



Armed Forces Retirement Home

The premier retirement community for our veterans

The Communicator

Washington, District of Columbia & Gulfport, Mississippi

VOLUME XIX ~ QUARTERLY NEWSLETTER ~ VOLUME I

JANUARY 1, 2022 - MARCH 31, 2022

AFRH-GULFPORT

Let the good times roll!

Story & Photos by Becki L. Zschiedrich | Public Affairs

On March 1, 2022 it was just another Tuesday in the rest of the United States, but in south Mississippi it was carnival time, also known as "Fat Tuesday." Thank you to all the residents and employees who participated in the Mardi Gras parade down the Boardwalk of AFRH-G, through the dining hall and then on to the upper levels of care. So many residents and employees adorned their Mardi Gras colors - purple, green, and gold, along with some very creative costumes. It was such a fun and festive afternoon. At lunchtime, the dining hall served King Cake and beer as a lagniappe (a little something extra) in celebration of Mardi Gras. As they say in New Orleans, "laissez les bon temps rouler," a Cajun French phrase which means let the good times roll.



AFRH-WASHINGTON

Sweetheart photos

By Marla J. McGuinness | AFRW-W Recreation Specialist
Photos by different artists

At AFRH-W residents and staff were asked to share their sweetheart photos. The photos were duplicated and put up on the wall for everyone to view. Sixty-one residents and staff stepped up to the challenge. Some dated back to the 1940's. Wedding photos, first date photos, and silly photos were submitted. Everyone stopped to take a look at times past, just to remember their sweetheart.

In April we will be looking for pet photos. April 11th is National Pet Day. Again, residents and staff will be asked to share their favorite pet photo.



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AFRH COMMUNICATOR

Phone: 1-800-422-9988 Web site: www.AFRH.gov Email: Public.Affairs@AFRH.gov



Becki L. Zschiedrich ~ Gulfport Public Affairs
Robert Mitchell ~ Washington Public Affairs

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 America's Veterans

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 commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:
- Active-Duty Career Retired:** Veterans who retired with 20 or more years of active-duty service in a regular component of the Armed Forces.
- Eligible for Retired Pay:** Veterans, who served in a regular or reserve component of the Armed Forces, who are now eligible to receive retired pay and benefits:
 - Retired Guard/Reserves with over 20 years of creditable service (combined inactive and active-duty).
 - Veterans who qualified for an early retirement such as TERA (Temporary Early Retirement Authority).
 - Veterans who were given a medical or disability retirement with pay and full benefits.
- Service-Connected Disability:** Veterans with a service-connected disability rating of 50 percent or greater from the Dept. of Veterans Affairs.
- War Theater:** Veterans who served in a war theater or received hostile fire pay and now suffer from injuries, disease, or disability.
- WWII Female Veteran:** Veterans who served in a women's component before June 12, 1948 who are determined to be eligible due to compelling personal circumstances.
- Beneficiary Spouse:** The spouse of a retired veteran may apply to live with the Retiree if he/she is enrolled as a beneficiary in DEERS (Defense Enrollment Eligibility Reporting System) and was married to his/her sponsor prior to the veteran's retirement from the Armed Forces.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to: AFRH, Public Affairs Office, Box #584 ~ 3700 N. Capitol St. NW, ~ Washington, DC 20011-8400

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WE CURRENTLY DO NOT HAVE A WAITING LIST. APPLY TODAY!

AFRH-W resident highlight – Fred Leroy Layman, Jr.

By PK Knor | AFRH-W Resident



We are starting the New Year with a biography of our friend and RAC Chairman, Fred Layman! He has worked tirelessly for us these past one and a half years, and we thank him.

Fred Leroy Layman Jr. was born January 28, 1941, at Langley Field, Virginia. His dad was a highly decorated airman tail gunner in World War II. Fred's paternal grandparents, from Baltimore, raised him and his brother until his dad returned from the war to Bolling AFB. His father remarried, and Fred ultimately had seven brothers and sisters. (One brother was in the Navy and another in the Air Force - [Fred was his drill sergeant in basic training.]) Fred's father was stationed at Webb AFB in Big Springs, Texas, where Fred eventually left school, at the age of 17, and joined the Air Force in 1958.

After basic training, Fred's first duty station was Davis Air Force Base in Tucson, AZ, as a carpenter. He had no military occupational specialty (MOS) training and no instruction for the entire time he was stationed there. He was then sent to Thule, Greenland and changed his MOS to tech supply, where he finally got the instruction he needed and was eventually promoted to E-3.

Fred's next assignment was to Amarillo AFB, TX with the First Radar Bomb Scoring Express. There, he was in charge of all electronic parts and SAC teletype reports. During this time, he went TDY to Ogden, Utah, where he was part of a bomb practicing unit, which would ride around on trains and try to hide their locations from bombers. For all his hard work, at this 45-day position, he received a special award.

While in Amarillo, Fred met his future wife, Beth Jones. They decided to get married, but first she wanted to know about his long-term plans. He thought of leaving the military, but she talked him out of that. They both, along with his first sergeant, set up a plan for continuing education! Fred got his GED, volunteered for drill sergeant duty, reenlisted and was promoted to E-5. He then graduated from college with an associate's degree in management. Fred and Beth were married in May 1962. Along with everything else he had going on, he started his career in "golf course operation" at the base course! In their "spare" time, Fred and Beth had two beautiful children, Timothy and January.

Fred received orders for the First Air Commando Wing, NKP, Thailand. This unit provided air rescue and reconnaissance over the Ho Chi Minh trail. The wing was made up of World War II aircraft, and Fred's duty was to find parts wherever he could to keep them flying.

The Layman's were reunited when Fred got orders for Hill AFB in Ogden, Utah. He was in charge of aircraft scheduling and job control. He completed a degree in computer programming and after two and a half years, his next duty assignment was scheduling aircraft and supplying the unit in Loring AFB, Maine. Fred requested a warm weather location and was sent to Tyndall AFB, FL for seven months! Then, it was back to cold weather.

As an E-6, Fred was assigned to Peterson Field in Colorado Springs to schedule aircraft for the Air Force Academy. He was selected to aircraft scheduling school as an instructor, where he got his master instructor's certificate. He also attended an IBM computer scheduling school at Chanute AFB, IL, to learn about computers. Then, Fred was given three months to produce a computer course for senior enlisted and officers on how to use computers. After writing this program, which they requested, the Air Force did away with the computer school, realizing they were not ready for computer programming yet. So, Fred had to convert all this material into a correspondence course.

The Air Force next told Fred that if he volunteered to be a first sergeant, he could have the base of his choice. He and his wife naturally chose Dover, Delaware, to be close to family, but another airman requested that area and Fred gave into his request. After attending the Senior NCO Academy at Lackland AFB, they sent him and his family to Edwards Air Force Base in California. As much as Fred liked warm weather, the desert was a bit much, so he decided to retire after his tour was completed.

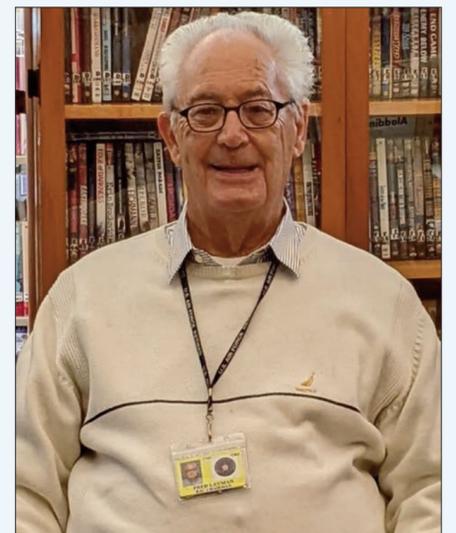
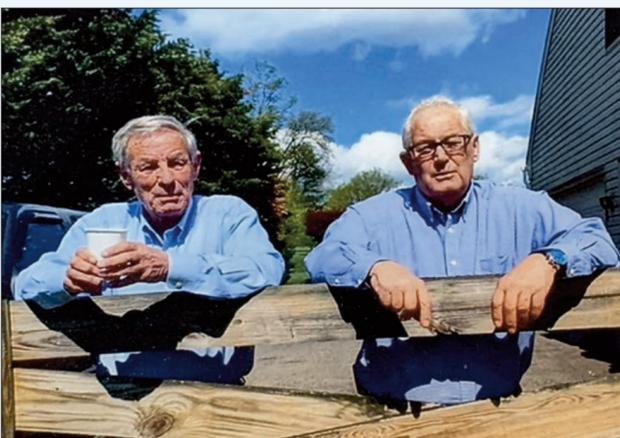
Upon retirement as an E-7 with 20 and a half years of service, Fred chose many different fields of employment. He started in Arizona and then spent 16 years in Kansas City, Kansas, so his children could complete their education, and he's glad that he did. His son went on to the University of Kansas and his daughter, a high school valedictorian, did as well. Fred and Beth moved back to Baltimore to be near family, where they were for 16 years until Beth passed away. Then Fred and his brother George lived together for three years in Baltimore, raising cane and having a great time running George's limo service until George passed away.

By this time, Fred's son and daughter had moved to the upper east coast, each with two children, and he wanted to stay near them. So, having found AFRH, and because of the location and the activities, specifically golf, he moved here. His entire family has visited AFRH-W and loves it.

Throughout his life, Fred was involved with all types of volunteer services, especially sports teams for children, both boys and girls. It comes as no surprise that he naturally volunteered for duties at AFRH-W to include the library, ceramics, the artist colony AND maintaining the membership

and greens of the golf course, (105 associate members and \$50,000 into the resident fund!)

Fred gets his greatest satisfaction from helping other people, as referenced by his Resident Advisory Council (RAC) chairmanship. He'd like to thank everyone for all the help they've given and by the way, we still need a fifth floor representative!



Message from the Chief Operating Officer The Employee of the Year is announced!



Each year, AFRH leadership is challenged with selecting the outstanding employee of the year and to recognize the stellar performance of an employee from each campus. As we continue to fight through the many challenges of COVID, I am amazed at the continued efforts of our employees to keep our campuses safe and healthy, and it is my honor to announce the 2021 AFRH Employee of the Year. The decision was difficult, as both nominees were outstanding.

First, I want to recognize the runner - up, Mr. John Paul, a Security Guard at the Gulfport Campus. John came to the aid of a severely injured resident and administered assistance until medical help arrived. His efforts on that day saved a life and those that witnessed the event were overwhelmed with his compassion and extraordinary effort. Congratulations to John

for his exceptional efforts!

The 2021 Employee of the Year goes to Elaine Fry, Performance Improvement Integrator at the Washington Campus. Elaine's efforts ensured the Home was ready for the Joint Commission, the Commission for Accreditation of Rehabilitation Facilities, and other unscheduled reviews. This ensured our residents were provided the best Person Centered Care possible, tailored to their specific needs, year round and that the campus was always survey ready. Elaine excelled in numerous areas throughout the year, sharing her Performance Improvement initiatives with AFRH. Her accomplishments are too numerous to list, however, it should be noted that she is a true team player and is always quick to volunteer and assist on any project and offer her assistance. Well done Elaine - and congratulations!

All - please congratulate these two outstanding individuals as they represent all of your efforts and why we are all here.

I look forward to another year of superb performance!

John S. RisCassi



Congratulations to the Employee of the Year - Performance Improvement Integrator Elaine Fry (pictured to the left with COO John RisCassi).

Congratulations to the runner-up - Security Guard John Paul (pictured below).



AFRH's Chief Executive Officer visits Gulfport

By Becki L. Zschiedrich | Public Affairs

On March 14, 2022 AFRH's Chief Executive Officer (CEO) General Rippe (Ret.), and Strategic Advisor Travis Smith visited the Home in Gulfport.

General Rippe had meetings with the executive staff, ombudsman, RAC Chair and Congressman Palazzo's office.

He also had lunch with several residents in the community center. The residents said they had a great conversation with the CEO about the future plans of the two AFRH campuses.

It was a pleasure having General Rippe and Travis Smith in Gulfport, Mississippi and we look forward to future visits.



Family fun returns

By Jen Biernacki | Recreation Therapy Assistant

Photo provided by the Freeman Family

On Saturday, February 19, 2022, AFRH-G resident Ed Freeman enjoyed a family gathering for his 90th Birthday outside in the southeast corner of the garage with over 20 family members. The joys of south Mississippi in March took over that day as the sun was shining bright, views of the Gulf of Mexico were seen in the distance, voices of adult chatter and the sounds of children were heard as Mr. Freeman enjoyed life and togetherness that many haven't seen in quite some time. Many happy moments and memories for the Freeman family happened that day as his birthday reunited the generations once again. Cheers to "90" and many more.



AFRH-G resident highlight - Arthur D. Van Sickle

By Lori Kerns | Librarian



Arthur D. Van Sickle was born and raised in Hastings, NE. He is the younger of two children born to a small business owner and a milliner. Growing up in a small town, Arthur was able to walk to all of his schools. His extracurricular activities included cheerleading, drama club, and debate club.

After graduating high school, he attended University of Nebraska for a short while until he decided to follow his mentors by enlisting in a local Navy Air Reserve unit. About two years later, he decided to take advantage of the Korean GI Bill by enlisting in the U.S. Army on January 31, 1955, the very last eligibility day.

Arthur was sent to basic training at Fort Bliss in El Paso, TX. Next, he attended medical aide training at Fort Sam Houston, TX before getting his first duty assignment in Munich, Germany. Since there was no ongoing war in 1955, Arthur and his medical battalion were sent back stateside to Fort Ord, CA where he was transferred to work in medical supply duties at the U.S. Army Hospital. In 1958, he was released from active duty and transferred to the Army Reserve to complete an eight-year service obligation. The following year, he decided to enlist in the U.S. Air Force and was assigned to HQ 4th Air Force at Hamilton AFB in California. His next duty station was with Continental Air Command Headquarters across the country at Mitchel AFB in Long Island, NY. When Mitchel AFB closed, he moved to Randolph AFB in Texas to work as a personnel technician. In 1963, Arthur began cross training in the field of electronic digital data equipment repair at Keesler AFB in Biloxi, MS. Upon graduation, he received orders returning to California to Mill Valley Air Force Station.

Following an expiration term of service (ETS) in 1967, Arthur transferred to the Air Force Reserve to work as a Personnel Tech ART (Air Reserve Technician). His unit was called to active duty in January 1968 due to the capture of the spy ship, USS Pueblo, by North Korea. He was released from active duty and then transferred back to Hamilton AFB to work with an Air Force Reserve Air Evacuation Unit as a personnel tech. To be closer to family and to find other employment opportunities, Arthur moved to Denver, CO. He began working with the Colorado Air National Guard in Aurora before finding employment as an Air Reserve Technician in Greeley, CO. He also expanded his career opportunities when he accepted a position as a full time AGR (Active Guard Reserve) career counselor and personnel recruiter, where he served in Denver, CO and then St. Louis, MO. In 1989, Arthur retired from the U.S. Army Reserve AGR Program with over 21 years of active duty and with an impressive combined total of 35 years, 11 months, and 23 days of military service.

After retirement, he became a partner in a security/alarm company, in addition to volunteering with AARP as a Driver Safety Instructor/Trainer/District Coordinator. He also worked as a sales representative for Alpha One, a Tree of Life Company.

Arthur eventually became a full time care giver for his terminally ill wife, Shirley. The couple was married for 28 years giving Arthur four step-daughters, four grandchildren, and one great-grandchild.

After learning about vacancies at AFRH-G, he applied for admission in September 2020 and became a resident in July of 2021. Arthur enjoys AFRH-G's recreation trips and activities. He also volunteers his time working in the library and, most recently, as a RAC floor rep. He takes delight in meeting other AFRH residents and staff but mostly appreciates that it is just "me, myself, and I," which he feels puts him in a situation where he will not be a burden to anyone in his extended family for his health and welfare.



From the AFRH-W administrator



Wow! Three months since our last edition. I hope everyone had a special holiday season and a great start to the New Year. We have had a relatively mild winter with a few snowstorms, only one that was impactful. The campus is beginning to come alive again with blossoms, flowers and wildlife. Thankfully, our COVID situation has greatly improved, with no current positive cases and those who are vaccinated are no longer required to wear masks in common areas. So, we are now getting acquainted with the faces of residents and staff who are newly onboard. There have been so many events, activities and volunteer donations since I last wrote. I will try to highlight some of them, please forgive me if I miss any.

We began this quarter with a New Year's party to welcome in 2022. Soon after was our Super Bowl party with games, food and cheering for our favorite team. For Valentine's Day, we had special treats of chocolate dipped fruit and other sweets. Our Sweetheart Wall in the tunnel featured many residents and staff photos with their sweeties. And finally, we had St. Patrick's Day with lots of green! In honor of Black History Month, we held our annual joint program with The Lincoln Cottage. I always love this program as our residents do much of the preparation and program participation. Our thanks to Dr. Hugh Mighty for speaking and sharing some of his life experiences with us. The National Capitol Trackers have brought their working train display to our Home for many years and we were happy to welcome them back this year. Their display was phenomenal! The most memorable event was our annual Hog Calling Contest, where contestants tried to do their best hog call. Congrats to the winners!

We are always so fortunate with the generosity of so many in the community. During the holidays, we were provided with many gifts for all of the residents. Our usual generous gift givers included Costco, Daughters of the American Revolution and Friends of the Soldiers Home, among many others. Later in the year, the South Korean embassy brought lap blankets for each of our residents. The blankets will be a warm hug for all. The Old Soldiers Home Foundation has continued to be generous with donations, and this quarter has been no different. They recently provided a check to help get our golf course

ready for the season. This was one of many donations planned for the near future. Thanks to all of these groups for their thoughtful generosity!

I am happy to announce that Elaine Fry, our Performance Integrator was selected as the AFRH Employee of the Year! Elaine guided us through our many surveys, including The Joint Commission, The Commission on Accreditation of Rehabilitation Facilities, and Inspector General focused review, among many other tasks. Our most recent Employee of the Quarter was Ms. Bessie Wilson, one of our Security Guards. We had some long serving employees retire in the last few months, including Leslie Boggus, Jackie Hailstock and Teresa Hui, who worked at the Home for 38 years! Thanks to all of these ladies for their dedicated service to our veterans! On a sad note, our Ombudsman, Chris Kepner, had a change in plans and moved to his farm in Pennsylvania. Thanks Chris, for your time with us!

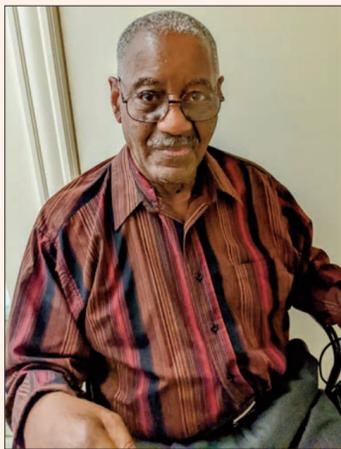
Spring is always a time of regrowth and it always makes me smile to see the beauty of the earth as it comes to life. Stop, and take a moment to take it all in and be thankful for all that we have.

Susan Bryhan



AFRH-W Resident Highlight – Theodore Roosevelt Wilson, Jr.

By PK Knor | AFRH-W Resident



Theodore Roosevelt Wilson, Jr. was born on May 1, 1932 and raised on a farm (owned by his family) with his seven sisters in Madrid, Alabama. Ted was the middle child and was "spoiled" by his sisters. He could read by the age of four and thus, has developed an incredible vocabulary!

Ted's family worked the land and grew all types of food products. His dad severely injured his back and later died when Ted was just in the sixth grade. After his father passed, the family became migrant workers earning their way to Utica, NY where his family settled. His mother, Effie Dora Garrard Wilson, lived to be 80 years old.

In 1950, when Ted was 18, he joined the U.S. Air Force in Syracuse, NY. He attended basic training at Lackland AFB and then was assigned to the Air Police, first at Hamilton Field, CA and then to Moses Lake AFB, WA. Ted easily made E-4 and then E-5 by May 1952, when he was transferred to Limestone AFB (later Loring AFB) in Maine, a Strategic Air Command (SAC) Base.

Upon re-enlistment at Kirtland AFB, NM in September 1954, he attended general infantry training at Parks AFB Defense School and weapons training at Beale AFB, and then returned to Kirtland AFB. Ted signed up for a lot of temporary duty assignments (TDY). Why not see the world? These included a year in Saudi Arabia (where on R & R he toured Beirut and Eritrea); England, RAF Greenham Common and London, Canadian Forces Base (CFB) Goose Bay, Newfoundland/Labrador.

Ted's next assignment was to Taiwan as the training NCO for the security police. He returned to the states to Warren AFB, WY. He left the U.S. Air Force because of the slow promotion rate and joined the U.S. Army as an E-4, attended basic training and was then assigned to the Army Chemical Corps at Edgewood Arsenal in MD, later a part of Aberdeen Proving Ground, as part of the military police.

In January 1966, Ted was sent to Vietnam as a member of the 504th MP BN. While there, he became a driver for then Col Richard M. Lee and subsequently made E-5. As the colonel's driver, he met numerous dignitaries to include presidential candidate Richard M. Nixon, Israeli General Moshe Dayan, Gen. William C. Westmoreland, and then Ambassador Henry Cabot Lodge. He returned to Edgewood Arsenal and was sent to Accident

Investigation School at Northwestern University, and in 1968, was promoted to E-6.

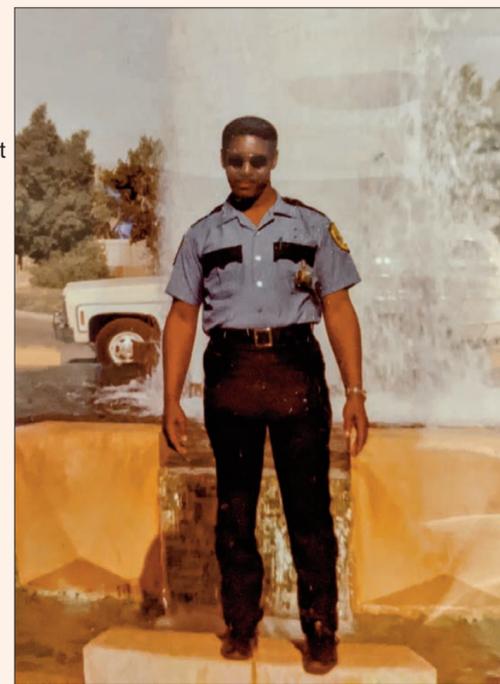
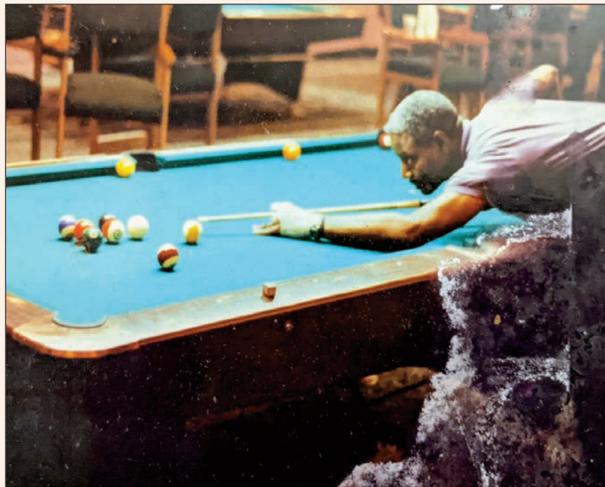
Again, Ted had TDY missions. Once as a chemical tech escort guard for chemicals on board a ship traveling through the Panama Canal, by Subic Bay, to Thailand. Then, on special assignment, he was sent to Okinawa, to contain leaking mustard gas containers and yet another mission to Rocky Mountain Arsenal, CO, a chemical weapon manufacturing facility. He was promoted to E-7, and upon his return to Edgewood Arsenal he was assigned as platoon sergeant for the MP platoon.

Later, Ted found out that his former boss, now Brigadier General Lee, was in D.C. and being promoted to Major General, so Ted made contact and attended the ceremony. MG Lee advised he was going to be Chief of Staff for U.S. Forces Japan and that he needed an aid, and Ted fit the bill! After his tour in Japan, Ted returned to Aberdeen Proving Grounds and retired in 1974, after 24 years in the military.

Ted was married twice in his career and has two step-children, Colon and Virginia.

Upon retirement, Ted was employed in security by George Washington University, GWU Hospital and King Faisal Specialist Hospital in Saudi Arabia.

Ted likes everything about AFRH-W. He does, however, miss the music listening room. He has played pool all of his life (against professionals) and loved playing at AFRH-W before his health slowed him down. Furthermore, he loves reading, and you can find him with a book in his hand 100% of the time. In fact, Ted wrote a book, "Making the Platinum Rule." He especially enjoys playing poker, but if you like your money, don't play with this guy!



Notes from the AFRH-W resident advisory committee chairman

There are so many activities and changes happening at the AFRH-Washington that I don't know where to start. The 80-acre development project is close to becoming a reality and the renovation of the Sheridan Building is projected to begin in 2025.

The Old Soldier's Home Foundation is providing the funds to install a sports court that will include a pickleball court, and other recreational amenities. They also made a donation of \$5,000.00 to help prepare the golf course for play this year.

Our recreation services department has been busy with so many activities. I especially enjoyed judging the Pig Calling Contest, which was won by David Kaetzel. It always amazes me how much work our recreation staff puts into decorating the community center for the activities they provide for our residents.

The campus is beginning to show signs of spring as the deer are roaming the grounds and can be seen everywhere. I also noticed some of our Cherry Blossom trees have started to blossom.

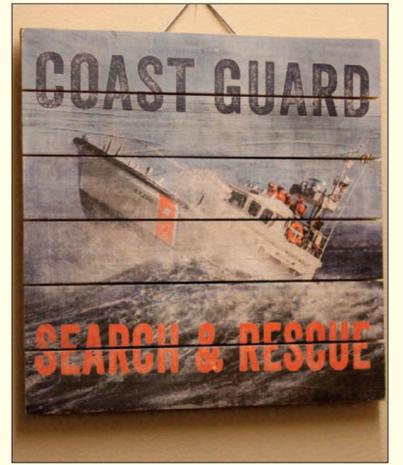
Fred Layman

Just a coincidence?

Story & Photos by Becki L. Zschiedrich | Public Affairs

There are only three retired United States Coast Guard (USCG) residents living at AFRH-Gulfport. They are Earl Portrey – served from 1950-1975, Alfred “Al” McNab – served from 1956-1987, and Harold “Mack” Henry – served from 1955-1976. I was having lunch with Earl in the dining hall when he told me all three “Coasties” have the same apartment number! AFRH-G has three eight-story towers. Earl said they all live in different towers with the same number...807. I just thought it was inexplicable that Earl lives in A807, Al lives in B807, and Mack lives in C807. Is this just a twist of fate that the three retired USCG veterans picked the same exact apartment number in different towers? I personally thought that this was mysterious and just a fun fact to share. It really is just a coincidence!

Thank you all for your service. Semper Paratus!



The military life of Jack Miller Frizzell

By Dan Ellis | AFRH-G Resident



Jack Frizzell was born August 8, 1938 in Baltimore, MD to Emmett and Mary Lou Frizzell. His dad graduated from William and Mary University in Williamsburg, VA as an accountant, whose first job was as a payoff teller at Pimlico Race Track. This job was followed in Dansville, VA as the city auditor when Jack was 2 years old.

In Danville, VA, Jack attended the Forest Hills Elementary School and then attended George Washington High School. During his school years, Jack had developed rheumatic fever on two occasions, which resulted in his losing two years of schooling; therefore, at age 17, he gained his parent's permission and joined the U.S. Army.

Jack attended basic training at Ft. Benning, GA beginning in November 1955. He went on to take advanced individual training courses at Fort Sill, OK in field artillery, and was trained on 105 Howitzers. During this time he also completed his GED.

In May 1956 with rank of E-3, he was transferred to RAF Upper Heyford, England Air Force Base where he was assigned to handle radar readings on the M51 Skysweeper anti-aircraft gun with its primary mission of shooting down enemy aircraft.

In 1957 he was transferred to Ramstein-Landstuhl Air Base, Germany to an Army weather detachment, which sent radiosonde devices attached to weather balloons that would measure pressure, temperature, relative humidity and wind speeds while ascending into the atmosphere, plus signals were forwarded to Artillery Fire Direction Control.

In 1958, Jack married Sylvia Porter at Oxford, England and they had three children: two daughters and a son.

After completion of his first three-year enlistment, Jack returned to Danville, VA with his wife preceding him. He had part time employment selling advertisement for the local Danville Register newspaper, while attending Averett College in Liberal Arts for one year before reenlisting in the Army in 1960 and gaining the rank of E-4.

His new assignment was at Camp Casey, Dongducheon South Korea, situated just over 10 miles from the DMZ, with duty assignment as radio telephone operator and mail clerk for a battery in the Honest John Rocket Battalion. These were solid fuel rockets measuring 25-feet in length and weighing 2,000 pounds with a 90-thousand pound thrust.

From 1961 to 1963 he was relocated to Ft. Benning, GA with another Honest John Rocket Battalion with rank of E-5 section chief. During this time, he attended a Nuclear War Head School at Fort Sill, OK.

From 1963 to 1966, Jack was attached to Bundeswehr Detachment as one of the advisors to the German Army. During this time, his wife and children accompanied him in off-post quarters provided by the German Army. Jack humorously remarked that they lived on “John F. Kennedy-Straße.”

During 1966 and 1967, he was stationed at Ft. Hood, TX with rank of staff sergeant as transportation section chief. With the acceleration of troops being sent to South Vietnam, Jack volunteered in May of 1967 for overseas duty and was assigned to the 1st Cavalry Division based in the Central Highlands of Binh Dinh province.

He was assigned as an artillery section chief on 105 howitzers for his first nine months and transferred to 155 howitzers for the remaining three months of his tour. Being an airmobile unit, when artillery was called for, Boeing CH-47 Chinook helicopters airlifted the howitzers, ammunition and cannon crew and moved them to forward positions. During his tour, the area in which Jack served was often hit by mortars and the position successfully drove off three VC ground assaults.

On returning stateside, Jack was assigned as an advisor to the National Guard Artillery Headquarters, Anoka, MN from 1968 to 1970. Once overseas again from 1970 to 1971, he was transferred to South Korea and promoted to E-7 with his duty assignment as NCOIC to the Post Commander, 2nd Infantry Division – Artillery Brigade Headquarters. When he returned to the states, he became a Cadre Instructor at Ft. Sill Artillery School during 1971-1972 and was selected to attend the Senior NCO Academy.

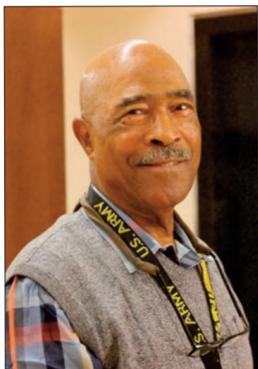
After completing the Army Recruiting and Career Counseling course at Ft. Benjamin, Harrison, Indiana during 1972 -1975, Jack was transferred to Reidsville, NC as station commander in charge of recruiting. Jack's final duty station was as a First Sergeant with Service Battery, 25th Infantry Division at Schofield Barracks, Hawaii during the period of 1975-1977.

Upon retiring in November 1977 at Ft. Bragg, NC, Jack established his home base at Brownsville, Texas for the next 20 years and spent his post military retirement self-employed while traveling the U.S., Canada, and Mexico and playing tennis and golfing.

In 2011, after his wife passed away and he decided to make his home at AFRH-Gulfport. He said he is living happily ever since making his move.



Notes from the AFRH-G resident advisory committee chairman



This is my first article of 2022 and already we are into spring. The resolutions of the New Year have come and gone, sadly I might add. On a happier note, the guest rooms are open and there is a sense of excitement having visitors in the public areas and the dining hall. Over the past three months, we celebrated several holidays including President's Day, Valentine's Day, Black History Month, and Mardi Gras. We now shift our focus to warm weather and travel. Many of you will make plans to visit family and exotic places around the world. Please remember that COVID danger is still out there so please take precautions to protect yourselves.

On March 3, we held a new resident orientation. It was the first orientation held in 2022. Approximately sixty residents were invited. Going forward, new resident orientation will be held on the third of each month. On March 14 our Chief Executive Officer, (CEO) MG Rippe (Ret) visited AFRH-G. On March 15 we celebrated the monthly birthday luncheon for all residents born in the month of March. On St. Patrick's Day, our residents gathered on the boardwalk for a St. Patrick's Day parade.

Finally, it was two years ago this month that we became aware of the potential dangers of COVID 19. Many lifesaving safeguards were put into place. While there were some residents that experienced the negative health issues associated with the disease, most of us remained safe. A “BIG SHOUTOUT” to all who helped to keep us safe.

experienced the negative health issues associated with the disease, most of us remained safe. A “BIG SHOUTOUT” to all who helped to keep us safe.

Arthur “Art” W. Jones



AFRH-G RAC Chair Art Jones (above) enjoys the March Birthday luncheon in the dining hall on March 15, 2022.

AFRH-Washington

Black Health & Wellness Program

By Steven Briefs, CTRS | Supervisory Recreation Specialist
Photos by Mike Hoth | AFRH-W Resident

This year, residents and staff were able to attend our Black History Month program in person, which featured Dr. Hugh E. Mighty, MD and Dean of the College of Medicine at Howard University as our guest speaker.

Joan Cummins and her staff at the President Lincoln's Cottage coordinated with Marla McGuinness and myself from the recreation department to present this year's theme of Black Health & Wellness. Once again, Billy Bowen opened the event with a welcome to our visitors, Chaplain Goodloe provided the invocation. Faye McClain Dixon read a Langston Hughes poem, "I, Too" and John Lott returned to sing, "Shed a Little Light," a song by James Taylor. Executive Director of the President Lincoln's Cottage, Michael Atwood Mason, gave a kind introduction of Dr. Mighty, speaking of his many accomplishments in his life that have had a positive effect on many people and institutions.

Dr. Mighty spoke to us with a measure of frankness and humor concerning how our healthcare systems have underserved the African-American community at times. He spoke eloquently of the importance of self-determination, mutual aid, and social support systems to encourage communities everywhere to work together to better the health of all people. He gave us the history of the founding of Howard University in 1868 and reviewed some of the African Americans, who graduated and went on to make positive contributions in the field of medicine and healthcare in our country. Dr. Mighty told us of a few patients of his who were facing end of life health issues, and how he learned life lessons from them as they battled their diseases all the way until the end.

It was good for all of us to gather again to share in fellowship and learn from the experiences of other professional men and women on how to live better, more compassionate lives in relation to our neighbors.



AFRH-W Super Bowl 56 shenanigans

Story & Photos by Carol Mitchell, ADC | Recreation Therapy and Marla McGuinness | Recreation Specialist

Recreation therapy and recreation had a fun-filled week of Super Bowl 56 activities. Kicking off the week, residents enjoyed watching football bloopers, followed by viewing the following football highlights to include Super Bowl 1, the Origin of the Gatorade Dunk, and of course... as we're in D.C. we had to watch Joe Gibbs "Head Coach of the Washington Redskins." In addition, our awesome Recreation Specialist Marla McGuinness provided, a mind-boggling quiz on Super Bowl trivia. The week also included the Annual Super Bowl "Fun Pick" bucket picks in which residents were given a packet of Super Bowl gaming choices to drop into buckets in the hopes of winning fabulous prizes!

The first Super Bowl was originally called the AFL-NFL World Championship Game and was played on January 15, 1967. The game was played in Los Angeles, California at Los Angeles Memorial Coliseum. In the game, the Green Bay Packers beat the Kansas City Chiefs 35-10 and 61,946 fans attended. This year the LA Rams brought the Super Bowl back to LA to beat the Cincinnati Bengals 23-20 at SoFi Stadium to an excited crowd of 70,048. The Rams hadn't won the title in 20 years.

The National Anthem was beautifully sung by country singer Mickey Guyton and the half-time show had performances that had the fans at the game and watching from the comfort of their homes dancing and singing along. Performers included Dr. Dre, Snoop Dog, Eminem, Mary J Blige, and Kendrick Lamar, with Sean Forbes and Warren Snipe, and 50 Cent.

AFRH-W SUPER BOWL 56 WINNERS "Fun Pick" bucket picks LA RAMS VS. CINCINNATI BENGALS

1. Coin Toss: Orville Groves
2. 1st Touchdown: Al Picard
3. 1st Field Goal: Robert Webb
4. 1st Sack: David Kaetzel
5. Lead at Half: Johnny Powell
6. 1st Interception: Dan Weber
7. Name 1 person who performed at half-time: Joe Zacharuk & Faye Marie Brown
8. Champion/Final Score: Chris Engle (best guess 21-20)

Looking forward to next year and the Washington Commanders vs. Dallas Cowboys in the Super Bowl!



AFRH-W resident turns 100

By Carol Mitchell | Recreation Therapy

AFRH-W resident Jean Ringuette enjoyed celebrating her 100th birthday on January 27, 2022. Ms. Ringuette was born on January 27, 1922 in the lovely, but chilly state of Maine. She joined the United States Army March 14, 1943 and retired as a Staff Sergeant on October 31, 1963.

The start of her centenarian day began with well wishes from staff and fellow residents, then lunch with her housemates. Staff and residents joined together for birthday cake, sparkling cider, birthday song, and more well wishes. The event was made even more special with fellow centenarians Catharine Deitch (102), and Annelise Albert (101) joining Ms. Ringuette at the head table.

To top off the day, Ms. Ringuette's family members came to visit! Happy 100th Birthday Jean!



AFRH-Gulfport

Celebrating Black History Month

By Sean Campbell | Lead Recreational Specialist
 Photos by Jack Horsley | AFRH-G Resident

Each February, the Armed Forces Retirement Home-Gulfport recognizes the contributions of African Americans during Black History Month. With some in-person activities are still being restricted due to COVID, recreation services provided informative and educational programming on Senior TV Channel 4, as well as movies and documentaries in the theater. Special films highlighting the achievements and importance of African Americans were scheduled and promoted for resident viewing throughout the month. The PBS six-part documentary series entitled "The African Americans: Many Rivers to Cross" was also scheduled on Mondays during February along with the special feature "Freedom Riders." Senior TV channel 2 featured special slides noting influential figures in Black History throughout the day with a new feature being displayed each day.

In addition to the video programming provided in the theater and on Senior TV, recreation services featured a trip to the newly renovated African American Military History Museum in Hattiesburg, Mississippi. This museum featured hundreds of exhibits housed in the former USO facility built for African American soldiers stationed at Camp Shelby. A very informative tour was provided at no cost to our residents.



3-D rendering of AFRH Gulfport

Story & Photos by Milton Williams | Art Specialist & Dan Ellis | AFRH-G Resident

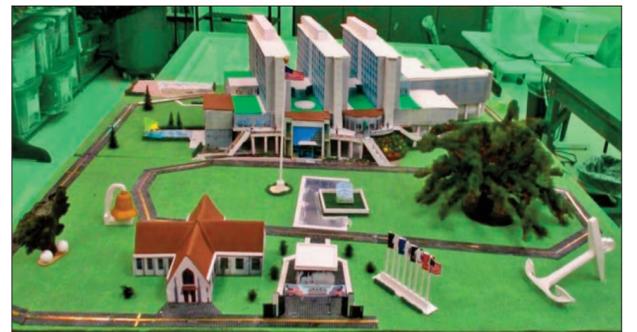
If you ever wanted a bird's eye view of the Armed Forces Retirement Home, you now have an opportunity to see our Home in three dimensions, from all angles, just as if you were riding in a helicopter. Gulfport resident Dan Ellis has masterfully made a nomenclature showing the three towers, the reflection pool, chapel, the artifacts surrounding our entrance and the mighty live oak tree. He has taken on this challenge, used his artistic license, and made a delightful representation of our AFRH-Gulfport which our residents, staff, and guests can view on our ground floor entrance. When you come in through the front doors, just look to your left at the Lady Liberty painting and the model sits right below her.

It took resident Dan Ellis four months to complete the AFRH-Gulfport site model that includes the main building and major historical objects that are spread throughout the complex. The model lends to proportion and scale, while composed of mixed media with its foundation base consisting of Styrofoam boards wrapped in burlap fabric and painted green. The rear foundation board contains A, B, and C tower structures that raise to eight stories plus the roof's mechanical housings and on the right is the three-story D Tower. These building portions were made of Styrofoam that are affixed with photographic images that present a three-dimensional visual rendering of the complex. The raised first floor tier sits above the garage level and reveals the front open decks as well as the cafeteria area with stairways descending to the ground level. The swimming pool is partially enshrouded with triangular canopies and the area is landscaped with shrubs and surrounding pine trees.

The front grounds portion shows the green lawns that are spread with off-scale emphasis of various historical appointments. This site, at an earlier time, was the former Gulf Coast Military Academy; and the current Chapel was the Academy's Mess Hall. The tree at its left, was severely cut back after Hurricane Katrina, and was known as the "Graduation Tree," which shades two large granite cannonballs that date back to 1838 when seized from the Mediterranean Sea area. Between the tree and the chapel is a ship's bell with the inscription that reads U.S.S. Philadelphia 1890, and situated at the lower-right is an Admiralty anchor. These artifacts were brought from Philadelphia in 1976, when the 11-storied U.S. Naval Home was constructed in Gulfport.

Also predating our Home, is the cemetery that is surrounded by the Freedom pond. The wooden marker reads, "The Family Graveyard of Col. Thomas H. Oswald," who owned this property until his death in 1877.

Thank you Dan! We are looking forward to your next creative adventure.



102 years in the making!

By Susan Bergman, MT-BC | Recreation Therapy Services
 Photos by Beth Cox | Recreation

On Saturday, February 5, 2022, residents gathered in the Loyalty Hall dining area to celebrate Lois Hogan's 102 Birthday! After visiting and celebrating with residents, Lois moved to the Loyalty Hall family room for a "102" celebration with her daughter, Beth Hogan, and her son Dr. Reed Hogan and his wife, Diane. Previously on Friday, February 4, she got off to an early celebration while visiting through Skype on the recreation tablet with her youngest daughter, Kimberly Pesaniello and granddaughter, Kimberly Molteni.

Lois Culp Hogan was born in Obion County in the rural Ebenezer community near Hornbeak, Tennessee on February 5, 1920. She enlisted in the U.S. Navy in April, 1943 with the dream of being a wartime photographer. However, with her high scoring math skills, she was placed in Naval Intelligence decoding enemy messages known as cryptology. She was assigned to WAVES Quarters D in Washington, DC, and worked in an underground facility in Alexandria, Virginia near where the Pentagon was being constructed. She, and those working alongside her, were instrumental in helping break the code before the Battle of Midway, which ultimately changed the course of WWII. In 1944, she married Purple Heart and Bronze Star recipient, Reed Hogan who had served in the Navy and Marines. After the war, she graduated from the University of Tennessee in 1949 with a degree in Business Administration. Once moving to Clarksdale, Mississippi and tragically losing her husband in 1964, she became a single mother, in which she raised her three daughters and a son.

Lois has been living at the Armed Forces Retirement Home in Gulfport, Mississippi since 1993 and now, at the age of 102, she continues to enjoy art, painting, music, reading, drumming, Skype visits with family, walking, singing, reminiscing, and beauty shop appointments. When asked about what she likes about living at the Armed Forces Retirement Home she said, "I think it's the best accommodations in the whole world." Whether present or virtual, thank you to everyone for joining in for this special celebration, "102" years in the making!



Super Bowl LVI

Story & Photo by Sean Campbell | Lead Recreational Specialist

With COVID restrictions still in place for the Gulfport campus, residents were, unfortunately, not able to gather in a large group to watch the Bengals and Rams compete, but they were treated to an opportunity to win some cold hard cash by placing their name on the Super Bowl Squares Game board at Recreation Services. Once names were added to the board, numbers were randomly assigned to the board and then residents had even more motivation to watch the game to see if their number combination matched the final scores of each quarter. Winners at each quarter won a cash prize!

This year, AFRH-G resident Dr. Earl Gassery was the only big winner, matching the 1st quarter score. Unfortunately, the odds were not in our favor as the remaining three quarters had no matching winner. Residents got to enjoy an exciting football game as the Rams topped the Bengals at the wire. Recreation Services can't wait for next year's game!



AFRH-Washington

Honoring National Social Work Month/National Nutrition Month

Story & Photos by Robert Mitchell | AFRH Public Affairs

In March, we celebrated the great profession of social work, and "The Time Is Right" to learn more about the many positive contributions of the profession. Enjoy learning about our social workers and our newest dietitian here at AFRH-W. And if you see them in the hall, give them a shout-out for being awesome.

Mrs. Kim Prager, MSW, LICSW



Kim Prager earned her Master's in Social Work with a concentration in mental health from University of Wisconsin-Madison in 2010. Prior to coming to the Armed Forces Retirement Home, she worked in palliative care and geriatric care, supervising in non-profit community mental health and housing, providing direct care in community mental health and housing for veterans and in an inpatient mental health setting. She enjoys working with aging adults and working to understand what is important to each resident to help achieve what they consider quality of life. In her free time, she enjoys cooking, reading, running and spending time with her family and two children; ages three and one.

Mr. Marc Minkin, MSW, LCSW-C



Marc Minkin earned his Master's in Social Work with a concentration in mental health from University of Maryland, Baltimore in 2011. Prior to coming to the Armed Forces Retirement Home, he worked in community mental health, hospice care, and providing psychotherapeutic treatment to adults in private practice. He enjoys providing care to the needs of others and helping to alleviate psychological distress and restoring balance and well-being. In his free time, he enjoys cooking and spending time with family and friends.

Ms. Mahlet Gebrehiwote, MSW, LCSW-C



Mahlet Gebrehiwote earned her Master's in Social Work with a concentration in gerontology from University of Maryland, Baltimore. Prior to coming to the Armed Forces Retirement Home, she worked in retirement and sub-acute health care settings. She enjoys working with older adults and helping them meet their holistic needs. In her free time, she enjoys traveling, reading, photography and finding new restaurants and foods to try.

Mr. Jaron Woods, RD



From a young age, Jaron was always interested and had a deep interest in nutrition. He was fascinated with how food can negatively and positively affect the body. This led him on his journey to Virginia State University (VSU) and majoring in Family and Consumer Science with a concentration in Dietetics. At VSU, he learned a great deal of knowledge that he decided to pursue the VSU Dietetic Internship program post completion of his undergraduate to become a Registered Dietitian. The VSU dietetic internship program helped him gain skills in Clinical, Geriatrics, Food Service, Community Nutrition, School Nutrition, Renal Support, Diabetes Support, and Food Science. He feels that VSU helped him develop a strong foundation as a Registered Dietitian. Prior to coming to the Armed Forces Retirement Home, he worked at the Department of Veteran Affairs providing top quality nutrition information and food service to the veteran population. In his free time, Jaron likes traveling to tropical locations, teaching plant-based nutrition, and finding and eating at plant-based restaurants.

Sweet treats at AFRH-W

Story & Photos by Carol Mitchell, ADC | Recreation Therapy and Marla McGuinness | Recreation Specialist

Chocolate covered strawberries, chocolate covered pineapples, chocolate cupcakes, and of course chocolate candy! What more could you ask for on Valentine's Day? Residents in Long-Term-Care, Assisted Living, Assisted Living Plus, and Independent Living enjoyed a delicious chocolate frenzy on February 14, 2022. The fresh fruit was dipped by our talented staff chocolatiers in recreation therapy and recreation. Of course, we also had some non-dipped fruit for those not needing a sugar rush.

Fun tidbits: Richard Cadbury created the first heart-shaped box of chocolates. He was the son of Cadbury founder John Cadbury, who started packaging chocolates in fancy boxes to increase sales. He introduced the first heart shaped box of chocolates for V-Day in 1861. Americans spent an astonishing \$23.9 billion on Valentine's Day gifts this year. This is according to the National Retail Federation. Each year more than 36 million heart-shaped boxes of chocolates will be sold. That's approximately 58 million pounds of chocolate!

Valentine's Day unbelievably is not the biggest chocolate selling day, it actually comes in third with Easter coming in second, and Halloween trumping both, coming in first!

Special thanks to the Premium Distributors of DC & MD, Reyes Beer Division who joined us with flowers, fruity and tasty alcoholic beverages, cards, and fellowship.



Springtime cubicle joy

Story & Photos by Amanda Jensema | Recreation Services

Mother Nature has not quite made up her mind whether it is winter or spring in Washington, DC, but Recreation Therapist Amanda Jensema has decided that spring has begun. To spruce up her cubicle walls, she has been decorating her space for the seasons since last autumn.

Outside her space is a welcome sign with flowers, green leaves, and butterflies. In her space, she has a wall with ivy cascading down, filled with butterflies and flowers. On the other wall she has adorned some framed works of bicycles with baskets full of flowers and a tassel garland. Each season, residents and staff always take notice. So far spring is her favorite.



Washington, DC Car Show

By PK Knor | AFRH-W Resident

A bus load of residents attended the Washington Car Show at the Washington Convention Center on senior day. Looking at the future of the automobile industry was amazing! Everything is heading toward gasoline exempt vehicles and we couldn't be happier!



A giant puzzle

Story & Photo by Steven Briefs, CTRS | Supervisory Recreation Specialist



Philip Checka has many talents. One of them is building puzzles. To put together a puzzle, you have to have two things: time and patience. Philip has both and recently spent three months building a 3,332-piece puzzle. When he finally finished, he said, "never again."

After a few days of rest and lunch, Philip is back in our puzzle room putting together new puzzles, although, smaller ones. Good job, Philip!

Self-moving 3-D mechanical models wow residents, staff at AFRH-W

Story & Photo by Robert W. Mitchell | Public Affairs

Sharing his passion for building things with the residents and staff at the Armed Forces Retirement Home in Washington, D.C., United States Navy veteran Robert Farris spends a fair amount of his quality time assembling micro, self-moving mechanical models - a challenging feat requiring precision, tenacity and patience.

"It keeps me occupied, keeps my mind working," Farris said seated at his personal workstation where he builds mechanical wooden horses, trains, cars and, in some cases, rotary and fixed-winged aircraft and a power plant.

Farris worked in carpentry during his time in the military and started building these mini models years ago to satisfy his desire to assemble things and stay engaged. He recalled sending a mechanical model train engine over to the VA hospital in D.C. where he took second prize in an art competition.

The mechanical models on display (a triceratops, a mechanical spider, a steam engine, a globe (like the World's Fair), a robot from the 1960s and a moving Ferris Wheel, to name a few) have generated quite a buzz among residents, staff and visitors to AFRH-W.

"These are amazing," a couple of potential residents said during a tour of the campus. Both current residents and staff smile in amazement whenever they take a moment to stop by and enjoy his work.

With military service that includes time during WWII, Farris's passion and drive to achieve can be traced back, in part, to his time and experience in the U.S. Navy.

"I started as a small boat carpenter and switched over to missiles after about seven years," he said. "But I couldn't get ahead. After the second World War, it (the Navy) was kind of top heavy, so I couldn't get ahead, so I switched to missiles."



Snow day at AFRH-W

Photos by PK Knor | AFRH-W Resident

On January 3, 2022 the AFRH in Washington, DC got so much snow that it looked more like a winter wonderland. Thank you to DC resident PK Knor for these beautiful photos. PK said it was hard to make a snowman because the snow was so light and fluffy, but they tried to anyway.



AFRH-Gulfport

AFRH-G WWII Veterans receive Ruptured Duck Pins

Story & Photos by Lee Corban | Recreation Supervisor

Armed Forces Retirement Home-Gulfport World War II Veterans received "Ruptured Duck" lapel pins on Friday, 25 February 2022. The pins were donated by Mr. Lou Zayas, Junior Vice Commander of the Department of Georgia, Military Order of the Purple Heart. He stated that he wants all WWII Veterans to know that they are not forgotten. Master Chief Alexander Bradshaw, AFRH-G Ombudsman, presented the pins to the thirty-seven veterans from the "Greatest Generation." They humbly appreciated being remembered.

The Honorable Service Lapel Button, also known as the "Ruptured Duck," was awarded to honorable discharged military service members, between 1925-1946. The award, designed by Anthony de Francisci, was issued to wear on civilian clothing following discharge. Due to a shortage of civilian clothing for returning WWII veterans, the Honorable Discharge Emblem was established in 1944, for those discharged to wear over the uniforms right pocket while returning home and for 90 days following their discharge. (Wikipedia)



AFRH-G Annual Tournament Awards

By Dennis Crabtree | Recreation Specialist

Photo by Lee Corban | Recreation Services Supervisor

The Annual Tournament Awards for 2021 was held in the theater on February 11 at 1000 hours. Due to COVID restrictions, the tournament did not start until July 6, 2021 and ended on December 28, 2021. There were 40 residents who participated in the tournament. Wayland Webb was the overall winner with a point total of 151. The top 20 residents all received cash prizes with a certificate. The bottom 20 residents received a certificate for participating. For each branch of service that was represented, U.S. Navy had 16 residents, U.S. Air Force had 12 residents, U.S. Army had eight residents, U.S. Marines had three residents and the U.S. Naval Reserve had one resident. The new Annual Tournament for 2022 began on January 3, 2022 and will have 10 different tournaments each month.



A community of resident artists

By Milton Williams | Art Specialist

Photo by Becki L. Zschiedrich | Public Affairs

This is a great and rare snap shot of our community of artists and crafters together at one place and time. What is not rare is the way they inspire and encourage each other to produce museum worthy art pieces. We have a very active group, and they bring much enjoyment and delight to all of us who get to watch them be re-creative and view their finished works of art. Some of the resident artists were not able to join us for the photoshoot but we want to thank all of y'all for sharing your gifts and talents with us.

We are glad to be on the "art adventure" with you and look forward to seeing more unique and amazing works of art.



The history of King Cake

By Carol Davis | Recreation Assistant

Photos by Becki L. Zschiedrich | Public Affairs

Epiphany, also known as Three Kings Day, is the official end of the Christmas season and the beginning of Carnival season. Mardi Gras, which is French for "Fat Tuesday," is the day before Ash Wednesday and the beginning of Lent. Carnival season is a time of parties, parades, balls and, of course, FOOD! Where there is a party, there is cake, right? Hence, the King Cake originated. The tradition of this tasty treat was thought to have been brought over from France to New Orleans around 1870. The plastic baby inside is believed to be symbolic of baby Jesus because of the religious connection to King's Day. If you are the lucky person to get the baby in your slice of cake, you are named King or Queen for the day and bound by custom to host the next party and provide King Cake. The decorative colors atop the oval-shaped yumminess are purple, gold and green and represent justice, power and faith respectively.

I've been told it is bad luck to have King Cake between Ash Wednesday and January 6. If you wait until Fat Tuesday to fill up on one, you are doing yourself a disservice. Next year Mardi Gras falls on February 21, so that gives us almost seven weeks to find our favorite. Make it a Coastal scavenger hunt! (And let me know who has your favorite.) Have fun and laissez les bon temps rouler!!



AFRH-G's "Salute to Veterans" in healthcare

By Jen Biernacki | Therapy Assistant

Photos by Becki L. Zschiedrich | Public Affairs

On Thursday February 17, 2022, residents belonging to the AFRH Fleet Reserve honored "The National Salute to Veteran Patients" week by visiting and sharing a handmade gift for our healthcare residents. The group made their way down each hallway and into rooms bringing smiles, friendly faces and a voice to say, "You are not forgotten, you are cared for and your service is appreciated." Thank you, Fleet Reserve for your time, talents, thoughts and the spread of kindness to those in healthcare.



The King visits AFRH-G!

By Carol Davis | Recreation Assistant

Photos by Becki L. Zschiedrich | Public Affairs

Cooper, the pet therapy volunteer pup, visits AFRH-G monthly. But when he visited today, February 24, he arrived as royalty! Cooper entered a Mardi Gras fundraising event for the Humane Society of South Mississippi. The pups who raised the most money were to be crowned King and Queen of the Krewe of Barkloxi. There were seven participants who secured more than \$2,000.00 for the shelter. Cooper was able to come up with \$1,100.00 of that from his friends and family! This past weekend he received a prize package, got to lead the PAWrade in Biloxi, and helped many shelter animals have a better life. Way to go, King Coop!! Side note: King Cooper's mom is our very own Recreation Assistant, Carol Davis! Thank you Carol for sharing King Coop with AFRH-G and for bringing so much joy to so many residents.



AFRH-G's magnet man!

Story & Photos by Becki L. Zschiedrich | Public Affairs

Gerald "Jerry" Harris has only been a resident of AFRH-Gulfport for a few months, but he didn't waste any time learning a new craft. While walking by the arts & crafts room the other day I couldn't help but notice so many beautiful and colorful handmade magnets brightening up the room. You can always find Jerry with a big smile working away in the arts & crafts room right off the Boardwalk. Jerry is making all kinds of different designs, all representing our beautiful Gulf Coast.

Jerry retired as a master sergeant from the U.S. Air Force and served in Vietnam. Thank you for your service and for bringing so many smiles to the residents and employees. We are so happy that you chose AFRH-G as your Home.



AFRH-Washington

2/22/22 ~ tutus and tattoos

By Amanda Jensema, Marla J. McGuinness | Recreation Services

Photos by Carol Mitchell, Amanda Jensema, Marla J. McGuinness | AFRH-W Recreation

February 22, 2022 or 02/22/22 is called a palindrome, where one is able to read it forward and backward. This special day fell on a Tuesday, also known as Twos Day. The recreation department and recreation therapy took full advantage of the day and created Tutus and Tattoos for the residents.

Residents and staff flocked as the "Girls in Tutu's Tattoo Parlor" opened shop in the canteen. In honor of 2/22/22, recreation services celebrated by wearing tutu's while giving tattoo's to residents on Twos Day! Roving tattoo carts also made their way around the healthcare units. Residents got creative with their choices, and even where they wanted them! Residents socialized while showing off their tattoos with an ice cold beer or soda in hand. Residents joked that these were the best and least painful tattoos they ever received. Residents Warren Pospisil and Jim Hunnicutt got in on the fun and even posed wearing tutus!

The next palindrome date will be 3/3/33. What craziness will be had then?



AFRH-Gulfport

Happy Hearts Day from City Hall

By Sean Campbell | Lead Recreational Specialist

Photos by Lee Corban | Recreation Services Supervisor

Members of the City of Gulfport Mayor's Youth Council visited the AFRH-G campus on Valentine's Day to deliver over a 150 handmade valentine cards for residents. The young city representatives were treated to a brief outdoor overview of the campus by AFRH-G resident and RAC representative Von Blunt. Youth Council members were able to ask a few questions and pass out a few cards to veterans in the area outside. Jase Payne, Communications & Marketing Manager for the City of Gulfport explained how the group had researched the home and its importance to the community, and members jumped at the opportunity to reach out and say thanks to our veterans.

Recreation Services staff received the cards and passed them out to residents during lunch in conjunction with the department's Valentine Treat bags distribution. AFRH Recreation Services looks forward to more interactive events with this group in the future once the COVID restrictions in place to protect our residents, allow such events to occur.



When you realize 2022 is 2020, too! A review of the New Year!

By Susan Bergman, MT-BC | Recreation Therapy Services

Photos by Beth Cox | Recreation

We cheered in the New Year of 2022 only to realize it sounds like 2020, too! Hoping to not relive the past two years again, we looked forward to new beginnings instead. On Wednesday, January 12, 2022, healthcare residents on Valor, Loyalty & Allegiance met up in their dining rooms for the monthly cook-in. You ask, what made an appearance at the Winter Wonderland-themed event? Why, an Abominable Snowman, of course. The abominable snowman, also known as a Tibetan Yeti, is a mythical creature inhabiting the Himalayas. Most people are more familiar with the cartoon character, Bumble the Abominable Snow Monster from the 1964 Rankin/Bass film, Rudolph the Red-Nosed Reindeer and the 2001 sequel, Rudolph the Red-Nosed Reindeer and The Island of Misfit Toys. But once residents peeked under the hooded silliness of Susan, they knew exactly who it was. Hooray for delicious food, surprise costume visits, and amusing new memories. And despite all the obstacles and challenges, we are truly on our way to an adventurous fun filled new year!

Birthday celebrations filled the air, too. On January 29th, Helen Bieda celebrated her "99th" with relatives while Lois Hogan enjoyed her "102 Whole Years of Being Awesome" cake with residents on February 2nd along with a chocolate cake shared with family members afterwards. Piano Time, Drum It Up! Drumming, Socially Distanced Bingo, Fun Art Painting, Ice Cream Visits, Root Beer Floats, Games & Puzzles, Weekly Comedic Funny Handouts, Haircuts, Strolls, Skype Calls, Chair Exercise, and more rounded out the month. With more celebrations to come such as Valentine's Day, Super Bowl Sunday, and Mardi Gras, 2022 is bound to be better than 2020, too for sure!

