedures are finalized with instructions on how to be part of the swap program.

If you spend much time outside walking the grounds you may have noticed a construction site over on the east side of the building, beyond the bike shop and thrift store. We are building a pavilion for smokers. Our effort to be green (energy efficient, environmentally friendly) requires us to be completely smoke free under the building's footprint, which includes the parking garage. With the addition of this designated smoking area and another one on the west side of the building to be started soon, we can accomplish this goal. The pavilions are aesthetically pleasing and easily accessible.

As most of you can attest, we have an amazing group of employees here at the AFRH-G. Earlier this year we put into place a means by which residents can recognize employees that go the extra mile when performing their jobs. Here are comments we received last month:

Darci - Housekeeping: 5 compliments - outstanding job cleaning my room.

Barry James - Housekeeping: 5 compliments - outstanding job cleaning my room.

Shirley Carter - Housekeeping - outstanding job cleaning my room.

DeOrbony Holloway - Housekeeping - outstanding job

Carolyn Cooper - Housekeeping - 3 compliments - excellent job, hardworking, cheerful

Mary Torries - Housekeeping, 3 compliments, takes pride in her work.

Cassandra McGowan - Housekeeping - always arrives on time with a smile. I know she is an asset to your operation.

Tony Sprinkle - Housekeeping - great job. Takes time to be sure all is right.

Robert Preston - Housekeeping - pleasant and cheerful. Usually cleaning by himself. Takes pride in his work.

Gary Darden & his Housekeeping Crew - great job cleaning amateur radio room.

Sonya Smith - Housekeeping - does outstanding work, great attitude.

Housekeeping Staff - 3 compliments - (A Tower - 4th floor and C Tower 7th Floor) - outstanding work.

Ida Sweiger - Housekeeping - efficient and excellent attitude.

Tony Wito - Dining - never complains, positive attitude.

Roger - Dining - grill master - outstanding performance and great attitude.

Stephanie Simnich - Dietician - spreading happiness and good cheer. She did so much for Irene Smith's going away party.

Kim Kamarat - Wellness - gives superb medical service.

Tabitha Riccardi - Wellness - patience and attitude of a Saint.

Cassandra Jones - Wellness - broken through red tape to get a lot done.

Adelina Hay, Recreation - excellent performance all the time.

Ruby Woods-Robinson - Recreation - 4.0 service.

Jonathan - CMI - Great Job, quick and efficient.

Cards are located in the mail room, so residents, if you are continually amazed at the job an employee(s) are doing, speak up. Have a very happy holiday season.

Richard Heath



Construction began last week on a smoking hut being built on the east end of the building. Another smoking hut will be built on the east side, just north of the pool, at a later date.

Notes from the AFRH-G Chairman, Resident Advisory Council



November 2011 has been another perfect weather month here on the Beach. Holiday Greetings to all those folks not fortunate enough to live here in South Mississippi.

The Resident count here in Gulfport this month is now 497. A "BIG" welcome to Mr. Stanley Sagara. He came down from AFRH-W under a test program to allow Residents to "Swap" rooms from one Home to the other. More details will be forthcoming on the swap program.

The Residents of AFRH-G enjoyed a Great Champagne Brunch on Thanksgiving Day. Fred and his TEAM of Super-Stars in the Food Service Department created another great "SUCCESS"! Fred, congratulations to you and your Team for another job well done! Also, thanks to the "Champagne Team" for the Mimosas, Poinsettias and Pallinis, YUM!!

On 15 November, 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"!!

I had the pleasure to be at AFRH-W on this Birthday Night event! It was absolutely delightful. I was pleased to dine with some of the Home's finest Residents, Corrine Robinson, Victoria Stewart and Mimi Rivkin, Great Folks and excellent dinner partners. The meal was superb, Roasted Sirloin, (so tender, I cut my entire portion with my fork), Baked New Potatoes, (very flavor full) and Steamed Baby Asparagus (as good as it gets). I also, had a piece of Baked "Pecan Crusted Rock Fish", wow, to die for!! I thought the meal was perfect and to find out the next, the meal is prepared in another area and brought to this location!! Double Wow!! Also prepared in a kitchen designed to feed 250 and ya'll are feeding approximate 500 folks regularly!!? Congratulations to the Residents of AFRH-W to be so blessed with that kind of staff and leadership! I have been thou rally impressed!

Now, some notes from the Military Memorabilia Committee. We are still 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 Marine Corp birthday celebration and dance was enjoyed by all on 11 November 2011.

The Resident Advisory Council met on the 8th of November 2011. Some of the actions taken were:

ANNOUNCEMENTS:

-Thanks for making this a Friendlier/Happier Home!! New Residents feel welcomed.

OLD BUSINESS:

-RAC received updates on all Committee Chairpersons.

NEW BUSINESS:

-RAC suggested the NEX hours allow for a longer Saturday and for a short period on Sunday.

-RAC approved floor rep appointments, Jim Ball B-5.

-RAC reviewed the Monthly Financial Report for September/October 2011.

-RAC approved a motion to recommend Breakfast hours be extended.

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

A Warm Welcome
Bill Parker welcomes Congressman Steven Palazzo to the AFRH-G on Wednesday, Nov. 9. The Congressman spent the morning meeting with residents and touring the home.



Gulf Coast Veteran's Day Parade

The AFRH-G was well represented at the Veteran's Day Parade held on Saturday, Nov. 12, in D'Iberville, Miss. Resident Sonny Scardino WWII veteran and his wife Laura provided the 1970 convertible Cadillac Deville. Riding on the back (from left to right) are Barbara Folk WWII Navy; Diana Dopp, Somalia, Kuwait, Desert Shield and Desert Storm - 20 year Navy Retired; Sally Manning WWII Navy; and BettyLu Dennis, WWII Navy.



Former Gulfport Mayor Brent Warr and his family pictured with the bench that was dedicated in his honor for his efforts to assist residents during and after Hurricane Katrina.

AFRH-G November Activities

Residents enjoy trip to Pensacola to see Blue Angels

After an early morning bus ride to Pensacola Naval Air Station in Florida, AFRH-G residents were treated to a rehearsal show by the Blue Angels. Though residents over their years have had several opportunities to watch the Blue Angels perform, the skill and expertise continues to amaze them and draw them back repeatedly. Following the performance, residents were taken behind the scenes to get an up close look at the equipment and meet the pilots. Blue Angel pilots made an extra special effort to spend some time with each resident and truly brightened their day. After a few hours in the National Aviation Museum at NAS and lunch in the Cubi Bar Café, residents made a brief stop at Veterans Park in Pensacola to view various memorials including the Pensacola Wall South, a replica version of the Vietnam Memorial. Overall, a long but very exciting day trip!

Doris Jones peeks inside the Fat Albert to get a look at the equipment inside.



Residents gather for a photo during their visit to see the Blue Angels.



Southern "Hockey"tality- When a person thinks of Ice Hockey, the Mississippi Gulf Coast is not often the first place that comes to mind. However professional hockey has been recruiting new fans for nearly a decade. The Mississippi Surge paid a visit to AFRH-G residents and brought along their most recent prize, the 2010 President's Cup Trophy. Players and coaches mingled with residents in preparation for their upcoming trip to watch the Surge take on the Pensacola Ice Flyers at "Military Night," the teams' salute to veterans. Here, Thomas Lynch (center) is pictured with the team.

Nick Visits with Hunter the Dock Jumping Dog

By Susan Bergman, MT-BC, Recreation Services

On November 10, 2011, Nick Volz and his Lab/Great Dane Dog Hunter came for pet visits with residents at AFRH-G Independent Living and Valor Hall / Assisted Living. Hunter is known at AFRH for his amazing tricks! He loves to play dead, give hand shakes, and wait to grab food that is resting on the top of his nose. Hunter is also known as a Dock Jumping Dog for his ability to jump from a pier into the water at a range of 21 feet. He has won and placed in several competitions for the longest jump measured from the end of the pier to the end of his tail - 21 feet - amazing! You have to measure from the back of the tail due to the different sizes of dogs that enter the dock jumping contests. Hunter's owner Nick Volz is a volunteer from Keesler Air Force Base. He teaches air traffic control, and has recently been accepted to officer training in Alabama followed by training in Florida. Nick will be trained for Air Battle Management. We salute you Nick and are greatly touched and blessed by your many hours of dedication to the Armed Forces Retirement Home. You will be truly missed!



Hunter shakes hands with his owner Nick Volz as residents enjoy the show.

AFRH-G Residents Take a Trip back in time

AFRH-G residents took a trip back in time as two different bus trips transported them to the medieval times of chivalry and honor during the middle ages and Celtic heritage. A visit to the annual Ocean Springs Renaissance Faire allowed guests the opportunity to sample period dance and rituals including dance, arts, and live jousting and sword fights. A second trip to the Annual Scottish Highlands & Celtic Games Festival in Gulfport proved to offer even more historical perspective with cultural food, dance, art, and amateur Scottish athletics events.



Halloween takes over AFRH-G

Staff and resident alike took part in Halloween festivities all day on Friday Oct. 28. The day kicked off in the morning as Director Rick Heath attempted to give feedback on the recent CARF survey without being distracted by the room full of witches and other unique costumes by staff. Later that afternoon, a costume contest was held during the Liberty Call Dance for both Staff and Residents. Staff results for the contest were: Shelly Thompson (Scariest), Joe Dichiaro (Funniest), Rebecca Capps (Most Original). Resident winners were: Sonny Scardino & his wife Laura (Scariest), Barbara Folk & Sally Manning (Funniest), and Marion Ritchie (Most Original). It was a fun day and a great program bringing together staff and residents.



Sally Manning, Barbara Folk and Marion Wolke went all out for the Halloween party at AFRH-G on Oct. 28.

Sharing Our Talents

By Susan Bergman, MT-BC, Recreation Services

On November 11, 2011, P.J. Johnson shared his talents with volunteer Lydia Snell and AFRH Valor Hall resident Bill Cleveland. With curiosity, we asked P.J. to show the projects he has made in the AFRH-G Wood and Hobby Shop. He smiled, stretched out his carved wooden chain, and teased saying..."I could lock you up if you aren't being nice." He explained the chain, the length of wood when begun, and the patience involved to create this work of art. He shared new projects, wooden locks, trains, and vehicles with precise detail. He left us puzzled not knowing how he had carved a piece of wood in the shape of an arrow through the center of a golf ball. Keep us thinking P.J. and thanks for sharing your talents!



P.J. Johnson holds up his carved wooden chain. PJ and other resident artists had their artwork on display during Community Day held on Veterans Day.

AARP Safe Driving Class

Fifty AFRH-G residents recently participated in an AARP Driver Safety Class courtesy of AARP. This year during the month of November, in recognition of Veterans Day, all program fees were waived by AARP for Veterans and military retirees. Completion of this course provides valuable information and knowledge about driving tips and safety. Certification also allows helps provide lower insurance premiums in many instances.

Have a wonderful, safe and happy Holiday Season!

AFRH-W November Activities

Veterans Day like no other!

*Dear Veteran,
I wanted to take this opportunity to thank you for your service to our country. You gave America the freedom it needs and we all thank you for doing this. One day I want to be just like you and serve my country the way you did. Everyday we honor you for serving our country and giving us freedom. We will always honor you and all the other people who have served in the military or people who are still in there because you guys risked your life to give America the freedom it needs. Thank you for everything you have done to help our country.*

*Sincerely, Alex
Junction Elementary School*

By Carolyn Weber

The gratitude expressed in Alex's letter was visible at the Armed Forces Retirement Home over Veterans Day Weekend with an outpouring of 400 volunteers from across the country to help support projects and activities for our Veterans. Volunteers from Omega Psi Phi, Knights of Columbus, Metabolic Studio Los Angeles, People to People Student Ambassadors, Howard University Army ROTC, Catholic University, PenFed, AAFES, Greater DC Cares, Accenture, Military Order of Cooties and Military Families were actively involved in the fun and festivities.

On Veterans Day, People to People helped kicked off the day's festivities by decorating the Sheridan Lobby in red, white & blue then serving cookies and coffee for our residents. After the social, residents and guests convened at the flagpole for a wreath-laying ceremony. Howard University ROTC Honor Guard presented the colors, and students from People to People read letters to our

Veterans of AFRH thanking them for their service bringing smiles and tears. The wreath was presented by resident Catharine Deitch and students Noah Best-Acosta, Victoria Carter and Brooke Reaves. Taps was played on harmonica by resident Patrick Goldsworthy.



Following the ceremony, a reception was held outside of AAFES with sandwiches and Starbucks coffee. Students from Catholic University joined us for the reception and presented a banner with over

100 signatures from CUA students. Residents and students mingled and listened to Goldy play a few tunes on harmonica.

Elsewhere on the grounds, 70 volunteers from Greater DC Cares and Accenture went to work improving the fenceline along the Park View Neighborhood. Volunteers spent the afternoon removing the old paint and applying a new coat to the fence. They repainted a 262 foot section of the fence bordering the neighborhood between Quebec and Princeton Streets.

This Veterans Day was a day of community and intergenerational appreciation of those who have stood up to defend a free nation. To our men and women of the Armed Forces Retirement Home, thank you for our freedom!

ANNUAL MILITARY FAMILY VOLUNTEER DAY

By Carolyn Weber

Eight hundred and fifty-six – that was the number of man hours volunteered at AFRH-W on the morning of Saturday, November 12th. A total of 214 military family volunteers including: 8th & I Young Marines, NAVFAC Washington, Navy Operational Center Baltimore, Navy Medicine Manpower, Personnel, Training & Education Command, Seabees Navy 202 Detachment Washington and Chief Petty Officer Association came ready to work! Thanks to their support we were able to clean out 180 yards of weeds, brush and dirt out of the historic canal near the driving range; wash 82 wheelchairs, 13 walkers and 44 cushions for our residents at LaGarde; assemble several hundred holiday care packages for our residents; decorate the Sheridan Lobby and Jerry's Diner for Thanksgiving; assist with the Speakeasy's "It Only Take A Minute" earthquake reenactment on LaGarde Mainstreet; and create holiday ornaments, centerpieces and decorations to display around the Home. It was a great way to wrap up our Veterans Day Weekend!

Thank you to the following staff, volunteers and residents who led our volunteers: Jerry Carter (historic canal), Lynn Holt, Janet Ritter, Brenda Samuels (wheelchair wash), Charles Felder (care packages), Helen Sadowski (decorations), Christine Baldwin and Toni Ford (performance), and Bob Carozzi (kid's craft). Also, thank you to Amanda Jensem and Recreation Therapy for allowing the volunteers to utilize your space!



Volunteers clean out weeds and debris from along the canal during the annual Military Family Volunteer day at the AFRH-W on November 12.

Baltimore Zoo Mobile

By Amanda Jensem

The LaGarde-King Health Center building seems to be going to the animals! First we had the petting zoo, and now we actually had the Zoo here at AFRH. Members from The Baltimore Zoo brought four animals that are on the Endangered Species list to share their stories.

First they brought out an Egyptian Turtle, one of the smallest turtle in the world. When it is full grown it is approximately 6 inches in length, and their life span is around 50 years. When it is scared it hides in his shell by pulling his head, legs and tail into the shell. Their shell does not fully close so they use their front legs to hide their face. The next animal they presented was a Chinese Alliga-

tor named Yang. Yang is 13 years old and will not be fully grown until he is 30 years of age. When fully grown he will reach a length of 6 feet. Our third animal was a big thrill. It was recommended that we do not pet it. The animal I am referring to is a porcupine. They are nocturnal animals, meaning they sleep during the day and are awake at night. In order to keep this porcupine awake they had to keep feeding it bits of sweet potato. The final animal was a Toucan named Sam. Toucans make their nests in hollows in trees. An interesting fact is that these birds are able to bend their bodies in a way to make them more compact so they can make room for other Toucans to nest in the same hollow.

The members who came from the Maryland Zoo not only brought live animals to show us, but they also brought a leopard skin, a crocodile purse and an elephant tusk. Remember, all of these animals are on the endan-

gered species list. The animals that are at zoos today are no longer taken from the wild, but now are born in captivity. The residents, staff and visitors learned a lot from this visit and we look forward to seeing what animals they bring on their next visit!



KHC Celebrates Veteran's Day

By Sarah Kenan, Recreational Assistant

This past week on Veteran's Day, KHC residents were treated to a wonderful game of bingo hosted by the Omega Psi Phi from North Carolina. The group not only called the bingo game but they also escorted residents from all the units to the recreation area. What a big help! In recreation residents were greeted with a Happy Veteran's Day banner and an Americana logo ball point pen. The Recreation Center was decorated in festive colors of red, white, and blue for the holiday.

Bingo was started off with a bang, residents won prize's of elegant watches, gift cards and a big cash grand prize. Refreshments of delicious cupcakes, a beautiful decorated sheet cake and sparkling punch were served at the end.

It was a great time for all with lots of socializing between our residents and the fraternity volunteers. We look forward to seeing them next year.

Resident/Employee Halloween Costume Contest & Ice Cream Social

By Michele Bailey (Recreation Assistant)

Dressing in weird costumes and makeup, going door-to-door for candy handouts, and putting pumpkins and skeletons on your door--doesn't that seem like the strangest of all days? At AFRH-W, it's also one of the funniest. Our annual Halloween Costume Contest and "I-Scream" Social on October 31st, offered fun activities, lots of laughter and creative getups from Residents, employees and volunteers, including a few new games.

Orange sherbet and vanilla ice cream were new to the sweet tasty menu of cake, a "Count the Candy in Jar" contest and a shadow box game--reaching into a box to determine what's inside. Slimy things that made your skin-crawling were inside, added to the enjoyment of the event. But it was easy to see that the residents' favorite part of the day was the costume contest and especially the participation by employees.

According to resident Patrick Goldsworthy, "I thought there was really good participation and I got a kick out of the costume line-up." He said, "I thought I was seeing things when Sher'ee Dale rolled out on skates in her Angel costume. And seeing the Geisha girl, well that brought back some interesting memories."

In the contest, resident Earl Clifton dressed as a Parrot won 3rd place and Funniest Costume. Lori Thompson (Art Specialist) won 2nd Place and Scariest Costume dressed

as a Witch Doctor. I won 1st Place and the Most Original Costume dressed as a Geisha. Sher'ee Dale (Optometrist Assistant) won Coolest Costume dressed as an Angel on roller skates.

"The costumes were very believable," said Resident Martha Williams. "And because everyone, residents and workers, all participated, that made it a real success."

And Resident Bill Fowler agreed. He said, "It was a great party with a lot of costumes. I thought that everyone could have won some sort of award."

Residents Samuel Lewis, Esker McConnell, and Joseph Wachter served as judges. Our very own Resident-DJ Billy White got our feet moving with a music mix of Halloween favorite tunes like "Thriller," "Monster Mash," "Ghost Busters" and good, ole-fashioned 1950's music.

Our ghoulish thanks goes out to Catholic University students coordinated by Carolyn Weber (Volunteer Coordinator); Dwayne Rax who helped with setup and break down of the equipment; Bob Carozzi and Lori Thompson for decorating, and Ruby Bloomer for serving ice cream, sherbet and cake. Thanks also go out to Nicole Chappell (Recreation Specialist/Bebop Girl), Sarah Kenan (Recreation Assistant/Sexy Beetle Juice Girl), Carol Mitchell (Rec. Therapist/Circus Clown), Taylor (Volunteer/Circus Clown) and Karyn Iovinelli (Optometrist/Witch) for adding to the fun atmosphere with their fabulous costume getups.



Left: Residents, staff and volunteers participate in annual costume contest. Above: Cliff Mathews reaches for the best piece of candy in the basket.

KHC Halloween Poker Walk & Wheels Social

By Carol Mitchell

On Friday, October 28 the Armed Forces Retirement Home Recreation Therapy Department held its annual Halloween Poker Walk & Wheels. The event which takes place inside the King Health Center was a wonderful success with approximately sixty residents attending. The residents walk or wheel throughout the King Health Center stopping at different stations to receive a card and of course a piece of candy. The first station started in Recreation Therapy at the Haunted House, residents then proceeded to Spider Alley for their next card, moved on to Pumpkin Row for their third card, then to Cemetery Lane for a fourth card, and finally back to Recreation Therapy for their final fifth card at the Haunted House. The best poker hand winning \$25. As residents finished going through all the stations they were treated to cake and punch and the sounds of Halloween music.

During the social the winners of the "Guess The Weight of The Pumpkins" and "Guess The Number of Candies In The Container" were announced along with the winner of the "Poker Walk & Wheel Social."

Sponsored by the NCOA National Defense Foundation

Our International Exchange Program continues and is going strong

By Laura R. Fogarty (W)

On Monday, November 7, 2011, as the morning progressed, the excitement began with anticipation of hosting the next group of in-pensioners from the Royal Hospital Chelsea for the week at AFRH-W. Rooms were tidy and special treats were placed in the "tea room" for our guests. The resident hosts were Nelson Jamison, Billy White, Ken Faller and Corrine Robinson. Our Resident Advisory Council Chairman, Esker McConnell participated throughout the week as well.

Resident hosts and former hosts gathered on the coach bus with me and the Director as we headed to the airport to greet our guests. We patiently waited for those bright scarlet coats to come thru the custom doors. As they did we yelled our traditional "hip hip hooray" several times with warm hugs for everyone. In Pensioners Tom Metcalfe, Malcolm Smart, Michael Dows, and Alfred Mason embraced our welcome along with their fearless leaders Lieutenant Colonel Rupert and Mrs. Michelle Lucas.

Upon arrival here, room assignments were given; shortly afterwards, the group ate dinner and there was a wonderful welcoming social sponsored by the residents. This gave

all residents the change to mingle with our guests.

The start of the daily programs began on Tuesday, November 8th as the group met up with NCOA Executive Director for Government Affairs, Richard (Dick) Schneider, and Chairman, NCOA National Defense Foundation, Matt Daily at the Pentagon. Dick and Matt coordinated with Sergeant Major Jeffrey Wells and Sergeant First Class Jennifer Bass the day's activities which included an informative briefing, tour of the building/memorial and lunch.

Wednesday, November 9th the group got a tour of the Lincoln Cottage on the AFRH grounds and then ventured to the docks for an afternoon cruising down the Potomac on the Spirit of Washington Cruise Ship for lunch. Great food, entertainment and dancing non stop for the two hour cruise. Later in the day sight seeing between the monuments was enjoyed as each host resident gave a little briefing for each monument they visited. The day ended with attending the National Veterans day concert at the National Shrine here in DC.

Thursday, November 10th was another special day of activity as the group headed for a VIP tour of the White House. After the tour the group ate lunch at the famous Ebbitt's

Grill. A little shopping at Pentagon City for some and others used this time to relax. Then it was off to Toby's Dinner Theater to see "White Christmas" The show was fantastic and standing ovations were throughout the house.

Friday, November 11th, Veterans Day, the group got up very early to meet Dick and Matt once again for the day. NCOA hosted a wonderful breakfast at the Hyatt Hotel and then provided box seats for the group at Arlington National Cemetery for the program. Afterwards, the Chelsea guests participated in the wreath laying program along side NCOA and other organizations honoring Veterans everywhere. Once they finished, they proceeded to the Marriott Crystal Gateway for a bit of socializing and refreshments. Later that evening, some of the group ventured downtown to experience a Washington Pub while others opted to relax and catch up on rest.

As the week progressed and so quickly I might add, Saturday came along and the group was in for a real treat. The AFRH speak Easy Culture Club put on a skit presentation titled "It only takes a minute". This was a forum for residents and employees to share their earthquake stories with others. After lunch the Air and Space Museum was the place to be and the group enjoyed the many displays on hand.

Sunday, November 13th the group ventured out to the British Remembrance Service at St. David's Episcopal Parish Church for a service and social. Once finished, a visit/tour of the USNA in Annapolis was scheduled which was enjoyed by all. The night's activity was dinner, drinks and socializing at the Red Rock Pizza Pub. It was a great way to end the day.

The last scheduled activity of the week was a VIP tour of the Capitol. Representatives from Congressman Jon Runyan, Third District



AFRH-W residents and Royal Hospital Chelsea in-pensioners toured several military and historic locations in the Washington, DC metro area.

New Jersey met the group and gave a detailed tour. Lunch at Union Station went well and then it was off to the American History Museum. This was a favorite for all of the visitors. As tradition has been set, the week long program ended with a gathering at the Director's home for dinner and gift exchange. The Royal Hospital Chelsea thanked us for a wonderful week and they look forward to hosting us in November 2012 when our residents travel to their home.

This exchange program has been in existence since 2001. It takes many people involved to make it successful. Thank you to the following people for assisting me with this program. Charles Dickerson, David Watkins, Mary Catherine Murano, Nicole Chappell, Christine Baldwin, Michele Bailey, Lori Thompson and Jerry Carter and Susan Chubb. You are all appreciated!

In conclusion, during visits to both homes the In pensioners and residents and employees from both homes have come away with special friendships and an understanding of traditions and lifestyles represented at each home. Lastly, a very special thank you goes to Dick Schneider and Matt Daily for supporting this exchange program. It is through their determination and desire to serve Veterans that funds are made available to support this endeavor. Thank you NCOA.



Royal Hospital Chelsea representatives lay a wreath at the Tomb of the Unknown.

At AFRH-G

Community Day honors our Veterans



An officer from the Harrison County Sheriff's Department demonstrates an attack from one of the dogs in the K9 unit. There was little doubt that this highly trained canine would have little trouble detaining a perpetrator.



CMSgt. Curtis Jennings from Keesler Air Force Base stops by to say hello to Alice Garrymore (left) and Nancy Richey.



Members of the 334th Training Squadron Drill Team from Keesler Air Force Base perform during Community Day.



There were a variety of antique military vehicles on display for residents to view as well as the Seabee float and several construction vehicles.



Always in the right place at the right time, Jesse Self poses with the Hooters Girls.