

»»» QUARTERLY ISSUE «««

THE COMMUNICATOR

ARMED FORCES RETIREMENT HOME



A PREMIER RETIREMENT COMMUNITY FOR OUR NATION'S VETERANS

AGENCY NEWS

»»» ADVISORY COUNCIL SWORN-IN

Our Agency leadership swore in a new members for the Armed Forces Retirement Home Advisory Council. As required by Section 416 of Title 24 of the United States Code, the Advisory Council is comprised of experts in retirement home administration, gerontology, financial management, veterans' affairs, military affairs, and other domains of expertise. They will provide industry insight and recommendations to our leaders.

NEW GOALS FOR 2024 «««

With new metrics in place to track incomings and outgoings, the Public Affairs office is committed to increasing occupancy to the full capacity of each campus. The Washington campus will continue to manage a waitlist pending the finalization of the Sheridan renovation project. The Gulfport campus is on a waitlist for couples only, and we're encouraging our single applicants to set their move-in dates and join our communities before it fills up!

ADMISSIONS UPDATES



WARMEST NEW YEAR WISHES TO OUR VETERANS

We hope your holidays were filled with peace, joy, good health, and cherished moments.

A note from your team in Public Affairs:

We heard you! We understand how important it is to see the various media that spotlights you and your home. We're including this holiday insert with photos from the holiday season as a sign of our commitment to merge our marketing and outreach with the elements of our media that you love. After all, you're what makes the AFRH such a special and fun place to highlight.

HOLIDAY VISITS

The Washington Campus welcomed two Chelsea Pensioners from the United Kingdom and members of the Virginia Tech Hokies football team for holiday activities. The Gulfport campus showed off their beautiful campus to CMSAF JoAnne Bass.



HOLIDAY SOCIALS

Our holiday festivities are among the most anticipated events of the year. Why? Because it's an entire month of flurried, joyous energy. From Sing-Alongs to renowned band concerts, dances to tree lightings -- there's a way to celebrate for everyone.



AFRH Staff and residents are known for bringing the cheer in their outfits! So tell us... Whose outfit was the star of the season?

WHO WORE IT BEST?



DC CAMPUS

>>> MEET THE NEW ADMINISTRATOR

Robert McAndrews began his tenure on January 2, 2024. He brings with him a wealth of experience and a proven track record in senior living management, serving most recently as the executive director at Sunrise at Fair Oaks, overseeing financial management, regulatory compliance, and the overall well-being of the community.



Mr. McAndrews holds an MBA in healthcare management and a BS in business administration, both from Old Dominion University. He is a licensed nursing home administrator and licensed preceptor in Virginia.

>>> COMMITTED TO QUALITY

It's that time of the year when we reflect back to the many quality improvement initiatives we have implemented in 2023. The Annual 2023 Quality Summary for AFRH-W will be published publicly this spring. This Summary is a compilation of the input and recommendations provided by Residents and Employees that have been implemented to improve the safety, health and quality of life for all of us who call AFRH our "Home". In addition, we have identified through experience those areas that are creating a challenge for us, and the goals to mitigate any risks.

>>> LOOKING AHEAD IN RECREATION

New faces, new ideas, new (and returning) programs! Leading a team with so many new faces in 2024, our Recreation Supervisor is committed to providing interesting, diverse, and challenging programming to expand resident involvement and enthusiasm in their home. See a new face? Introduce yourself to the new team!!

Coming Up:

Art Classes: Jewelry design, chalk art, painting

Events: U.S. Navy Country Currents, International food tasting, Black History Month, Irish Dancing, etc!

New Initiatives: Yoga, virtual reality, plant bathing

We'll delve into the use of innovative technologies in this department in the next issue!

GP CAMPUS

FROM THE RAC, DIANA DOPP <<<

COVID is back with a vengeance. Our wellness center personnel have been working diligently to ensure those of us with COVID are taken care of and made as comfortable as possible! A huge thank you goes to them and our contractors who make sure our food is hot, our trash taken care of as well as our laundry. The amount of work going on in the background is impressive and I for one am very grateful.

So please everyone, mask up! Help them keep your fellow residents from catching this. Do the right thing, and follow the rules set forth by our wellness center. Community living is making sure we look out for each other, so get your boosters and be safe out there!



A LIGHT ON ART <<<

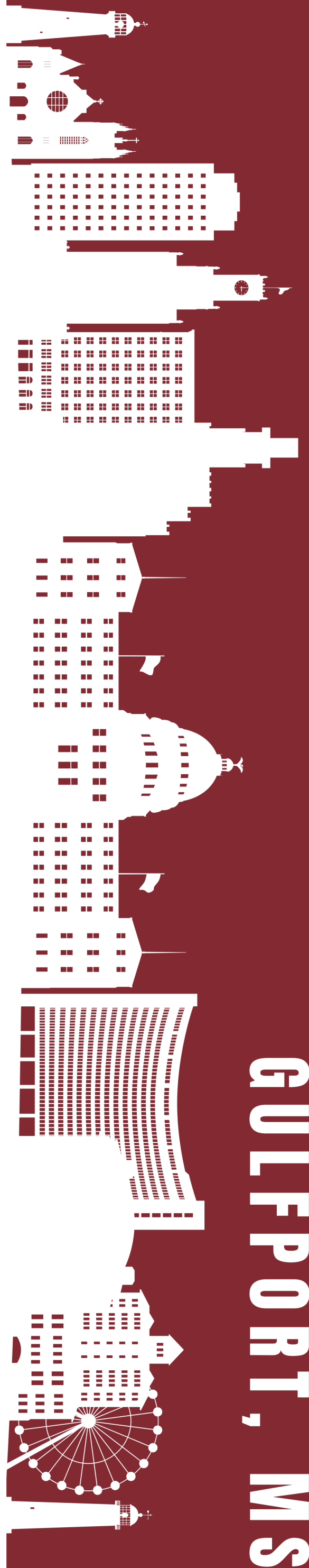
In November, Art Specialist Milton Williams was interviewed by WLOX Gulfport about his role encouraging residents to discover art. He turned the lens back on the amazing artists who call AFRH-G home.

Whether it be painting, ceramics, woodworking or crochet, each artist is able to explore their medium in the various creative spaces around the building. Thinking of a project? It's never too late to test a new medium or discover a new craft.

Many of our residents have their art on permanent display at the Pentagon and submit annually to the Veterans Affairs art contests in painting, ceramics, and even dance.

ACCORDIONS <<<

We are so excited to expand our music program in the upper level of care units thanks to new resident, Ron Gruno. He joined the AFRH-G family in July of this year after relocating from Ft. Myers, FL. He retired from the USCG in 1980 after 25 years of military service. Shortly after his arrival, we discovered that he began playing the accordion when he was 11 years old! Entertaining audiences is nothing new for him. After years of hard work, he joined the USO where he performed for over six years at various locations including Valley Forge Military Hospital during the Korean War. Ron is now sharing his talents with his fellow residents. During Thursday morning music hour, residents clapped, sang along and tapped their toes as he played the accordion with an electronic midi. His performance included something special for everyone.



OUR LEGACY

DR. LEROY COUGLE

By PK Knor

>>> EARLY YEARS

Born on Mother's Day in 1928, in Media, PA., Leroy 'Roy' Gilbert Cogle Jr. was a normal happy child. He played football in high school making the all-county second team as a nose guard. When he was 16, he decided to leave school to join the Navy like his father who had been drafted, but his mother wouldn't sign the papers until 1945 when he turned 17.



>>> PROFESSIONAL CAREER

Roy began his naval journey in Bainbridge, MD where he opted for the USS Allen M. Sumner DD692 after radar school. He soon craved outdoor deck duty over radar rooms and requested a change. His request granted, he served 4½ years with the Deck Force, climbing to Seaman First Class while touring the Pacific.

He later deployed with the USS Sumner where his travels spanned the Mediterranean and Caribbean as he rose to Quartermaster 3rd Class. A shore duty in Trinidad followed for 2½ years and then the Korean War led him to the heavy cruiser Des Moines CA 138 for 4 years. Seeking change from a top-heavy MOS, he transitioned as a Quartermaster First Class to electronics and then spent four years in Yokosuka, Japan where he was assigned to the Mobile Electronics Technical Unit. With his experience, he learned to write computer programs for the electronics school before retiring as a Chief Petty Officer after 20 years.

He earned his Bachelor's, MBA, and Ph.D. in Business, becoming a popular and celebrated business professor at the University of Wisconsin. Alongside his wife, he founded Associated Training Systems, consulting for major firms like Anheuser Busch, Abbott Labs, National Safety, and McDonalds, amassing 30 years of high-level business instruction.

PERSONAL LIFE

When Roy met Renee Howier, he found the love of his life. They spent only a week together, but he knew she was The One. Roy adopted Renee's son Boyd and later they had another son, Leroy III. Renee supported him at many of his duty stations, even building a successful consulting business together during his civilian career.

After she suddenly passed away, Roy saw an advertisement for the AFRH in a Navy magazine. He found a new home at the Washington campus and soon became an active resident through the Resident Advisory Council and many committees.

His advice to anyone thinking about a retirement community is, "If you want to live your life with minimal interference, AFRH is the place!"



OUR LEGACY

FRED SMITH

By Dan Ellis



EARLY YEARS <<<

Frederick S. Smith was born to Frederick and Irabelle Smith at Worcester, Mass. on April 1, 1932. He attended Downing Street Elementary School, South High, and later Worcester Jr. College in the evenings where he received an associate degree in engineering.

MILITARY CAREER <<<

Fred was drafted in November 1951 and completed his Basic Training at Ft. Bliss, TX. He was then sent to Osan, Korea, where he was attached to the 739th AAA Gun Battalion. Before his departure in November 1953, he received his corporal stripes.

MUSIC <<<

Fred started playing piano at age six and even had his first professional gig at age 11 and continued playing weekends with various local bands.

While in Korea, just days after the 1952 Armistice, Fred formed his own Jazz and Dixieland band called the Six Saints of Osan that played nightly at NCO clubs and most Sunday afternoons at the officer's club.

When he returned to civilian life, Fred married his highschool sweetheart, Elsa and had three children. He continued his engineering pursuit and received his BS degree from Clark University in 1965. He then worked as a draftsman and mechanical engineer at various industries including Raytheon and G.E.

During those years Fred continued playing piano, sometimes nightly, weekends or Sunday afternoons, either with his own band or by joining with other groups.

Upon retiring in 1999, Fred became a Piano Soloist providing background music at restaurants.



>>> RETIREMENT

Since arriving at AFRH-G in 2022, Fred has continued keeping his fingers plied to the keyboard in the Home's Reception Room to the delight of all passers by.

Fred had originally become aware of the grand facilities that are available at the Home through his son, Stephen, who had been the Contract Executive for the new AFRH building in Gulfport.