



## AFRH-GULFPORT

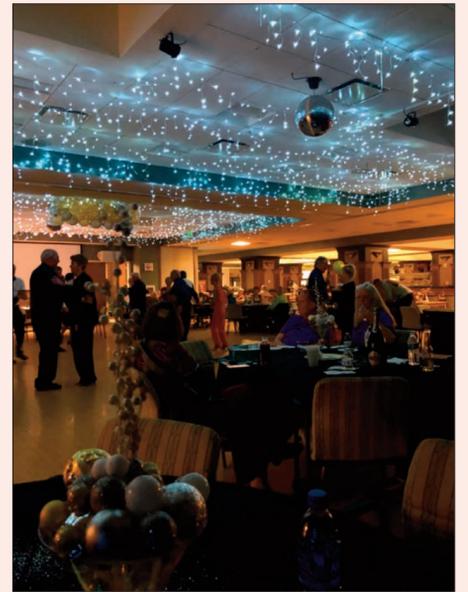
### Residents ring in the 2020 New Year!

Story & Photos by Jen Biernacki | Recreation Therapy Assistant



New Year's Eve evening started out with many residents and visitors gathering in finely dressed attire to share in the celebrations of the New Year. Enjoying the food such as the crab cakes, coconut shrimp and desserts started out the night. As the night progressed, many danced, listened to music, drank and enjoyed

the company of others to the wee hours of the night. At the stroke of midnight, Eastern Time, the balloons dropped, folks cheered and the toasting for the New Year began. Happy New Year and Happy New Decade of 2020!



## AFRH-WASHINGTON

### Ring in 2020 in style

By Linda Bailey, CTRS | Recreation Specialist  
Photos by Jack Beck | Resident

For the party people and the night owls among us, AFRH-W celebrated the new decade with food, spirits, music and dance. Those who were not partied out by the celebration earlier in the day attended the dance, and Frank and Trish of Vintage provided the live music. The dance floor was almost always occupied during the three hours of celebration, from 9:00 p.m. to ringing in the New Year at midnight. Favorite songs from the 1940s to the 1970s provided plenty of variety in the set list. Luckily the ladies present were happy to dance, considering they were outnumbered, and had plenty of partners. Most of the ladies were happy to be up dancing for every song. The majority of the group stayed to ring in the New Year, glass of champagne in one hand, noise maker in the other.



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## AFRH COMMUNICATOR



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### 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:  
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## AFRH-G resident highlight - Maurice "Moe" Drolet

By Lori Kerns | Librarian

Maurice "Moe" Drolet was born in Rhode Island. He is the third youngest of twelve born to his parents, a carpenter and a housewife. As a teen, he earned his nickname, "Moe," from a friend's brother and it has stuck with him. As he became old enough to begin working, he found a job at a local mill earning 85 cents an hour. He, unfortunately, lost his job while he was in the hospital having appendix surgery. At the time there was no union to help him fight for his position. So as soon as he turned seventeen, he went to the Air Force recruiter and joined.

Moe dedicated 23 years of service to the Air Force. His military career was spent in the field of supply. Some of that time he worked in the Philippines as an air freight specialist loading and unloading planes. He served at other duty stations, including Vietnam. He was also able to spend eight years in Japan and loved every minute. While in the military, he went TDY to such locations as Taiwan, Thailand, and Korea. But it was in Japan where he had met and began dating his future wife, Teri. Once retired, he went back to Japan to marry her.

Moe has four children, Brenda, Mars, Brian, and Laura. Moe made the decision to move to Florida to be near his daughter, Brenda, when he lost his beloved Teri. He stayed in the Sunshine State until AFRH-G reopened after Hurricane Katrina and has since been enjoying his retirement in the Home, where he loves the staff.

Anyone who knows Moe, knows that he is very dedicated to fitness. He works out for three hours each day. He stays fit by using the gym equipment, walking, swimming, and walking the home's stairs. His most recent accomplishment was keeping a log of the miles he walked. He recently logged in over 10,000 miles! To celebrate his achievement, he was given a special sweatshirt.



# AFRH-G model railroad ribbon cutting ceremony

By Jen Biernacki | Recreation Therapy Assistant

Photos by Becki L. Zschiedrich | Public Affairs

Back in November of 2014, Recreation began a new hobby and tradition for the residents at AFRH-G that brought together the independent living residents and the healthcare residents for one common goal: model railroading. The first model railroad layout ran with snap together track laid out on two sheets of plywood. One train ran at a time on separate tracks each traveling in an oval shape on two sheets of plywood held on to the tables with safety clamps. The trains were difficult to maintain and often broke down, leaving more work than pleasure. In the beginning of 2019, it was decided that our model trains needed an overall upgrade, more sophistication and better technology to ensure the future and success of the trains.

RAC Chair Art Jones took the lead. A plan was developed and put into action. The old scenery items were removed carefully to maintain the integrity to reuse on the new train layout. The local Seabees built six train tables to house the set up...three times the size of the old layout expanding across the activity room. Residents Les Crawshaw, Bob Sebastian and Sharon Price joined in to share their talents and learned new talents with Art to expand the track and scenery across the new layout terrain. Tracks were laid, model kits put together, people and items painted and the ideas and plans took shape.

On Wednesday, January 15, 2020, a ribbon cutting ceremony was held to officially place the new train layout into working order for all to enjoy, share talents and to experience the joy of model railroading.

I invite anyone and everyone interested in the trains to jump aboard and dig in to share with the excitements of owning a model train set. Let the whistles blow and trains roll... for now and way into the future here at AFRH-G. I sincerely appreciate all of you who brought an idea beyond dreams and expectations.



## Best wishes to the bride and groom

By Becki L. Zschiedrich | Public Affairs

Congratulations to Gulfport resident Bill Wedding and his bride, Jane. They were married in the AFRH-G chapel on January 4, 2020. The chapel was packed with family and friends who witnessed this beautiful event.



## Way to go, MOE!

Story & Photos by Carol Davis | Recreation Assistant

Maurice (Moe) Drolet moved into AFRH-G on January 3, 2011. Shortly after relocating to the Gulf Coast, he joined the Recreation Department's Walking Challenge. In December of 2019, Moe reached the last milestone of the challenge—10,000 miles! Most of the distance was amassed on the treadmill in the Fitness Center, but he also routinely takes the stairs to his fourth floor "condo" as he likes to call it.

Moe, originally from Rhode Island, joined the Air Force at age 17 and spent 23 years in the military before retiring and moving to Colorado. He most enjoyed the last nine years of his career with one year being spent in Vietnam and the last eight at Yokota Air Base in Japan. After retiring, Moe spent the next 20 years working at the post office in Commerce City, Colorado, near Denver.

Congratulations to Moe for completing this journey!! WAY TO GO, MOE!!



## Mardi Gras preparations

Story & Photos by Taylor Chamberlain | Volunteer Coordinator

On January 23, three community volunteers joined resident Joe Radacoy and I in sorting thousands, yes thousands, of beads for the upcoming Mardi Gras celebration. Preparations for Mardi Gras began on Thursday, January 16 when members from the Recreation Department decorated the Mardi Gras tree in the community center.

While sorting the beads, many residents stopped by to see what was going on. Resident Von Blunt even joined in for a few minutes while on his way to work at the Security Desk.

Thank you to our dedicated volunteers for helping AFRH-G get ready for Mardi Gras!



## Dedication and volunteerism on the MS Gulf Coast

By Taylor Chamberlain | Volunteer Coordinator

While recently pulling together some statistics for an annual report, I was struck by how many hours dedicated volunteers contributed to AFRH-G in 2019. A staggering 20,912 hours were given to the Home throughout 2019. These hours were dedicated by 1556 volunteers ranging from military, to community, and resident volunteers. This dedication made a major impact throughout the Home!



# From the AFRH-W Administrator



A group of Washington resident artists recently visited the Pentagon. They were hosted by senior leadership from Washington Headquarters Services (WHS), the Pentagon Curator and the Secretary of Defense Graphics and Presentation Division. Mr. Thomas Muir's (WHS) vision is to highlight the Homes, especially the beautiful art created by our veterans, so the tour focused on exhibits throughout the Pentagon of various art displays. We visited the graphics shop to see where all of graphics are created, they have amazing capabilities to produce various types of displays. Finally, after much walking throughout the hallways, we were treated to a wonderful lunch by Mr. Muir in the Air Force dining room. Mr. Muir described his idea of creating a permanent display to highlight both Homes, especially the veteran residents. One resident mentioned the day just kept getting better! Many thanks to Mr. Muir and the rest of the Pentagon team for honoring our veterans in such a wonderful way. We look forward to working with them as we create the display!

Susan Bryhan



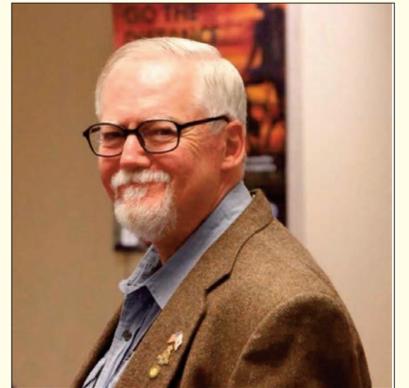
# A New Year's toast to Sheldon Shorthouse

By Mimi Rivkin | AFRH-W Resident

I wish to propose a New Year's toast to Sheldon Shorthouse for creating the Defenders Inn and providing a SOCIAL NIGHT LIFE for AFRH-W residents, guests and staff. He also manages it, brings in a hefty sum for the 'Resident Fund' and is the best gentleman bartender in these here parts! All on his own time.

Thank you, Sheldon!

*Mimi Rivkin and all your friends*



# Notes from the AFRH-W Resident Advisory Committee Chairman



The holidays gave us joy and happiness with family and friends to welcome in the New Year 2020. This is the year many of us said back in the day I will not be here because at that time it seemed a million years away, but we made it across and we are so thankful. The Fashion Centre at Pentagon City is trying so hard to see if Santa got all of our money by putting on a Military Appreciation Gift with any purchase.

On December 31 Recreation Services gave the residents a wonderful New Year's Eve Party with good food and lots of gifts to start the year off right. Daughters of the American Revolution stop by every Christmas season to visit AFRH family. We are truly glad they do. We also had a group of young volunteers from Walter Reed National Military Medical Center and they love to dance.

On January 9 Ward 4 had their first meeting of 2020, with two attendees asking for more information about applying to AFRH-W. The fun at the Armed Forces Retirement Home seems to never stop. The U.S. Navy Band Country Current played for us on January 10 and the dance floor was packed. There were too many cowboy hats to count!

On January 14 the Chief Executive Officer of the Armed Forces Retirement Home met with all of the Resident Advisory Committee members to tell us which direction AFRH-W is going. This was a very positive meeting that all were very happy about.

Billy Ray White



# From the AFRH-G Administrator



I would first like to wish all the residents and employees a Happy New Year! 2020 is going to be a great year for AFRH-G. We are working hard to get to maximum capacity. We started off the New Year by celebrating New Year's Eve in the community center where residents witnessed the shimmering crystal ball drop live in New York on the big screen. On January 1, 2020 the residents were treated to a special lunch featuring oyster stew, shrimp cocktail, prime rib, black-eyed peas with ham, cabbage and assorted desserts.

On January 15 we held a ribbon cutting in our train room on the second floor. It is just amazing what the residents have done to make this project come alive. It's so realistic that it's hard to believe. Thank you to all the residents who have participated in making this a reality. The train room is located on the second floor activity room close to Tower D.

On January 16 we held our quarterly staff meeting and our Nurse Educator Donna Iler, RN was chosen as the Employee of the Quarter. Donna consistently looks at opportunities for improvement with processes and mission effectiveness. She recently re-vamped the new employee orientation program so that new employees now receive all their annual mandatory training courses during their initial orientation. There is no longer a need for overtime which is cost effective, as well as requiring new employees to attend training on their off-days. Donna continues to provide guidance through the first six months after their initial orientation. This enhancement builds a better foundation, and assists with employee retention and satisfaction. Donna's expertise in education and staff development has enhanced our program and ensured compliance with The Joint Commission requirements. She has delivered exceptional knowledge and experience to her position making this a better place for staff to work and the

residents to live. Donna's dedication is commendable and reflects great credit upon herself and the Armed Forces Retirement Home.

On January 23 we held our 2019 Yearly Tournament Awards Ceremony in the Community Center. Thank you to all the residents for participating and thank you to Recreation Services for making all these tournaments happen. Also on January 30 our Recreation Services held the annual Parisian Cafe which was a big success, as always. Residents really enjoyed the different cultures of food that were exhibited.

We will hold our annual Mardi Gras Parade and Party Gras on Friday, February 21 at 1400 where residents and staff will join together to crown a new King and Queen. This is one of our favorite highlights of the year. The parade will begin at 1400 and will pass through the halls of AFRH-G before ending up in the community center for the toasting of the King and Queen. Any staff or departments interested in participating in the parade are encouraged to do so. If you are planning to have a float in the parade, please let Recreation Services know so they can be prepared and address any logistical issues. This is a fun event in which we will announce the secret identity of the 2020 King and Queen, as well as the Grand Marshal. Party Gras will continue with live entertainment in the Community Center after the coronation. We hope to see you there. Let the good times roll!

Jeff Eads



Congratulations to the Gulfport Employee of the Quarter Nurse Educator Donna Iler, RN.

# Mother & her four sons (her favorite and the other three)

Written by John Douglas | (#4 & THE FAVORITE - just what the shirt says)

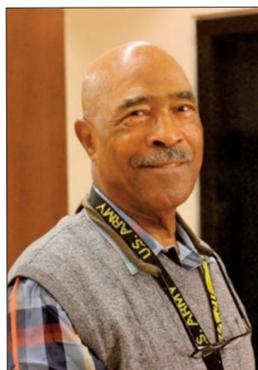
Submitted by Susan Bergman, MT-BC | Recreation Therapy Services

Photos by Kimberly Clothier | Recreation Therapy Services

On Monday, January 20, 2020, Gulfport resident Jackie Douglas (YN2 - USN WAVE, WWII) celebrated her "96th" birthday and was joined by her four sons - each of whom served active duty in the US military. Pictured wearing red is #1 son: Bill Douglas, 1LT, US Army (Signal Corps), 1970-72; wearing blue is, #2 son: Bob Douglas, Sgt. USMC (5811 - Military Police), 1969-73; dressed in plaid is #3 son: Jim Douglas, LTC, USA, Ret. (Adjutant General Corps), 1983-2003; and in the white shirt labeled "Mom's Favorite" is #4 son: John Douglas, Lt. Col., USAF, Ret. (Judge Advocate), 1994-2014. Thank you so very much to AFRH-G staff for the kindness and support you provide to all the AFRH-G residents; especially, the recent assistance you gave to our family as we supported Mother's 96th birthday celebration.



# Notes from the AFRH-G Resident Advisory Committee Chairman



Happy New Year everyone! Here we are, at the end of the first month of the New Year, 2020. Some of you are still recovering from the holidays (smile) and some have not only made New Year's resolutions, but have not been successful in keeping them. My purpose in this article is to provide a "DO-OVER," a second opportunity to commit to a challenge for the New Year. Change is inevitable. Recently, a lot of us spoke loud and often about some of the changes that took place here at AFRH. By now you are wondering what re-visiting of the past couple of years has to do with "the number of turnips in the turnip patch" or a 2020 New Year's resolution "DO-OVER"? As you re-visit the last few years, think of AFRH as a phoenix, rising up stronger than ever. I propose our New Year's resolution should be, "Approach every challenge, every thought or opinion with an open mind, in the spirit of cooperation."

I would like to thank everyone who was involved in the Train Room Ribbon Cutting Ceremony on January 15. Please stop by the second floor activity room to check out the train. It is absolutely fantastic.

Arthur "Art" W. Jones



# AFRH-Washington

## U.S. Navy Band Country Current dance and happy hour

By Marine Robbins & Carol Mitchell | Recreation Therapy  
Photos by Mike Hoth | Resident

On a cool Friday Night, the Washington campus put on their boots, jeans, and plaid to welcome the talented U.S. Navy Band Country Current for a country hoedown and happy hour. Thanks to Carol Mitchell in Recreation Therapy, this has become a well-anticipated annual event. Residents from all levels of care danced the night away with guests and community volunteers from Daughters of the American Revolution, Nam Knights Capitol Chapter, Joint Base Andrews, Walter Reed National Military Medical Center, and Friends of the Soldiers Home. Dining services put out an array of snack foods for consumption and merriment. The band impressed as usual with their zest for musicality and entertainment and were presented an AFRH challenge coin and certificate of appreciation by Administrator Susan Bryhan and Chief of Resident Services Ron Kartz. We can't wait to host them again for the next boot scootin' boogie!



## Historic Osage orange tree

By Christine Baldwin | Librarian  
Photo by George Wellman | Resident

The Osage orange tree stands out in a crowd. It has a gnarly bark and the fruit looks like green pimply baseballs. They aren't common, but they aren't rare either, maturing in parks and yards across Washington, D.C. Despite its name, the Osage orange tree is a member of the mulberry family; though its fruit is inedible because of the texture and taste (however the seeds can be eaten). The best example is right here outside President Lincoln's Cottage. It's a mature, leaning tree of dramatic stature! People say that President Abraham Lincoln used to recline in the crook of this tree. Perhaps? The tree now needs a little help with the trunk being supported by a pole and yes, the fruit smells like oranges.



## Resident stamp display

Story & Photo by Christine Baldwin | Librarian

Van Hayes has collected many stamps from around the world. His display, shown near the Wellness Clinic, is just a sample of his collection. They are divided by continents and topical items, such as butterflies. He also has a numbered list of stamps that are specially marked. Stop by and enjoy the display!



## Love to keep us warm - songs that bring back memories

By Linda Bailey, CTRS | Recreation Specialist  
Photos by Steve Briefs | Recreation Services Supervisor

"Love To Keep Me Warm: Selections from the Great American Song Book" was brought to AFRH-W on a very cold January day, when winter had decided to re-appear after having taken a few weeks off. January 21 was as it should be, with temperatures in the 30s. But we were warm inside, listening to songs by the Gershwins, Irving Berlin, Rodgers and Hammerstein, Jerome Kern, and Johnny Mercer. Many were old favorites from movie and stage musicals, or familiar from listening to the radio.

The entertainers were professionals from local Washington area theaters, and were arranged to come to entertain us through The Fenwick Foundation, which also provides us with tickets to area events. Since the theater came to us, and no travel was needed, many more people took advantage of the chance to be entertained by such excellent talents. The group that entertained us will be back with new selections for our "Evening of Wine and Song" on February 13 at 6:00 p.m. and again for a St. Patrick's themed show on March 16 at 1:00 p.m.



# AFRH-Gulfport

## New Year, new you?

By Carol Davis | Recreation Assistant  
Photos by Becki L. Zschiedrich | Public Affairs



Happy 2020!! A New Year customarily brings resolutions. Did you make a decision to become more physically active? Regular exercise is important for good health, and we all want to be in good health! Physical activity helps to:

- Lose or maintain weight.
- Reduce high blood pressure.
- Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer.
- Reduce arthritis pain.
- Reduce risk for osteoporosis and falls.
- Reduce symptoms of depression and anxiety.

If this sounds like something you're interested in, feel free to come join our exercise classes at AFRH-G on Mondays, Wednesdays and Fridays at 0900 in the exercise room. We combine stretching, cardio, strength training and balance exercises into one class. Not only can you become more active, but you just might meet some new people and have fun, too! If you have any concerns or questions, come see me in room 1209 or drop by one of the classes.



## Mom and daughter painting adventure

By Milton Williams | Art Specialist

AFRH-G resident Lois Hogan recently completed a painting requested by her daughter, Beth. It is a scene of Beth kayaking down a rushing river. It is always a fun art time painting but especially when a family member wants "mom" to paint one with a memory.

This painting adventure was truly a "labor" of love and both artist and recipient were excited about the finished work. Keep on painting Lois and family, keep on bringing those ideas!



## Card battle tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On Tuesday January 21, 2020 residents competed in the Card Battle Tournament in the Community Center. The object of the tournament was to get the highest card to win both cards. Whoever had the most cards at the end advanced in the triple elimination bracket. All the residents were concentrating for all the cards that they could get in their battle.

There could only be four winners that day. DC Breland took 1st place, Doris Hopper took 2nd place, Roger Versluys took 3rd place and Gerald Boone took 4th place.



## Cribbage tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On Thursday, January 16, 2020 residents competed in the Cribbage Tournament in the 2nd floor Club Room. Jack Eldreth kept an eye on Diana Dopp for that trick card shuffling with Doris Denton watching the game. Jerry Anderson and Bob Brodeur made sure their counting came out right. Woody Hilliker and Fredi Van Pelt studied each other to win the game. Carol Harnes and Wayland Webb counted their points.

There could only be four winners for that day. Bob Brodeur took 1st place, Woody Hilliker took 2nd place, Carol Harnes took 3rd place and Jerry Anderson took 4th place.



## Wood bowl turning with Breck Whitworth

Story & Photos by Milton Williams | Art Specialist

The residents who frequent the wood shop were treated to a wood bowl turner class by Breck Whitworth, a nationally known, master bowl turner on the Mississippi Gulf Coast. He is also no stranger to the AFRH-G since this is his sixth year of introducing the skillful techniques of wood turning on a lathe to make bowls. Thomas Ward, Doris Hopper and Wayne Wolski paid close attention as they participated in the class.

Knowing that the tools lose their cutting edge, Mr. Ward volunteered and was shown how to use a slow grinder with jigs to put a sharp edge on the hand held cutters.

Thanks Breck for coming out again and we are looking forward to what the residents make with their newfound skills.



## Hook and ring tournament

Story & Photos by Dennis Crabtree | Recreation Specialist

On Thursday, January 9, 2020 residents competed in the Hook and Ring Tournament in the Bocce Center. The object of the tournament was to throw the six rings and hook them on the hooks for points. Whoever had the most points at the end advanced in the double elimination bracket. All the residents were seen concentrating for all the points that they could get in their throw.

There could only be four winners that day. Wayland Webb took 1st place, Diana Dopp took 2nd place, Frank Baker took 3rd place and Mary German took 4th place.



## WWII veteran running cross-country visits AFRH-G

WWII veteran Ernie Andrus, 96, was back in the Gulf Coast area on his second run across the country to raise funds for LST 325, the ship he and fellow crewmates saved from the scrap heap. On January 21 he stopped by AFRH-G to visit with the residents and have lunch.

Since March he's been lacing up his running shoes and hitting the pavement, starting in Georgia. Each day he runs he makes it one step closer to his goal of reaching California. "I like to run," said Andrus. But this journey goes beyond his love for running. Andrus is a World War II Navy veteran. He served on an LST ship, used to land equipment and troops on hostile shores. Now, LST 325 is the only one left, and he wants it to have one last mission.

"I'm hoping they'd get enough, make enough money to take it back to Normandy. A few of us guys have been dreaming about that. "What if we get this over to Normandy for a D-Day Memorial?" said Andrus.

The ship is now located in Indiana, but Andrus wants to raise enough money to get it to Omaha Beach for a ceremony. "I talked to our captain, he said it'll never happen, it takes millions [of dollars] you know. I said, 'I can try,'" said Andrus.

He expects it to take five years for him to run to California, by the time he crosses the finish line, he'll be 100. But he sees no problem with that. "Physically I feel great," said Andrus. Running across America may seem like an impossible mission for a 96-year-old, but this veteran has seen greater struggles. Through war, he's given a lot to his country and hopes today's generation is ready to do the same.

"You've got to be ready. Wars are going to come whether you like it or not, I hope you never have to go, but they're gonna come and you better be prepared, and I just hope that they're ready to not let us down," said Andrus.



# WASHINGTON

## U.S. Department of Education volunteers at AFRH-W

Story & Photos by Christopher Kelly | Public Affairs

On Tuesday, January 7, senior officials from the Department of Education volunteered their time at AFRH-W by packing up holiday decorations throughout the facility. During the visit, volunteers were able to learn more about AFRH and spent time with our veteran residents. Many thanks to the Department of Education for providing such great support to our Home.



# GULFPORT

## Cheers to the New Year - January 2020 in review

Story & Photos by Susan Bergman, MT-BC, | Recreation Therapy Services

We cheered in the New Year - 2020 – with a new month of exciting events! Thanks to a request by resident, Earl Portrey (who recalled past performances at AFRH), Susan Bergman and family returned for a morning of music on Thursday, January 2. Joined by her husband on guitar and voice and her son on cello, a variety of melodies were played on an Irish tin whistle and oboe (a woodwind instrument played with a double reed). From classical to Irish to easy listening to “Auld Lang Syne” and more, residents gathered to celebrate the New Year with musical memories.

Throughout the month, residents looked forward to their “petting time” with our amazing pet volunteers. Pictured are our newest and oldest furry friends. Kay with her three-year-old Golden Retriever “Stoli,” has visited three times and Dick with his almost 16-year-old Golden Retriever, “Mickey,” has been volunteering since AFRH-Gulfport reopened in 2010.

Onto the monthly cookouts on Wednesday, January 8...Hut! Hut! Hike! Football was in the air! Residents reminisced about their favorite football teams, Super Bowl picks, and of course, the upcoming college football championship. LSU’s “Hold that Tiger” could be heard amongst the cheerleading chants, referee whistles and various touchdown hand signals. Did you know that the word “hike” was initiated by John Heisman during the 1890-1891 football season to replace the previously used scratch of the center’s leg to pass the ball? By the 1950’s, “hut” could be heard and originated from the WWII military cadence “Atten-hut!” Cheers to the 2020 New Year! See you next month for Super Bowl, Valentine’s Day, and Mardi Gras Festivities leading into Lent!

