

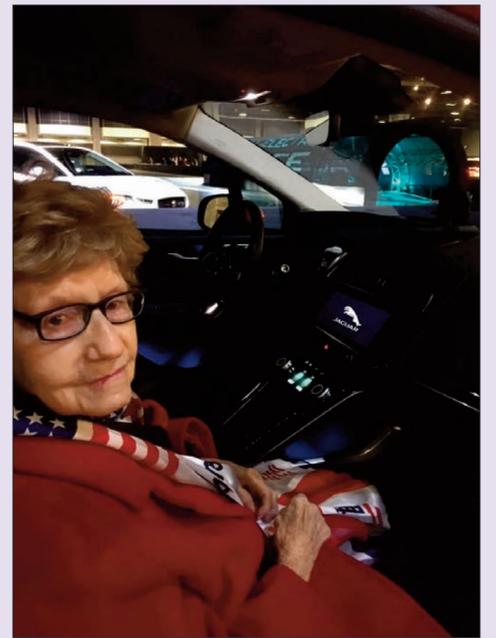


**AFRH-WASHINGTON**

## Washington Auto Show

Story & Photos by Carol Mitchell | Recreation Therapy

On January 30th the residents of AFRH-W enjoyed an afternoon of excitement at the Washington Auto Show! This event, which is held annually at the Walter E. Washington Convention Center, is always interesting. We started off the day with a tasty and filling bag lunch provided by AFRH-W food services. It was then off to view the car exhibits. We visited the American made cars first which included Ford, GM, Chrysler, Chevrolet, Cadillac, and Jeep – which is the most American vehicle you can buy. The Convention Center was packed with cars. Foreign cars were our next stop and it included Honda, Volvo, Mazda, Acura, Hyundai, Porsche, Audi, Land Rover, and my all-time favorite...Jaguar. Ino Sylman, Bill Jentarra, Muriel Kupersmith and I had the awesome experience of riding in an indoor obstacle course in an all-electric Jaguar. Ms. Kupersmith and I had the pleasure of riding with Davy Jones, a professional race car driver that in 1996 came in first place as a driver in the 24 Hours of Le Mans. We look forward to going again next year to see all the latest new cars, trucks, and new vehicle technology. Thank you Fenwick Foundation for the Auto Show ticket donation!



**AFRH-GULFPORT**

## Keep rollin'...rollin'...rollin'!

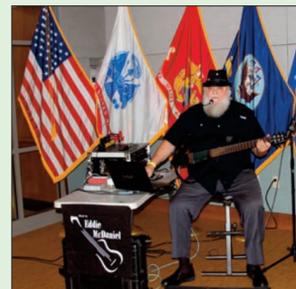
Story & Photos by Becki L. Zschiedrich | Public Affairs



Mardi Gras was definitely in the air on Friday, February 21, 2020 when the Krewe of NAMAC (Navy, Army, Marines, Air Force, Coast Guard) paraded throughout the hallways of AFRH-G. Everyone found out who the King and Queen were when they came rolling down the Boardwalk in their eccentric and bedazzled golf carts. The King was Richard Lasher and the Queen was Sally Blythe. The Grand Marshal was one of our youngest residents, Becky Cole. The parade consisted of past royalty and numerous residents and employees, who made festive floats and threw beads and trinkets to the crowd of residents and guests. Upon entering the community center, the King and Queen were introduced and crowned by Chief of Resident Services Christopher Alexander. Following the champagne toast, dining services provided a wide assortment of hors d'oeuvres and refreshments. Party Gras followed the parade in the Community Center where musician Eddie McDaniel provided the entertainment.

Mardi Gras is always on the Tuesday before Ash Wednesday and is designed for people to indulge in all the excitement and fun they can prior to Lent. Many of the common phrases are expressed in Cajun French such as "Laissez les bons temps rouler," which means "let the good times roll" - to have fun or live fully and let things that are going well proceed. Also, many decorations and beads are made with the fleur de lis in honor of the New Orleans Saints.

King cakes are a must during the Mardi Gras season and AFRH-G held a King Cake and Coffee Social on Mardi Gras day, which was on February 25. These are cinnamon-filled cakes containing a small plastic baby figure inside. The colors of Mardi Gras are purple, green and gold. The color green is said to represent faith. Beads in this color used to be handed out to people who represented this characteristic the best. Purple is normally considered to be a royal color, and in this instance stands for justice. Gold stands for power - and on Mardi Gras, it can be found everywhere. So, there you have it. Of course, you can wear pretty much whatever you want on Mardi Gras - it's a day that's sort of known for its "anything goes" policy - but if you want to make it seem legit, work in some purple, green and gold.



## INSIDE THIS ISSUE

Page 2  
Resident Highlights

Page 3  
Gulfport Navy Veteran Turns 100

Page 8  
DC Winter Senior Olympics



# AFRH COMMUNICATOR

Phone: 1-800-422-9988 Web site: [www.AFRH.gov](http://www.AFRH.gov) Email: [Public.Affairs@AFRH.gov](mailto:Public.Affairs@AFRH.gov)



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

## 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

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

## AFRH-G resident highlight - Clyde Hairston

By Lori Kerns | Librarian

Clyde Hairston was born in Virginia but moved to New York at an early age. He was an only child born to his parents, who were domestic workers. The family moved around New York until settling in New York City where Clyde attended high school. After graduating, he began studying at Howard University until he made the decision to join the Air Force in 1955.

For basic training he was sent to Sampson Air Force Base in Geneva, NY. His next orders were to attend tech school in Wichita Falls, TX where he was trained as an aircraft and engine mechanic. He served in the Air Force for four years, including during the Korean War, working as a crew chief and aircraft mechanic on C-119 and C-46 aircraft. After his military service, Clyde began a civilian career working for Republic Aviation, where he was placed as an assembly worker because they felt he did not qualify to work on the flight line. He also held positions at Lockheed Aircraft as an inspector and with the NYC Transit Authority working as a road car inspector. In addition, he went back to college to earn his bachelor's in business administration.

Clyde is the proud father of three children, Jean, Alan, and Lynne. His hard work ethic and drive for education was also passed on to his children. Alan attended Georgia Tech to become an engineer and later earned a graduate degree from the University of Maryland. His daughter, Lynne, competed with the Penn State gymnastics team, where she earned her undergraduate degree. She finished her education with a master's degree from the University of Chicago.

Clyde moved into AFRH-G pre-Katrina. When the storm destroyed the Home, he transferred to the DC campus with many of the other residents. Even in retirement, he has remained incredibly active by exercising, traveling, and volunteering. He has enjoyed the amenities of both AFRH campuses by swimming and walking, but also gets out in the community to golf. He also relaxes by playing duplicate bridge, pinochle, and bid whist. His travels have taken him across the U.S. and also worldwide. He has taken train tours across the country and through Canada. He's also cruised to such exotic locations as Antarctica and the Mediterranean.

Clyde's generous acts of volunteerism are quite extensive and beyond impressive. His time has been donated to the following agencies and organizations: NAACP President (Beacon Fishkill, NY), National Air and Space Museum, University Toastmasters, New York State Court Monitor (sitting in on cases and reporting back to judges recommendations such as adding a law library and nursery), United Way of Dutchess County, NY, Disabled American Veterans, IBM Quarter Century Club Secretary/Treasurer, National Hairston Clan (received Community Service Award), Habitat for Humanity (building homes on the National Mall), Board of Directors for Colonel John C. Robinson Brown Condor Society for Harrison County, MS, and the Senior PGA Tournament in Mississippi. Most recently, he serves as a movie host at AFRH-G.

Clyde's secret to a long, happy, productive life is, "Living the clean life."



## AFRH-W resident highlight - Robert Webb

By Christine Baldwin | Librarian



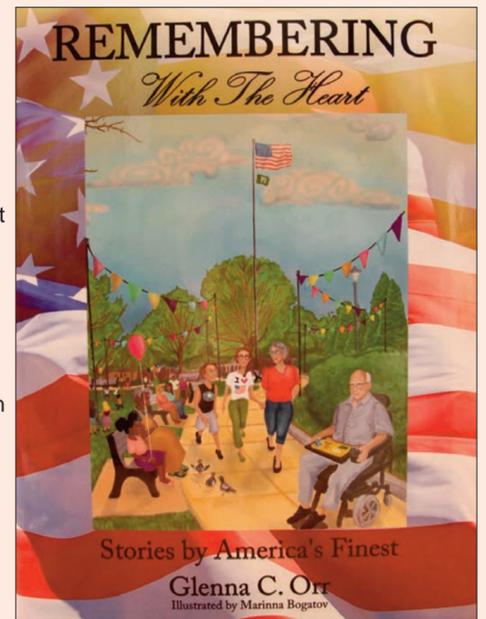
Robert Webb was born in West Virginia in coal mining country. He is one of nine children; seven boys and two girls. He excelled in football and baseball during high school. Robert knew he would be drafted into World War II (two of his brothers had joined the US Air Force, one the US Navy and one the US Marine Corps), so he took the C-12 test and passed the mental and physical test to join the Navy Air Cadets. When he reported two weeks later for another physical, he didn't pass because of his eyes. So Robert decided to join the US Army. Every branch was now covered by the Webb family. He had his basic training at Camp Livingston, LA (the snakiest place in the country)! After three short assignments, Robert was sent overseas. Rumor had it, they would go aboard the QEII, but instead they went on a Merchant Marine ship called the Seacat. As part of a convoy, Robert got to see how treacherous the ocean could be and experienced 100 foot waves during the trip. Robert's job was to assist with the plumbing and replace pipes that had been corroded by the sea water.

His first station was Le Havre, France and at the tender age of 18, Robert saw the aftermaths of war with masts of ships that had been sunk to railroad rails that looked like spaghetti. His trip to the camp was aboard a 40 X 8 train (40 men; eight horses- though no horses were on board). It was December and very cold; so cold it was hard to sleep. At the

French/German border town of Saarbrücken, not a building was standing. Later, Robert attended Military Ski School for two weeks in Garmisch, Germany. His toughest assignment was standing guard to the Nazi War Criminals just outside of Nuremberg. He had orders to shoot anyone who strayed outside the lime border. Robert also worked in SS Trooper Prison Camps along with a Polish company. One of the most interesting assignments Robert had was when he and three other soldiers were sent to a small town. A Polish DP (displaced person) told him about a family that was hiding contraband. When they went through the house and barn they found machine guns hidden under sacks of peas and under the corn shuck mattresses. The major in charge said that they had been looking for these people a long time and in gratitude let Robert have one of the small motorcycles to take back to camp.

It was while working with the HQ Battery Armored Field Artillery that Robert lost his hearing and was sent home. At Bremerhaven, he along with 7,000 soldiers were waiting for transport. They lived in hangers, slept on cots and had huge lines for chow. So large that they could play poker while they stood in line! After the war, Robert got a pre-engineering degree from Charleston University, WV and a Structural Engineering degree from the University of Chicago. He worked until 2000. Robert knew about AFRH and came to us in 2015. His latest event was to have his story put in an intergenerational book on AFRH-W residents titled *Remembering with the Heart: Stories by America's Finest* by Glenna C. Orr.

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# AFRH-G Navy veteran turns 100

By Kristen Anzuini | WXXV

Photos by Becki L. Zschiedrich | Public Affairs



If you're looking for the secret to a long and happy life, we might have found the answers. On February 5, 2020 a veteran at AFRH-G turned the big 100 and revealed her tricks for making it to a century.

It was a party fit for a queen as four generations of the Hogan family gathered at the Armed Forces Retirement Home in Gulfport to celebrate their matriarch's 100th birthday. "We're having a birthday party for my 100th birthday."

Born one of 11 children, Lois Hogan grew up on a family farm in Tennessee during the Great Depression. She later decoded for naval intelligence during World War II. Lois' oldest daughter, Mary Beth Hogan said, "She came from a one room school house with her oldest sister as her school teacher, but her math skills were extraordinary so they placed her in naval intelligence where she spent her time decoding enemy messages in World War II."

Staying true to her fearless nature, in 2005 Lois decided to stay in Gulfport when Hurricane Katrina swept through the city. "During Katrina, she did not want to leave. With her adventurous spirit, we kept saying 'oh mother, you need to leave,' and she'd say, 'I've never seen a hurricane, I think I'll stay.'"

But her biggest accomplishment might be that she raised a beautiful family, she has four kids, nine grandchildren, and 14 great-grandchildren. Granddaughter Lizzie Eaves said, "She has just been such an inspiration in my life. She is such a strong woman and she is just so kind and she has inspired me to be like that."

So, if you are wondering how to spend a century on this earth, Lois shared her tips with us and it's quite simple: "Do all the right things and don't do anything bad." A great lesson, a century in the making.



# 2020 AFRH-G Nursing Skills Fair

By Donna Iler, RN, MSN, PhD | Nurse Educator

Photos by Becki L. Zschiedrich | Public Affairs

Our theme for this year's fair is "YOU are the Heart Beat of Resident Care." The fair is a mandatory educational requirement for nurses and certified nursing assistants to review hands on clinical skills, perform safety training using life-saving equipment and learn new practice standards to support delivery of ongoing high quality resident centered care.

Nursing Skills Fair is a collaborative effort between nursing education, clinical leaders, department leaders, and unit staff champions. The 70 nursing staff that attended the fair rotated through 18 skill stations, covering a combination of topics to include mock code simulation by Keesler Educator; to Paraslyde/Evacu-chair training by our safety officer; to suicide prevention by the VA social worker; to hands on training by clinical leaders and unit staff champions on manual BPs, Accucheck device use, oxygen safety, Joint Commission 2020 National Patient Safety Goals; to other topics by department leaders on reporting abuse and neglect, dementia and dysphagia, oral health and hygiene, regulated medical waste, fall prevention and much more.

It is important to recognize the team that made the fair possible this year: Valerie Podlin, RN, Cynthia Lee, Frank Bermudez, Miranda Turner, Waukesha Hall, RN, Cathy Duedda, Julia Luzenberg, RDH, Amanda Herold, RN, Shannon Ray, Natasha Smith, CNA, Lisa Jimenez, CNA, Linda Smith, LCSW, Brad Belford, Natasha Weston, CNA, Natalie Everett, CNA, Lena Griffin, RN, Mia Rawls, RN, Christian Bogan, CNA, David Singleton, LCSW, Jeanne Lipely, LPN, Brandon Kinchen, RN, Beth Towns, Stephani Jenkins, RD, Tracie Fairley, RN, Julia Goode, Milt Williams, Andy Anderson, Roy Deemes, Lee Corban, and Sean Campbell. Thank you everyone!

The fair this year incorporated complimentary chair massages by Blue Cliff College massage therapy students and Valentine wreaths for door prizes. The winners of the door prizes included: Linda Culberson, CNA, Stephanie Jenkins, RD, Natasha Weston, CNA, Tracie Fairley, RN, Sandra Board, RN, Delanya Canterbury, CNA and Lisa Jimenez, CNA. Congratulations winners! Remember YOU are the heartbeat of resident care. See you next year at the fair!



# Special hand-made Valentine's cards

Story & Photos by Milton Williams | Art Specialist

In January, Patricia "Pat" Park, visited the craft room and brought with her the most exquisite Valentine's card making kit for our residents to make their own handmade Valentine's cards. The process was easy and fast, with each making several special cards for friends and family.

All agreed it was an enjoyable and fun time and they insisted Pat had to promise to come back. So, she has graciously said yes and has put together birthday card kits for a March class. Thank you Pat for your generosity and talent in sharing with our veterans. We are eager for our next class with you.



# Sweet treats

Story & Photo by Taylor Chamberlain | Volunteer Coordinator

No, not candies and chocolates, but sweet words and kind thoughts. The Biloxi High School Chapter of the Rho Kappa Social Studies National Honor Society sent handmade Valentine's Day cards to residents. Not only were these cards enjoyed by those in attendance at the Valentine's Day Piano Social, but they have been taken by residents to adorn their rooms and common areas throughout the Home.

Thank you to the Biloxi High School students for thinking of us and sending such creative cards!



# From the AFRH-W Administrator



February is the month of love and it has been abundant on the Washington campus! Valentine's Day seemed to last all through the month with so many events. Since this is leap year, we had a combined Valentine's Day/Leap Year party. There was no lack of Valentine's cards throughout the Home as several school groups handed them out. We also were honored by a visit from Congressman Dean Phillips from Minnesota, his wife and a group of Congressional staffers who shared a lively lunch with residents on Valentine's Day. They also shared homemade Valentines that several Congressmen signed. Finishing off the month was our ever popular Chocolate Lovers Social. Yum!

The DC DAV chapter donated, delivered and set up 20 new wheelchairs for our residents. I've seen several of the lucky residents wheeling around the Home in their new blue chairs. We are grateful for such a generous donation.

We hosted the first ever Old Soldiers Home Foundation Board off site. They spent the day learning ways to be able to best assist our Homes by fundraising and donations. We are fortunate to have such a great and talented group volunteering their time.

Other events this month included a Scavenger Hunt, Saloon Night and a delicious Birthday Dinner among many others.

VIPs this month included a virtual visit by the Republic of Korea Minister of Defense. This was the second time he made time in his busy U.S. visit to pay his respects to our Korean War veterans. We are always honored to host him.

And the month ended with our annual Black History Program that we co-host with the Lincoln Cottage. This year we were honored to have Congressman G.K. Butterfield as our guest speaker. He is an Army veteran, lawyer, judge and former chair of the Congressional Black Caucus and has spent his life working to better the lives of the less fortunate. This year's theme recognizes the struggle for African Americans to gain the right to vote. It is always good to be reminded that our country is strong due to the contributions of ALL people.

Susan Bryhan



## Daylight Savings Time is on March 8, 2020

### Don't forget to SPRING FORWARD



# Black History social

By Marla J. McGuinness | Recreation Specialist  
Photos by Steven Briefs & Marine Robbins | Recreation

On January 3 AFRH-W hosted a Black History Social. Music, dancing, and food were the top hits of this event. The genre was to celebrate Black History with classical music from days gone by. Resident DJ Billy White brought back tunes from the past and the residents enjoyed listening and dancing to singers like Louis Armstrong and Ella Fitzgerald. Small appetizers were served with ice-cold drinks.



# Notes from the AFRH-W Resident Advisory Committee Chairman



On this Presidents' Day, February, 17th 2020, we all had time to decide if we want to be good and kind to each other or always have something negative to say about a resident or employee. We all need to look at the world in which we live in today and see what is really going on. There is no time left in our lives for unkind words to anyone. It hurts to come face to face with a nurse who is in tears because a resident disrespected her by saying unkind words. Every week I meet with AFRH -W Administrator Susan Bryhan to discuss all the many ways we can make things better for the residents, plus any other concerns they may have. All of the management staff that work under her leadership display the same kind care and concern for all of the residents. Remember all of us have received a report card in our life, and everyone wants to do good from the top starting with CEO General Stephen Rippe, and COO Mr. James Branham, and no one wants a bad grade on their report card. They are all here to do everything in their power to make things better for all of us. We need them and they need us. By the time this year is over none of us will know where we'll be; the world is changing right before our eyes. People will be afraid to travel, go to shopping centers, go to church, go to work, go to the hospitals, go out to a baseball game, go out to vote, or go out to visit a family member who may be in need. It's time to come together while we can and leave the poison ivy behind. There is always so much to do at AFRH; great Super

Bowl Party on Sunday February 2nd sponsored by Riders for Valor, Honor, Service, & Integrity. On February 3rd we had our first Black History Social featuring the music of African American artists. It was a very big hit. For the very first time on February 12th, the DAV Chapter 1 of Washington DC stopped by to have lunch with us. They loved the Home so much they want to stop by every month. The very next day we had students from the Washington Latin Public Charter School visiting to give all resident's Valentine's Day cards. On Valentine's Day, we had lunch with Representative and Mrs. Dean Phillips (MN) who have invited the residents to visit them at the U.S. Capitol in the very near future. On the 18th we went to the Defense Logistics Agency at Fort Belvoir Army Base for their Black History Program. On the 25th Recreation Therapy had their Chocolate Lovers Social & Dance with our own in-house DJ, Billy Ray, the Music Man. On February 28th we had our Black History Program with guest speaker Congressman G.K. Butterfield from North Carolina. G.K. and I grew up in a little town call "Wide Awake Wilson." People from all over the world stop by to get some of the best BBQ they have ever tasted right in my hometown.

Billy Ray White



**Friday, February 28th, 2020**  
Join us for our **Black History Month Program**

**Our Guest Speaker:**  
Congressman **GK Butterfield (NC)**

**The theme for the 2020 Black History Month Celebration:**  
**African Americans and The Vote.**

Presented in conjunction with **Lincoln's Cottage**  
**1:30 PM in the Community Center**

All events are considered public events for the purpose of photography & videography  
POC: Linda Bailey 202-541-0612



# From the AFRH-G Administrator



The month of February 2020 has been so busy.....and fun! Gulfport residents gathered in the community center on February 6, 2020 to celebrate diversity, by serving different ethnic foods from around the world, all while enjoying the dancers and music from Holy Trinity Greek Orthodox Church in Biloxi. We also celebrated Black History Month along with a Valentine's Day Piano Social. The St. James Elementary School really put on a show for the upper level of care residents on February 19. After their unbelievable performance they handed out Mardi Gras beads to all the residents. We love having them come every year. On February 21 we held our annual Mardi Gras parade through the halls, along the Boardwalk and into the Community Center for the coronation of the King and Queen. Richard Lasher was crowned King of Mardi Gras and Sally Blythe was crowned the Queen. The Grand Marshal was one of our youngest residents, Becky Cole. The employee and resident participation was both jubilant and significant. Mardi Gras decorations in the colors of purple, green and gold overwhelmed the community center. After the coronation of the King and Queen, Party Gras kicked off with musician Eddie McDaniel. We finished off the Mardi Gras season with a King Cake and Coffee Social on Fat Tuesday, February 25.

In past town halls I have shared marketing efforts with you. While we continue to place ads in the different branches' newsletters and periodicals, we have ceased our outreach efforts to various bases for retiree days. I have a few numbers you may find interesting: from November 2019 through January 2020 we've conducted 55 tours for prospects, 234 phone calls were made providing information about the Home and the move-in process and 97 applications have been mailed to interested prospects. I am hopeful many of those inquiries will result in move-ins this year.

We have received two letters of appreciation for giving back to non-profit organizations on the coast. The first is from the Ronald McDonald House in Mobile. The second from the Biloxi Lions Club.

I would like to thank the residents for choosing to make AFRH-G your Home. I know many of you can live somewhere else and knowing you made the choice to live at AFRH-G is truly a blessing for me and the staff. And thank you, too, for your service to our country. It has been said your past helped create our future.



God bless,  
Jeff Eads

# Legendary Super Bowl commercial stars visit AFRH-G

By Sean Campbell | Lead Recreational Specialist  
Photos by Becki Zschiedrich | Public Affairs



Super Bowl Sunday had a little different buzz in the air this year at the Armed Forces Retirement in Gulfport. As people across the nation were getting ready for the big game that features many highly anticipated commercials, the AFRH-G was playing host to some of the biggest stars of so many legendary Super Bowl commercials over the years, the Budweiser Clydesdales.

The world renowned eight-horse team had been on the Mississippi Gulf Coast for a few days and wanted to wrap up their trip visiting with the residents of AFRH-G.

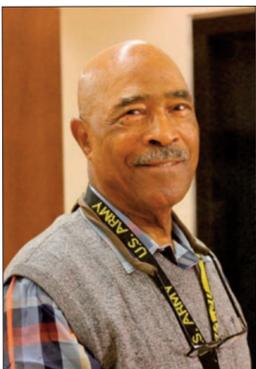
The famous group dates back to 1933 when August A. Busch Jr and Adolphus Busch III surprised their father, August A. Busch Sr. with the gift of a six-horse Clydesdale hitch to commemorate the repeal of prohibition of beer. Realizing the marketing potential of a horse-drawn beer wagon, the company continued a tour, thrilling thousands of people and delivering ceremonial cases of beer to various locations including President Franklin Delano Roosevelt at the White House. The team was later increased to eight horses, and now includes a Dalmatian as its mascot.

The Clydesdales team continues to be an enduring symbol of the brewer's heritage and tradition making hundreds of appearance each year. The AFRH-G was proud to play host to the teams arriving in three beautifully painted and well equipped 50 ft. tractor trailers.

More than 200+ residents and guests enjoyed watching the entire process of the horses unload and being outfitted and hitched to the meticulously restored turn-of-the-century beer wagons. The gentle giants paraded around the grounds for the crowd and posed for many photos.



# Notes from the AFRH-G Resident Advisory Committee Chairman



We began the month of February with an exciting visit by the famous Budweiser Clydesdales. The horses, along with the equally famous Dalmatian dog, came on Super Bowl Sunday and spent the afternoon with us. The weather was nice and the residents turned out in force to welcome them and enjoy the festivities. On February 5 our Chief Operating Officer Jim Branham hosted a town hall meeting, in which he provided an update on the current status of Wounded Warrior Project, the 80 acres negotiations, capital improvement projects in D.C. and the potential refunds from Tricare and Medicare for medical services currently provided by AFRH. In the afternoon we celebrated the 100th Birthday of Lois Hogan. There were many proclamations recognizing her service to our country and the communities in which she lived. The residents gathered to express our well wishes, sang Happy Birthday and acknowledged her journey.

On February 14 we celebrated Valentine's Day with a piano social. This is a day in which we recognize LOVE! The poet Chaucer in the Middle Ages was the first to link St. Valentine with romantic love. There is also the love for family and friends. We can all take time to tell someone "I love you."

On February 21 we held our annual Mardi Gras parade, led by the Grand Marshal, Becky Cole that ended in the community center. Our Chief of Resident Services Christopher Alexander crowned Richard Lasher as King and Sally Blythe as Queen. The official ceremony was followed with refreshments, music and dancing throughout the afternoon.

"Laissez les bons temps rouler!"  
Finally, the month of February is also Black History month. All during the month across our nation in communities, cities, states and federal locations Americans paused to recognize the many contributions of black Americans to the storied past of these United States. Many of these contributions were during the 200 years struggle for freedom from slavery and for civil rights. One of the movements renowned leaders, Dr. Martin Luther King, said in his last sermon at the National Cathedral in 1968 a message that resonates even today: "The time is always right to do what is right."

Arthur "Art" W. Jones



# AFRH-Washington

## Pre-Super Bowl LIV Extravaganza

By Amanda Jensema, CTRS | Recreation Therapist  
Photos by Carolyn Haug | Public Affairs

Each year on the Friday before the Super Bowl, Recreation Therapy hosts a Pre-Super Bowl Extravaganza to get the residents ready for the big game on Sunday! The day started off in the Scott Community Center where residents and staff were able to place their fun picks for a variety of different events that would take place throughout the game, to include who won the coin toss, first touchdown, and winner with final score. After placing their picks residents were able to sit down and enjoy a muffin and juice as they watched football bloopers on this big screen. As always, the fun picks were available through the end of Friday's events.

Throughout the day the Community Center was open for all to come and enjoy a video about the Baltimore Ravens, who many hoped would have made it to the Super Bowl again, as well as many more bloopers. During the social amazing appetizers were served thanks to AFRH-W food services, which included fried chicken wings, chips and a 7-layer dip, cheese, fruit, cake, and assorted soda and beer for residents to enjoy. Trivia was once again provided by Recreation Specialist Linda Bailey.

Fast forward to Sunday, Super Bowl 54, Recreation Therapy staff were watching the game to ensure the accuracy of the fun picks would take place. The Kansas City Chiefs and San Francisco 49ers put on a great game. Once the big game kicked off, it was a heart-pounding game with a final score of 31-20 with the Kansas City Chiefs taking home the Vince Lombardi Trophy. From start to finish, both teams proved why they were there. Fact, this is the second year in a row that there was not one single fumbled ball, though there were one or two close calls. This year there was also a tie at the half.

Monday morning the winning fun picks were drawn by the Recreation Therapy staff. Winning residents received cash awards. The winners for the Super Bowl Fun Picks were:

**Coin Toss: Billy White**  
**First Touchdown: Alexander Farmer**  
**First Field Goal: Billy White**  
**First Sack: Coleman Mays**  
**First Interception: Richard Walk**  
**Champion & Final Score: Lewis Height**

A good time was had by all. We look forward to next year's RT Pre-Super Bowl LV (55) Extravaganza!



## Monument beside Rose Chapel

Story and Photo by Christine Baldwin | Librarian

What is that structure beside Rose Chapel? It is not a tombstone. Research done by former resident Ray Colvard, found that in 1878, active duty Army enlisted men raised about \$700 for it. The large granite block is inscribed "The Soldier's Friend" and "Henry Wilson," but Henry is not buried there. Instead it is "a monument to the memory" of the late Vice President to Ulysses S. Grant, who died November 22, 1875. In 1863, Senator Wilson had introduced a motion to look into establishing one or more homes for disabled or destitute soldiers, (similar to ours). Perhaps this interest spurred the monument.



## Super Bowl party

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

In the beginning there were cheers for the San Francisco 49ers and then with seven minutes to go in the game, there were cheers for the Kansas City Chiefs but in the end, 46 of our residents enjoyed a competitive and exciting 54th Super Bowl football game. The Kansas City Chiefs won for the first time in fifty years validating Coach Andy Reid as a true Hall of Fame candidate and making the many fans of the Chiefs very happy!

Our residents were also happy because, not only did they get to see a great football game, they got to enjoy a variety of refreshments like, our dietary's famous fried chicken wings, delicious cheese & crackers, chips & dip, and fruit trays plus a variety of pizza's provide by the Riders for Valor Motorcycle Club. Of course we had to serve cold sodas and beer to top it all off.

When our National Anthem was sung, all our residents stood and either saluted or put their right hands over their hearts in honor of our country and gave a big cheer when it was over. Many stayed until the end and then left debating how the losing team was robbed by the referees and the winning team was lucky.



## DAV generously donates 20 wheelchairs

Story & Photos by Carolyn Haug | Public Affairs Specialist

On February 13th, the Disabled American Veterans, Washington DC Dept. delivered a donation of 20 brand new wheelchairs with specifications tailored for 20 of our veterans at AFRH-Washington. The donation was coordinated through DAV member, Nachee

Miller and Rehabilitation Services Director, Lynn Holt. The new wheelchairs will replace those wheelchairs that have become worn over time. Residents who were receiving a new wheelchair joined the AFRH-W staff to thank the members of the DAV for their generosity.



## Valentine's Day with a twist

By Amanda Jensema, CTRS | Recreation Therapist

Photos by Carolyn Haug | Public Affairs

The Community Center at AFRH-W was "hopping" as we celebrated Valentine's Day. It was decorated from floor to ceiling to get everyone in the mood. Sweet treats were served such as candy dipped pretzel sticks, cake and cupcakes, and a candy buffet with chocolates galore for each residents to take home a goody bag of their own. A wide variety of music filled the room with messages of love from all genres.

You might be asking yourself, "But what is the twist? Sounds like a typical Valentine's Day." This year we also celebrate Leap Year, which means February has 29 days of fun so why not incorporate that. Throughout the party, residents, volunteers, guests and staff were invited to play a variety of games. We had a "Rabbit Race" to see who could get their frog across the finish line. Everyone tried to get their toad to land on a lily pad in our "Toad Toss" game. Then there was the "Flying Frogs in a Basket." Let's just say mostly frogs were going anywhere but the basket, but all who played got a good laugh. The big game of the afternoon was our "What the Frog" trivia game. Three resident contestants started on one side of the pond and whoever crossed to the other side first won. In order to get there, they had to answer trivia questions about Leap Year and Valentine's Day, and "leap" from lily pad to lily pad. In the end resident David Kaetzel took the prize home. More themed-food was served to include "Flies on a Log" which is celery with peanut butter and raisins, green punch, and blue Jello shots with a gummy frog. Volunteers from Booz Allen Hamilton, Georgetown University, National Cathedral School, Bishop McNamara High School, and Women Veterans Interactive were all on hand to ensure that our veterans felt the love this Valentine's Day.



# AFRH-Gulfport

## AFRH-G International Cultural Social

Story & Photos by Becki L. Zschiedrich | Public Affairs

Gulfport residents gathered in the Community Center on February 6, 2020 to celebrate diversity, by serving different ethnic foods from around the world, all while enjoying the dancers and music from Holy Trinity Greek Orthodox Church in Biloxi.

This International Cultural Social gave the residents opportunities to experience various foods from different cultures from across the globe. The relaxing atmosphere provided a chance for the residents to unwind, socialize, eat and drink, while listening to music and enjoying the environment.

Foods, such as garden and pasta salads from Greece, fried rice and egg rolls from China, lasagna from Italy, foods from Africa and the United Kingdom were just a few entrees that were available for the residents to enjoy. A variety of beers were also served.

This is just one of many events residents get to enjoy at the Armed Forces Retirement Home. Events like this are important, as it provides opportunities for residents to spend quality time with each other and it brings a touch of other countries to the residents.



## AFRH-G resident receives lifetime achievement award

Story & Photo by Becki L. Zschiedrich | Public Affairs

Congratulations to AFRH-Gulfport resident Dan Ellis for receiving The Long Beach Historical Society's 2019 Mary Ellen Alexander Lifetime Achievement Award for his extraordinary devotion to seeking and sharing exact historical Mississippi data. Dan has written thirty-three books on the history of South Mississippi communities, in addition to writing several historical novels. Dan was recognized for all his contributions to the Long Beach library and along the Gulf Coast region. Dan frequently speaks at different seminars reflecting the history of the Gulf Coast and is very active with Mardi Gras. Way to go "Dan the Man from Pass Christian."



## Do you have a fear of falling?

By Carol Davis | Recreation Assistant

The Mississippi State Department of Health offers a falls management program, A Matter of Balance: Managing Concerns about Falls. This program has been taught at AFRH-G in the past and will be offered again beginning Tuesday, March 3. The class will meet once per week (every Tuesday from 0900-1100) for eight weeks in the theatre. Resident, Jack Horsley, and I will be your instructors, so come ready to have fun and learn some practical ways to reduce your fear of falling. A sign-up sheet is available in the recreation department.



## It takes a village

Story & Photo by Taylor Chamberlain | Volunteer Coordinator

The saying might be, "it takes a village to raise a child" but I think we can all agree it takes a village to put on a stellar event. Volunteers play a frequent role in that village. In support of the Mardi Gras and Party Gras celebrations on February 21, volunteers worked before, during and after the event. Community volunteers, Sharon and John Woodward, worked with staff to decorate the King, Queen and Grand Marshal carts for the parade. Nearly a dozen volunteers worked during the event to escort residents and serve food and drinks. Lastly, volunteers deconstructed the King, Queen, and Grand Marshal carts.

TSgt Rory Chamberlain is pictured taking the festive decorations off of the golf carts. Thank you to our village of volunteers for helping with many events and activities throughout AFRH-G.



## Veterans go to "The Max"

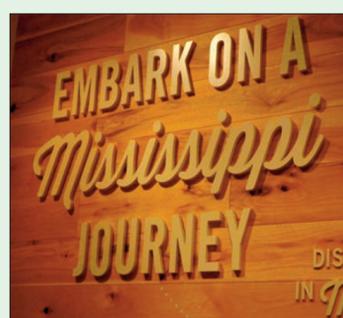
By Sean Campbell | Lead Recreational Specialist

Photos by Jack Horsley | Resident

AFRH-G residents embarked on a unique journey through Mississippi history as they traveled to Meridian, Mississippi, home of the Mississippi Arts & Entertainment Experience Museum, also known as "The Max." This interactive museum embarks on a journey showcasing Mississippi's arts and entertainment legacy, honoring its creative legends.

This new museum, recently opened in April of 2018, features exhibits including many native Mississippian's who have made a mark on the arts and entertainment industry such as: Elvis Presley, James Earl Jones, Oprah Winfrey, Jim Henson, Morgan Freeman, William Faulkner, Jerry Lee Lewis, Jimmie Rodgers and many, many more! Residents were offered a guided tour and spoke very highly of their experience at the museum.

Following the museum visit, AFRH-G residents enjoyed a delicious lunch at a local restaurant Weidmann's, which is a regionally famous establishment open since 1870.



## Yahtzee tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On February 4, 2020 residents competed in the first Yahtzee Tournament in the Community Center.

Residents were giving instruction on how to play the double elimination tournament. A total of 13 residents played in the tournament.

Diana Dopp took 1st place, Sharon Price took 2nd place, Frank Baker took 3rd place and Ernie Fowler took 4th place.



## Darts tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On January 24, 2020 residents competed in the Darts Tournament in the Club Room. Diana Dopp looked for that Bull's Eye. Jerry Anderson waited for Doris Denton to throw her darts off the board. Woody Hilliker and Frank Baker were amazed at Diana Dopp's throwing skills.

There could only be four winners for that day. Ernie Fowler took 1st place, Doris Denton took 2nd place, Woody Hilliker took 3rd place and Frank Baker took 4th place.



# GULFPORT

## Mardi Gras mambo on over to the cookout at AFRH-G!

By Susan Bergman, MT-BC | Recreation Services  
Photos by Lori Kerns & Susan Bergman | Recreation Services

On February 12, 2020, Ability Works employees brought the festivities and encouraged everyone to mambo on over to the Mardi Gras cookouts on Valor and Loyalty Hall. Healthcare residents, staff, and visitors were greeted by our very own carnival jester, were crowned with beads, and watched as the dining halls filled with feathers, cheers, music and fun. "Throw me somethin' mister" could definitely be heard! Also, fried chicken, hamburgers, real beef hot dogs, and King Cake were just some of the food selections enjoyed by all. Special thanks to everyone for a mambo-terrific, carnival kick-off!



# WASHINGTON

## Winter Senior Olympics

By Marla J. McGuinness | Recreation Specialist  
Photos by Roberta Spangler | Resident



On January 16 and 17 AFRH-W hosted the Winter Senior Olympics. Twenty residents participated in a two-day event of fun-filled action games and events.

It began with the theme music from the Olympics and resident Fred Layman lighting of the torch. "Let the Games begin!"

Some of the events were:

Balloon Relay, Swimming, Billiards, Basketball, Archery, Ping Pong, Name that Tune, Bowling and Volleyball.

For participating in an event, the resident earned five points, if they received first in the event, they earned twelve points, second place 10 points, and third place eight points. Totals were added up using the point system. The winners were: Fred Layman 1st place, David Kaetzel, 2nd place Roberta Spangler 3rd place.

Medals were given out to everyone who participated and they received a special shirt for this event. At the end of day, we celebrated and enjoyed cake and drinks.

