



AFRH-WASHINGTON

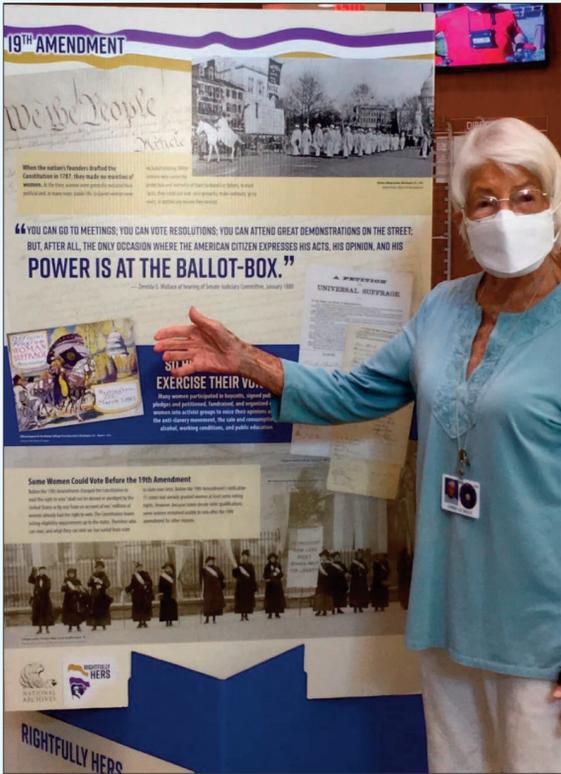
100th Anniversary: Women's Suffrage

Story & Photos by Carol Mitchell | Recreation Therapy

This year, 2020, designates the 100th anniversary pathway of the 19th Amendment, ensuring and protecting women's constitutional right to vote. The pathway marked the biggest growth of democracy in the history of our nation. It took advocates and activists nearly 100 years to win that right, and the movement was not easy. The term Women's Suffrage has nothing to do with suffering but instead originates from the Latin word "suffragium," which means the right or privilege to vote.

Socially, economically, and politically in the past the Women's Suffrage Movement was looked down upon. Society felt that women's one and only purpose in life was to cook, clean, and take care of the family. Women have come a long way in the fight for their rights. Powerful women making a difference include Marie Curie, Rosa Parks, Ada Lovelace, Margaret Thatcher, Amelia Earhart, and Oprah Winfrey.

The 19th Amendment helped millions of women move closer to equality in all aspects of American life. Special thanks to the DAR Constitution Chapter for donating to the Home this wonderful exhibit display from the National Portrait Gallery.



AFRH-GULFPORT

Red fish feeding ~ bronze medal winner

By Milton Williams | Art Specialist
Photos by Becki L. Zschiedrich | Public Affairs

Wayne Wolski, our up and coming woodworking resident artist entered his "intarsia" wood piece and received third place in the 2020 National Veterans Creative Arts Competition.

This was his first time to enter any art competition and this piece is his fourth intarsia he ever made. I got a hunch he needs to keep this "hobby" going! Not only does he enjoy the processes in cutting and piecing together the many different types of wood, but he has an eye for what works. Congratulations Wayne, on placing in this prestigious art show and we look forward to seeing many more adventuresome art works.



INSIDE THIS ISSUE

Page 2
Resident Highlight
Arthur Lehman

Page 3
MOU Signed for
AFRH-W
Redevelopment

Page 6
Resident Shows
Full Military
Honors To Those
Awarded The
Purple Heart



AFRH COMMUNICATOR

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



Christopher Kelly - Public Affairs Officer
Carolyn Haug - Washington Public Affairs

Becki L. Zschiedrich - Gulfport 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 active commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

- who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.
- who are determined under rules prescribed by the Chief Operating Officer to have a service-connected disability incurred in the line of duty in the Armed Forces.
- who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be suffering from injuries, disease, or disability.
- who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

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

Visit us on the web at:
<https://www.afrh.gov>



<https://www.facebook.com/AFRH.gov>

APPLY TODAY! IMMEDIATE OCCUPANCY AT BOTH GULFPORT & D.C.

AFRH-G Resident Highlight - Arthur G. Lehmann, Jr.

By Dan Ellis | Resident



Art was born on March 24, 1947 in Long Beach, California to Arthur and Alice Lehmann. He has one sister and two brothers. Art was known as "Little Art" by family members as he grew up since he was named after his father. However, he grew up to be 6'3" and 245 pounds, so he wasn't so little anymore.

From his home in Los Alamitos, California, he matriculated through Laurel Elementary and Orange View Junior High School and graduated from Western High School in Anaheim, California. During these educational pursuits, he was credited with nine varsity letters in football, wrestling and track.

Art went on to Fullerton Junior College in Fullerton, California where he achieved further gains in football as the Junior College National Champions and played in the Junior Rose Bowl in Pasadena, California on December 11, 1965. Fullerton College beat Henderson County

College, Texas, 20-15.

Having gained a scholarship, Art went on to Weber State University in Ogden, Utah attending for one and a half years before going home due to his father's illness. While at home, and having received a draft notice, he decided to enlist into the U.S. Army.

Art entered the Army on April 16, 1968 and took basic training and advanced individual training at Fort Ord, California as a personnel management specialist. He had tours in Vietnam, Pentagon, Hawaii, San Francisco, New Orleans, Chicago, Korea, Arizona, Texas, Germany, Washington and Japan.

While holding top positions as first sergeant at Fort Huachuca, Arizona, Art won the commander's marching banner for five consecutive months. The post commander retired the banner and awarded it to 1SG Lehmann for permanent display in the company area.

Art was selected to attend the U.S. Army Sergeants Major Academy in Fort Bliss, Texas, where he graduated from Class 30 and received the General Ralph E. Haines, Jr. Award for Outstanding Student Research.

He was reassigned to the Army Personnel Center in Alexandria, Virginia, where he

was the sergeant major of the NCO education system responsible for soldiers training and development. After a year, Brigadier General Fred Vollrath selected him to become the sergeant major of the enlisted personnel management directorate, which is responsible for all enlisted personnel assignments, promotions, training and professional development. This is one of the top positions in the Army for a personnel sergeant major, where he briefed the sergeant major of the U.S. Army, major commands and soldiers worldwide on Army policies and soldiers' development. While there, he received the General Horatio Gates Medal, awarded for outstanding service in the Adjutant Generals Corps.

While assigned at Fort Lewis, Washington as the sergeant major for personnel, he was selected as a command sergeant major and reassigned to Camp Zama, Japan where he was the 17th Area Support Group sergeant major and Camp Zama sergeant major responsible for all Army soldiers assigned to the camp. One of his duties was to coordinate NCO development with the Japanese Army's NCO's in order to build lasting relationships.

Art received an Associate of Science degree from the University of New York in 1979 and his Bachelor of Arts degree from Columbia College, Columbia, Missouri in 1983.

After more than 26 years, Art decided to retire. During his career, he had received several awards, including two Legions of Merit, Bronze Star, four Meritorious Service Medals, Joint Service Medal, four Army Commendation Medals, Army Achievement Medal and other service ribbons.

On September 1, 1994 he retired at Winlock, Washington where he delved into salmon and steelhead fishing in the Lewis River, which runs into the Columbia river.

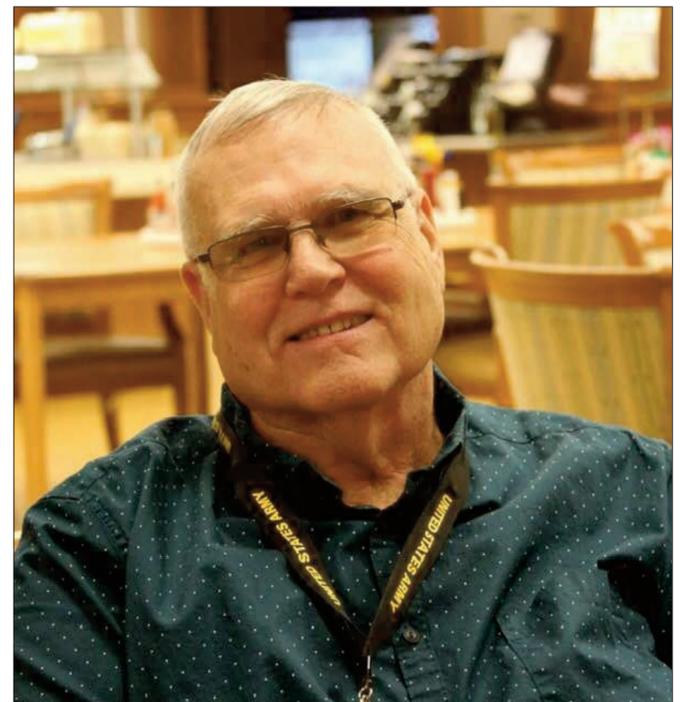
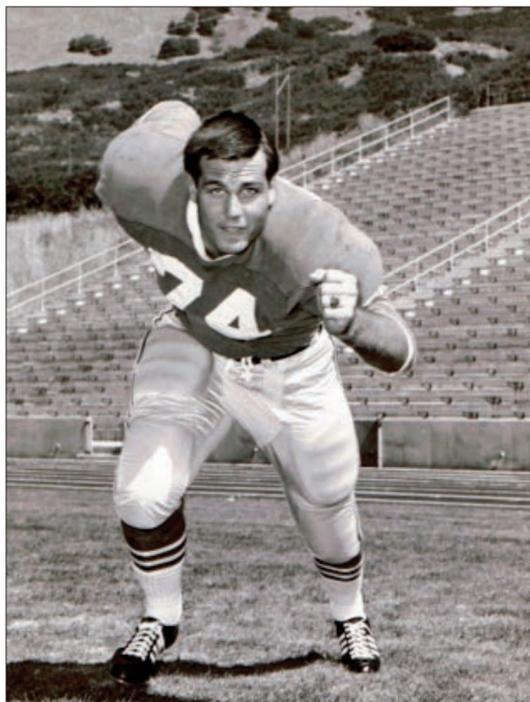
But not all play, Art was employed as a regional manager for Olsten Staffing Service and managed five different offices around Seattle, Washington. There he provided temporary employees to companies that did not want full time employees or was a stepping-stone to full time employment to a company. He was later employed by U.S. Bank in Minneapolis, Minnesota as manager of temporary employees.

He fondly retells that while at home on emergency leave from Vietnam, he met his future bride, Janet, and followed up with a letter-writing campaign to woo her. They married at Fort DeRussey, Honolulu, Hawaii on August 3, 1970, during his R&R.

In 2003, the family moved to Mesquite, Nevada where the warm weather was more suitable for Janet's health. She had been diagnosed with alpha-1 antitrypsin deficiency. They moved to The Villages, Florida in 2007, where together they golfed, went to movies, read, traveled and worked on Janet's prime projects.

Art had a stroke in 2013 which left him with a speech impediment and ended his public speaking engagements. In 2018, Janet passed away. Art was not prone to live alone and did not want to place pressure on his adult children, so he decided to move into the AFRH in Gulfport, Mississippi.

Art has two children; Jennifer and Daniel, two grandchildren; Zack and Devin, and two great grandchildren; Leah and Braxtyn.



Memorandum of Understanding Signed for AFRH-W Redevelopment Document Allows for Private Development on 80-Acres at AFRH-W

By Christopher Kelly | Public Affairs Officer

On July 28, 2020, AFRH Chief Operating Officer James M. Branham, along with representatives from the National Capital Planning Commission and the DC Office of Planning, signed a Memorandum of Understanding (MOU) that identifies the process for redevelopment of an underutilized 80-acre parcel of land on the AFRH campus by a private developer.

The document outlines the shared review and development process and allows the project to move forward. It also ensures a single, clear set of land-use regulations and building code standards.

"We are excited to take this next step forward in bringing this long-anticipated project to fruition," said Mr. Branham. "More than helping the Home financially, the development will provide many new amenities that our residents and neighbors will be able to enjoy, as well as expand housing, jobs, and revenues throughout our community."

AFRH-W's 272-acre campus includes more than 100 buildings and ancillary structures, many historic, and provides residences and related services for approximately 600 eligible retired and former members of the United States Armed Forces. The home, dating back to 1851, is the oldest and only federally funded retirement home for retired members of the military.

AFRH operates on a trust fund and receives some appropriations funding from Congress to sustain operations and support investments that improve the quality of life and overall health care needs of the residents. The Chief Operating Officer of AFRH determined that leasing underutilized land on the campus' southeastern corner would provide steady revenue and a long-term income stream to help fund capital investments and operations.

AFRH will exercise its authorities under Title 24 of United States Code to lease non-excess property under terms that promote the purpose and financial stability of the retirement home and directly benefit its residents.

In 2019, AFRH provisionally selected the team of Madison Marquette and Urban Atlantic to be the master developer for the site. Their proposal includes approximately 4.3 million square feet of new development and adaptive reuse of historic buildings, as well as more than 20 acres of publicly accessible green space.

AFRH anticipates completing the zoning process outlined in the MOU and negotiations with the selected development team on a long-term ground lease in 2021.



AFRH-G Hawaiian Luau lunch

Story & Photos by Becki L. Zschiedrich | Public Affairs

On August 12, 2020 AFRH-G held a Hawaiian Luau Lunch. Many residents wore their favorite Hawaiian shirts to go along with the occasion. Our dining hall really put on a festive meal which included coconut shrimp with mae ploy sweet chili sauce, pineapple pepper chicken, island fried rice, Hawaiian baked beans, aloha shrimp salad, Honolulu coleslaw plus a variety of desserts. Upon leaving the dining hall residents were also offered beer and other beverages to go. Thank you to the dining hall and the recreation department for the delicious island-style luncheon.



AFRH-W Recreation Services is slowly bringing programs back

By Marla J. McGuinness | Recreation Specialist

Photos by Carol Mitchell, Marla J. McGuinness, and Jack Beck

Recreation services never shut down for the pandemic. We modified and adjusted our daily routines and tasks to support the residents where and whenever they need us. It is fabulous that we are now slowly opening programs back up to the residents. Obviously, things will be a little different while we ensure compliance with all of the COVID-19 guidelines; but rest assured we'll be having fun. The staff ensures you that prior to any event all equipment is sanitized. We ask residents to comply with the use of hand sanitizer, face masks and six-foot social distancing.

-Corn Hole offered as an outside event; but due to a tropical storm that blew in that day, we played indoors. Dan Webber and John Olson along with Howard Shirley (not shown) played a strong game! Bocce, Horseshoes and bike riding are on the list to bring back.

-Bingo games have returned to the new normal. Residents have been playing virtual bingo for the past four months, turning their cards in to see who won for the week. Van Hayes's distinguishing voice is back calling out the bingo games. Richard Heinrich, PK Knor and Paul Armbruster have volunteered to help with the games on Wednesday afternoons at 1:00 p.m.

-Bowling Shoot Out is in the bowling center every Tuesday at 1:00 p.m. They pair up as teams and see which team can get the highest score combined. Richard Heinrich and Willie Shives were on one team and Tom Myrick and Peter Hudson were on the other team for our re-introduction.

-Billiards and Beer had five participants play a double-elimination billiards game. Theodore Wilson, John Baker, Benny Anaya, Bob Farris, and Richard Heinrich took part. Spectators were welcome to watch the pool players here at AFRH (W) and all were offered refreshments. The winners: 3rd place-John Baker, 2nd place-Theodore Wilson, 1st place-Richard Heinrich.



From the AFRH-W Administrator



I know many of us feel like we didn't have much of a summer due to our COVID-19 activities, but the calendar says otherwise. It is hard to believe we are almost heading toward cooler temperatures. We won't see the children arriving at the Creative Minds School until at least October; their school begins this month, but from home like many other schools across the country. The Lincoln Cottage tours are limited to outdoors and we are still in health protection level delta, which means our gate is still closed to visitors. Our recent random testing has only produced one positive case, a contractor who had minimal exposure to our residents and other staff. As always, I am grateful for the true team effort of both residents and staff to keep themselves and others protected from the virus.

The good news is that the summer brought us rain and sun so our gardens have been growing and producing wonderful vegetables and herbs which ended up in various tasting projects. This year we added a garden area behind the Sheridan building so that more residents could participate. We also enhanced that area with a fountain to make it an even nicer place to visit. We have also been able to open up some more activities on campus. Our recent birthday dinner felt a bit more normal with some of us singing Happy Birthday, pictures and wine.

Some more good news this month. I've been saying for quite a while that we were working on a contract to get architects to design an upgrade to the Sheridan rooms and I am happy to report that process is moving forward. We will soon see their first designs, and I am hopeful that the resident living spaces will be significantly improved. We were also able to get a contract in place to replace the outdated elevators in Sheridan and in the Stanley Chapel. Government contracting is not the quickest process but with patience it does come through.

Recently we were able to promote two of our employees. I am happy to report that Dr. Patricia Howard is now our chief of healthcare services, moving up from the director of nursing position and Lieutenant Jay Scott is now our security supervisor. I know that the Home is in good hands with these two individuals in greater leadership roles.

As I write this, we are in the middle of a DoD Inspector General review of how AFRH handled the pandemic. So far, they have interviewed quite a few residents and staff. We are always appreciative of outside reviews to see how we can improve our processes.

As I close this month I know we are all still concerned about the pandemic. I sure never thought a few months ago we would still be where we are. Masks are now the norm, waiting in line is how we enter places and our children are once again having to learn from home. Keep in contact with those you love as best as you can and let's keep positive that we have weathered this storm as well as we have. Thanks to our wonderful residents for their patience and to the staff who works so hard!

Susan Bryhan



Doe- a deer, a female deer was spotted on the AFRH-W property. Photo by Carolyn Haug | Public Affairs



Fresh vegetables hand-picked from the AFRH-W terrace gardens. Photo by Carol Mitchell | Recreation Therapy

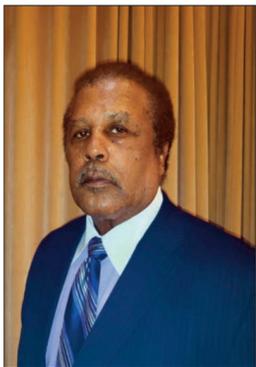
AFRH-Washington celebrates U.S. Coast Guard birthday with special video greetings from MCPOCG Jason Vanderhaden!

By Chris Kelly | Public Affairs Officer
Photos by Linda Bailey, CTRS | Lead Recreation Specialist

On August 4, the Armed Forces Retirement Home - Washington "virtually" celebrated the 230th birthday of the United States Coast Guard with special video greetings from Master Chief Petty Officer of the U.S. Coast Guard (MCPOCG) Jason Vanderhaden. The video aired on AFRH-W's cable channel on televisions set up next to the dining hall, and to each resident's room. Our thanks to AFRH-W's Recreation Services for also creating a special display honoring our USCG residents!



Notes from the AFRH-W Resident Advisory Committee Chairman



We all can do our part to help keep the spread of COVID-19 down by following the guidelines that have been put in place for all of us. CDC and the leading doctors in the USA have stated that we have a long way to go, maybe even two or three years. If we stay on the course that we are on now (as of August 2020), we could lose over a million family members, friends, and neighbors by that future time. Let all of us at AFRH-W make a commitment to keep everyone safe here at our wonderful Home by continuing to do the right thing: wear your mask, wash your hands, and keep a safe distance. Just remember a quitter never wins, but a winner never quits. We are all in this together, so let's work together as one big happy family.

We have new residents at our Home, so please take time out to welcome them and make them feel at home. Remember the best vitamin for making friends, is B-1. I want to thank all the residents who have worked so hard to help keep our Home safe by volunteering your time. We truly appreciate you!

Billy Ray White



AFRH-G Employee of the Quarter

Photo by Becki L. Zschiedrich | Public Affairs

Congratulations to the AFRH-G Employee of the 3rd Quarter 2020: Tracie Fairley, RN for exceptional service to the Armed Forces Retirement Home during April, May and June 2020.

Tracie worked diligently on the COVID-19 unit, working hand-in-hand with the nurse educator to ensure the COVID-19 unit was set-up properly. Most of the time she worked on the unit by herself, without a CNA, providing Resident-Centered Care to our residents. Tracie is self-motivated and maintains her professional 'can do' attitude to complete the mission of caring for the residents, even during staff shortages. While on Loyalty Hall, Tracie never has a problem jumping on a medication cart and making things happen. Her care and compassion for the residents is phenomenal. She has set an example for all by being flexible, and planning and executing the care of the residents. Tracie is a great person that reflects professionalism needed in every department and unit. She has made a tremendous impact to the nursing staff.

Tracie's dedication is commendable and reflects great credit upon herself and the Armed Forces Retirement Home.



Gulport Administrator Jeff Eads presents Tracie Fairley with the Employee of the 3rd Quarter award. Congratulations Tracie!

The true heroes of the Armed Forces Retirement Homes in Gulfport, MS and Washington, DC

Story by Raymond Ross | Resident

Photos by Becki L. Zschiedrich | Public Affairs



My name is Raymond Ross and I am a resident of the Home in Gulfport Mississippi. I wanted to write this article to reflect on my observation of how this virus has affected me as a resident. This is an emotional subject because, it's more than a discussion, it's we're living the very reality of the unknown, that could and will kill us. So, if you would bear with me, I would appreciate it.

On March 30 AFRH leadership informed us that we were going to be quarantined to the grounds at AFRH-G with numerous restrictions. I do not need to go into the restrictions because we are living them. For me, I am an independent living spirit as the photo shows. That is me driving on the grounds because I need to get that feeling of freedom in some small way. So, as I drive around the grounds I'm not fooling myself - I know I'm on 47 acres. I cannot do 120 miles an hour and I really can't pick up any good-looking old ladies. But it gives me that freedom that, "this too shall pass."

One day I get a call, Mr. Ross you have tested positive for COVID19. You'll be quarantined for 14 days. You see I'm not afraid to die and I figured anybody who has prostate cancer which has metastasized into bone cancer, latent TB, gone blind and other problems then I'm not going to last long. Well guess what? I do not know if it was a false positive because they wouldn't retest me or if I was asymptomatic. Either way I really didn't care.

But for 17 days I had the opportunity to be objective about the true circumstances of this virus, and what it means to me. I got to thinking I put 20 years in the Air Force, three years with the army civil-service, 13 years Navy civil service and two years with their nuclear program. In the total time in all those years, at no time I will repeat, at no time was my life in danger.

The real heroes are the people who come to work every day to take care of the residents. When we have the virus enter the Home, they still come to work to take care of us. As of last Wednesday, we were all negative. One of the big discussions is how does the virus get into the Home. Of course, the standard answer is the staff, or the employees bring it into the Home. Which could be true or not true.

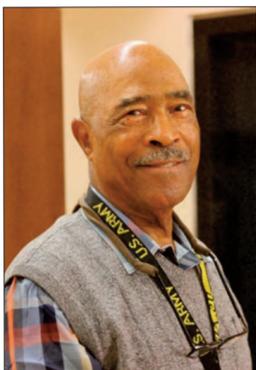
Let us set that aside because you can never find the true answer. But what I wanted to amplify is this; no matter how the virus gets into the Home every person that's entering the Home is in harm's way. For 35 years I never felt like my life was threatened, it's not like that for people working here. What makes it uniquely brave is that when they leave to go home, they could be taking the virus to their family, let that sink in. If I were in the Army and in a fox hole, and the enemy was shooting at me, and I survived, I wouldn't take the bullets back home to my family. Let us appreciate it is dangerous. They not only put their life in jeopardy, they take the chance of taking it home to their loved ones. Think that over, they are the true heroes and you can't say it any other way.

To all the residents in both Homes, God bless all and have fun in any way that you can.



Gulfport resident Ray Ross cruises around the grounds at AFRH-G.

Notes from the AFRH-G Resident Advisory Committee Chairman



The month of August has ushered in a "wake up call" during which we evaluate the current status of the COVID-19 virus. It seems like only yesterday, early in the month of June, a lot of residents thought surely the pandemic would be over by August. Instead we have come to the realization that nothing short of a vaccine will conquer this virus. Meanwhile we have ceased all recreation activities, increased focus on face masks and social distancing. We are also mandating weekly testing for everyone. Let's continue to support each other, keep a positive attitude, and stay active.

As we come to the end of the month we are transitioning into a time of political awareness. A time when we Americans must decide which political party will lead our country during the next four years. I want to call your attention to another election that will take place in September. At AFRH-G we have, in accordance with Agency Directive 8-12B, a Resident Advisory Committee. This committee provides a forum for all residents to express their needs, ideas and interests through elected representatives of their respective floors or areas. The election will be conducted on or about the 15th of September and will determine the composition of that committee for the next two years. I encourage each of you to participate either as a candidate, voter or both. Involvement will surely improve our Home.

Arthur "Art" W. Jones



AFRH-Washington

Always Ready- Celebrating the birthday of the U.S. Coast Guard

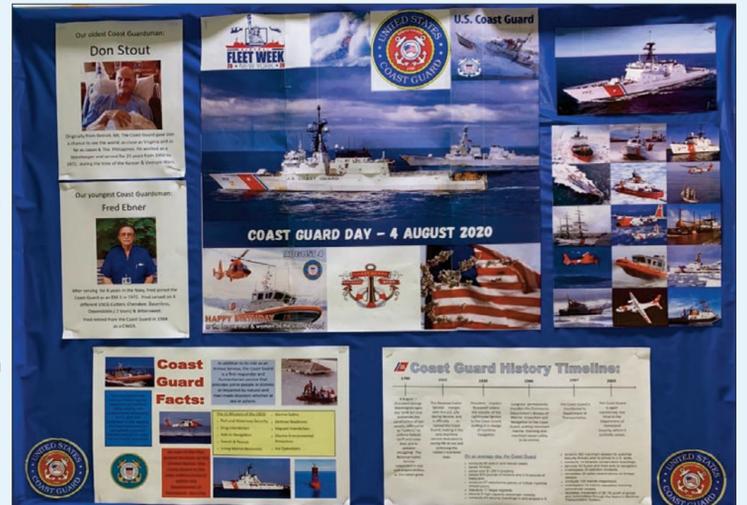
Story & Photos by Linda Bailey, CTRS | Recreation Specialist

The U.S. Coast Guard, the nation's oldest continuous seagoing service, celebrated its 230th birthday on August 4th, 2020. Despite the fact that we have few (well, really, only two) Coastguardsmen in our ranks here at AFRH Washington, we celebrate the birthday of the USCG with as much enthusiasm as we do for any other branch of the service.

The Covid restrictions continue to make getting together to celebrate military birthdays something that has to wait. So, to celebrate, we put together a video which included a greeting by Master Chief Jason M. Vanderhaden, Master Chief Petty Officer of the Coast Guard, some Coast Guard history, including the Coast Guard heroes for whom the new cutters are named, and the roll of the Coast Guard around the world.

Added to this was a display board with Coast Guard facts. Did you know the Coast Guard has eleven different missions? These include search and rescue, drug interdiction, migrant interdiction, marine safety, port security, aids to navigation, and law enforcement, among others. It really is a small service with a big job.

Our oldest Coastie is Don Stout, and our youngest Coastie, and new resident, is Fred Ebner. It is nice that Don is not now both the oldest and youngest Coastie. Happy Birthday, US Coast Guard. We know you remain "always ready for the call".



Cooking from the garden's bounty

By Linda Bailey, CTRS | Recreation
Photos by Mike Hoth | Resident

AFRH Washington was gifted with a rather large rice cooker and 50 pounds of rice from USA Rice, the trade association for rice growers in the U.S. Since then, we have been looking for opportunities to use this in cooking groups with our residents. The bumper crop of tomatoes and peppers from the terrace garden gave us the opportunity to use these three abundant ingredients in a cooking demo and tasting of traditional Puerto Rican rice and beans, along with chicken empanadas.

Due to Covid restrictions seating was limited, and only one resident could assist with the cooking. Chris Engle assisted with the chopping of onions, peppers from the garden, and helped with prepping the tomatoes for skinning and cooking. These were cooked along with garlic to make a sofrito, a traditional cooking sauce. Half was used to cook the beans in, which were then served over the rice. The other half went into our chicken empanadas, along with potatoes, and cheddar cheese. The conversation was as good as the food. Look for a similar cooking group in September. Our featured dish will be chicken fried rice.



Resident wooden models

By Christine Baldwin | Librarian

Robert Farris, US Navy retired, started working on wooden mechanical models in December 2019. He has made 19 of these intricate items, including a clock, a world, a film strip projector, a robot, a jeep, a train set and a helicopter. One of these, a rover, runs on solar energy.



Earthquake and tornado

By Christine Baldwin | Librarian

Many people remember the August 23, 2011 earthquake that did much damage to the Sherman building. Large blocks fell off the clock tower. Inside the building, the staff computer area was destroyed and a staircase shifted several inches. The main damage to the Sheridan building was to three elevators. It took quite a while to repair everything. However, another big natural disaster happened in September 1993. Though meteorologists say it was not a tornado, there were two wind patterns converging on our property and winds were clocked at 75 mph. The initial estimate of damage was \$30,000, with another \$15,000 to replace the more than 100 trees that were uprooted or damaged. Two cars were totaled and six more damaged. Fortunately, in both incidences, no one was killed.



Carl W. Ayers shows full military honors to those awarded the Purple Heart

By Marla J. McGuinness | Recreation Specialist
Photo by Mike Hoth | Resident



Purple Heart Day, observed on August 7, is a time for Americans to remember and honor the patriots who were either wounded or made the ultimate sacrifice in combat on behalf of our great nation. Carl Ayers paid tribute to those awarded the Purple Heart by wearing his uniform and showing military pride.

Prior to his Army career, Carl was a coal miner in West Virginia where he met and married his wife of 52 years, Rubye, and raised three sons, Glenn, Guy, and John. He is the oldest of 13 children, with only three remaining, one brother and two sisters.

Mr. Ayers retired from the Army with five years as a military policeman, four years working on guided missiles, and 11 years as a microwave radio technician, instructor, operator, and repairman. His last assignment was building a Mars radio station. Once retired Carl taught AJROTC to high school students for 18 years. He is passionate about being part of the casualty assistance and military funeral support programs. His duties were numerous and included presenting the U.S. Flag to surviving family members, and in supporting the chaplains. Carl has helped with 1,800 funerals at Bushnell Florida National Cemetery from 2002 to the present, and is always willing to show his dedication to the service member and their uniform.

AFRH-W has been his home for a year and half, moving him closer to his sons. We should all be more like Mr. Ayers and show our pride on these days remembered.



Federal Holiday - September 7, 2020



AFRH-Gulfport

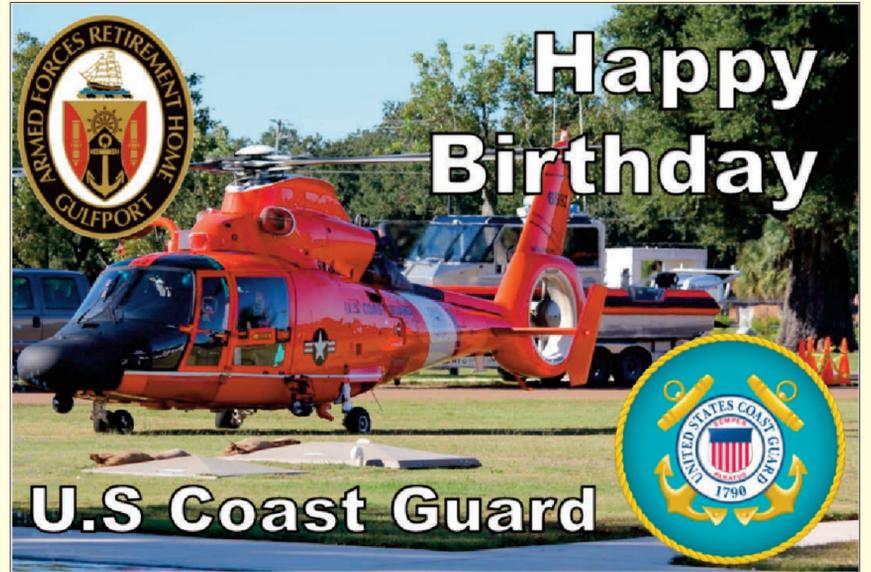
Happy 230th Birthday U.S. Coast Guard

By Becki L. Zschiedrich | Public Affairs

In celebration of the 230th birthday of the U.S. Coast Guard (USCG) Lead Recreation Specialist Sean Campbell put together an incredible video commemorating the USCG for its valor and discipline. The video was shown on Senior TV channel 4 and is also uploaded to the AFRH Facebook page.

The USCG is the smallest of the five Armed Services. Established on August 4, 1790, the USCG has kept the nation's waterways safe, playing a critical role in national security. They also patrol our coasts for drug smugglers, human trafficking and both domestic and international terrorism. The USCG is also known for water rescues during natural disasters. They say even days after a hurricane they could find people standing on their roof, waiting for someone to save them like in New Orleans after Hurricane Katrina. The USCG job is 24/7 and is never over.

AFRH-G is proud to have three Coasties as residents: Earl Portrey, Mack Henry and Thomas Hamer. Thank you for your service and Happy Birthday!
Semper Paratus! Always Ready!



The "Who Dat Super Bowl Train" arrived at AFRH-G

Story by Jen Biernacki | Recreation Therapy Assistant
Photos by Becki L. Zschiedrich | Public Affairs



On August 7, 2020, AFRH-G received an incredible "Who Dat" donation to our HO Train collection. Resident George Loftus donated an "NFL New Orleans Saints Super Bowl Champions Express Train" set to the train room. The train set contained the engine, Super Bowl car, passenger cars, transformer and track. From this true Saints fan...I say, "Dat" was an awesome donation! A donation full of fun and memories to be enjoyed for many, many years to come. Thank You Mr. Loftus!



Community cares

By Lisa Hall | Admissions Officer
Photo by Becki L. Zschiedrich | Public Affairs

As many of you are aware, the COVID pandemic put a restriction of movement in effect. This has had AFRH-G residents sheltering-in-place since March 2020, but COVID didn't restrict day-to-day life and requirements. One of the many questions posed was how to renew vehicle registration or register a new vehicle (yes, new vehicle purchases haven't stopped either!).

Harrison County Tax Collector Sharon A. Nash received several calls from our residents asking how to renew vehicle registration during the pandemic and quickly offered a solution: to come to their homes and renew registrations! Once she discovered our residents were sheltering-in-place on campus, she offered to bring two of her clerks, Crystal Mason and Caitlin Gonzalez, to AFRH-G to conduct on-site vehicle registrations.

The trio offered the services and promptly came to campus and provided new vehicle registrations and vehicle title transfers, and answered vehicle tax questions for residents. All in the safety, comfort and social distancing of their own home! Just one of the many ways our local community shows it cares for our Nation's heroes!



Jazz fish and other life

By Milton Williams | Art Specialist
Photo by Becki L. Zschiedrich | Public Affairs

Clifford "Smitty" Smith loves to go fishing and his favorite spot is the art studio with all his "fishing tackle." Paint brushes, palette knife, wood, shells, beads, sparkle glitter and lots of acrylic paint. His subject matter is mostly aquatic but he enjoys adding some terrestrial and celestial subjects to his portfolio. This picture shows but a fraction of what he has 'created' and the only reason we see so many of his works in one spot is due to him not being able to give them to his favorite charity, YET. For the past 10 years Smitty has been donating his art to raise money for a library/school in Africa.

Hey, Smitty, you know they might really like to have one of those jazz fish on their walls. Hmmm! A picture is worth a thousand words...



Congratulations Calvin Dart!

By Becki L. Zschiedrich | Public Affairs

Congratulations to Gulfport resident Calvin Dart for receiving the Ambassador for Peace medal from the Republic of Korea for his service, dedication and boundless sacrifices in helping Korea reestablish their free nation and for restoring and preserving Korea's freedom and democracy.



Aloha, Elvis & birthday wishes!

By Susan Bergman, MT-BC | Recreation Services
Photos by Becki L. Zschiedrich | Public Affairs

On August 12, 2020, residents enjoyed coconut shrimp, crab cakes, hamburgers, hot dogs, key lime pie, and so much more at the "Aloha" monthly cook-in for Valor, Allegiance & Loyalty Halls. With a variety of drinks to accompany such a festive meal, residents were all smiles. That famous Hawaii Five-O theme could be heard as socially distanced residents watched on Loyalty Hall as McGarrett and Danno solved the case. Pictured at the cook-in on Allegiance Hall and born on August 8, 1925, Navy veteran Walter Moore who served during WWII, was thrilled to showcase his "95" and counting T-Shirt along with special individually wrapped "Happy Birthday Walter" and "Walter 95 & Counting" cookies from his granddaughter, Michelle Olkkola in Newark, Delaware. National Smile Week began the month of August with a funnies handout including several ways to bring happiness into your day and National Elvis Week along with "Blue Hawaii" completed the second week of Luau celebrations through quotes, trivia, and another comedic handout. Resident Helen Bieda said, "Oh, I look forward to these each week, I send a copy to my son...thanks for helping us smile in our rooms, it really helps." Another resident, Ed Freeman, said, "Oh good, I take a picture on my cell phone, send it to my son, Rusty, and then we get a chuckle together when we talk later." As Elvis Presley said, "Until we meet again, may God bless you as he has blessed me." Keep that Aloha spirit and "Rock On" by wearing your masks, washing your hands, and socially distancing. Can't you just hear Elvis now telling you... "Well, a...thank you...a...thank you very much!"

