



Armed Forces Retirement Home

# Communicator

Washington, DC



Gulfport, MS

VOLUME XVIII NUMBER 7

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**AFRH-GULFPORT**

## Vettes for Vets & July 4th celebrations!

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

On Sunday, July 4th, AFRH-Gulfport residents gathered at the front entrance for "Vettes for Vets." Gulf Coast Corvette Club event coordinator, Tom Bocek, along with several members of the club met up at the Great Southern Golf Club and paraded to the Armed Forces Retirement Home, around the circle, and to the front entrance. They honked, revved their engines, and brought smiles to cheering residents who welcomed them with waving patriotic flags. AFRH-G church-goers were excited to cross the parade route on their way back from the chapel. Resident Ray Ross sneaked into the parade in his red Ford Mustang along with resident Les Brownstein, who ended the parade in a lit up, streamers flying, decorated scooter. The weather could not have been better with blue skies abounding after days of torrential rains!

Two residents, Diane Hatley and Glynn Atchley, accepted the invitation for a ride. Each rode in a convertible Corvette, and departed for an exciting, adventure-filled drive along the beach down Hwy 90. The other Corvettes caught up with them, tested their drag racing abilities, and met up with the vets for a visit at Jones Park before returning back to AFRH. Also, right before lunch, The Yankee Doodlers (made up of Gulfport residents), paraded down the Boardwalk on the main floor dressed in patriotic attire, along with decorated rollators, powered chairs and scooters. They circled the hallway of residents lined up for a wonderful lunch of boiled shrimp, ribs, burgers and hot dogs. The Doodlers paraded their way through the dining hall and finished in the front lobby. It was a fantastic 4th-filled with Vettes for Vets, fabulous food and fun Yankee Doodlers!



**AFRH-WASHINGTON**

## An evening out at Twilight Tattoo

By Linda Bailey | Recreation Specialist  
Photos by Mike Hoth | Resident Photographer

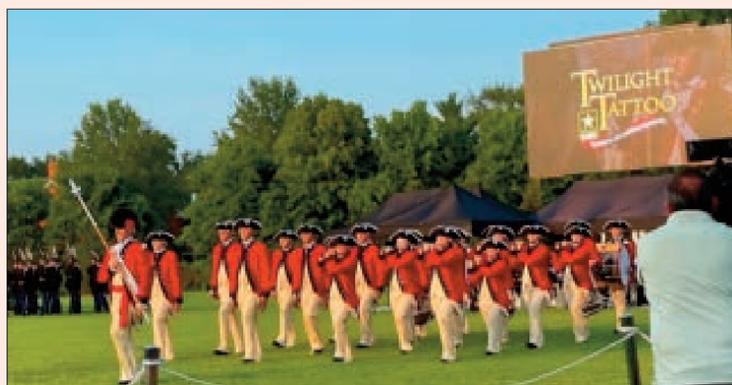


The rain came down in the early afternoon to cool things off so we had great temperatures as evening arrived at Ft. Myer in Arlington, Virginia. We were heading out to view Twilight Tattoo. While we have been doing this for many years, this year was special.

Usually Twilight Tattoo happens over the course of the summer, and almost anyone can get to see it. This year, with the pandemic not quite over, they were unable to invite guests to the live shows and festivities; however, the general public could tune in to a virtual version from their own device. With a vaccine available and numbers falling, it was decided to have just two shows. With a smaller audience of "by invitation only" guests, we were excited to be invited.

Twilight Tattoo tells the history of the U.S. Army with pageantry and music, performed by soldiers from the U.S. Army Military District of Washington's ceremonial units, the 3d U.S. Infantry Regiment (The Old Guard) and The U.S. Army Band "Pershing's Own." It features performances by The U.S. Army Voices, the Commander-in-Chief's Guard, The Old Guard Fife and Drum Corps, and the U.S. Army Drill Team.

When the show was over, there was time to socialize with the other guests and performers. It is always good to get together with other members of the military.



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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:

**-Active-Duty Career Retired:** Veterans who retired with 20 or more years of active-duty service in a regular component of the Armed Forces.

**-Eligible for Retired Pay:** Veterans, who served in a regular or reserve component of the Armed Forces, who are now eligible to receive retired pay and benefits:

- Retired Guard/Reserves with over 20 years of creditable service (combined inactive and active-duty).
- Veterans who qualified for an early retirement such as TERA (Temporary Early Retirement Authority).
- Veterans who were given a medical or disability retirement with pay and full benefits.

**-Service-Connected Disability:** Veterans with a service-connected disability rating of 50 percent or greater from the Dept. of Veterans Affairs.

**-War Theater:** Veterans who served in a war theater or received hostile fire pay and now suffer from injuries, disease, or disability.

**-WWII Female Veteran:** Veterans who served in a women's component before June 12, 1948 who are determined to be eligible due to compelling personal circumstances.

**-Beneficiary Spouse:** The spouse of a retired veteran may apply to live with the Retiree if he/she is enrolled as a beneficiary in DEERS (Defense Enrollment Eligibility Reporting System) and was married to his/her sponsor prior to the veteran's retirement from the Armed Forces.

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

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## Happy 100th Birthday Sandra Intorre!!

Happy 100th Birthday to AFRH-W resident Sandra Intorre, an Army veteran of WWII, Korea and Vietnam! She had a fun-filled day and a weekend of events with her family.



## AFRH-W Resident Highlight – Richard Heinrich

By PK Knor | AFRH-W Resident



Richard Heinrich was born on September 24, 1938 and raised in Cleveland, Ohio. His family consisted of his parents, one brother and two sisters. Along with school activities, his early years included the Boy Scouts and during high school he was a golf caddy. He graduated from Avon High School in 1956 and joined the U.S. Air Force in January of 1957.

After basic training at Lackland AFB, Texas, he was sent to Lowry AFB, Colorado, where he trained to be a tail gunner mechanic on a B-66 bomber. He was then stationed in England where he also worked part time in the squadron mailroom. When his enlistment was up, he left the Air Force for three months and then re-enlisted at Keesler AFB, Mississippi. This time he learned to fix radios - which he did for 16 years.

During his military career, Richard was stationed at numerous bases to include Sculthorpe and Alconbury bases in England, March AFB, California, Iwo Jima, Larson AFB, Washington, Turner AFB, Georgia, Otis AFB, Cape Cod, Moron AFB, Spain, Thailand, and Beale AFB, California.

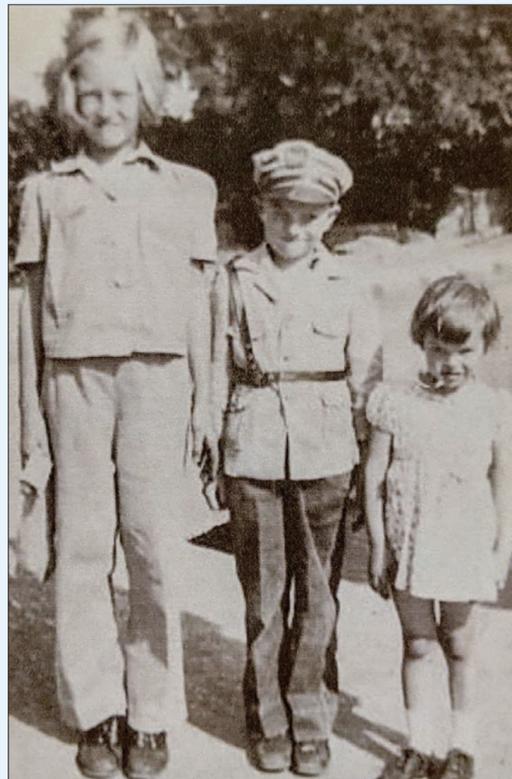
He retired in California in 1978 as a tech sergeant (20 years and 20 days)! After retirement, he worked for nine years for a manufacturer making gyros for airplanes.

Rich was married for 19 years to Donna and they had four children - Charles, Donald, Cindy and Debbie. Most of his family, including his brother and sister, live in warm states which is lucky for Rich, who is a warm-weather person! Even when he traveled on leave, his favorite place was Morocco. That is why he retired in California.

While in California and elsewhere, Rich became involved with two organizations: the Barber Shop Harmony Society (34 years/bass singer) and square dancing (36 years). He tried to start a square dancing program at AFRH-W, but couldn't get enough participants!

Rich has lived at AFRH several times! He left for various reasons, and returned "for we hope the last time" in 2006. He has had numerous jobs and volunteer positions with AFRH-W. He was a huge help during the pandemic. (Thanks!) He also helps with bingo and is a projectionist at the theater.

Rich has enjoyed various activities at AFRH to include bowling, dancing, and golfing, along with bingo. Two of his favorite reasons for living here are no cooking and no dishes!! (mine too!)



# Lazy Days in the Gulf South

Story & Photo by Jen Biernacki | Recreation Assistant



Feel the wind in your hair, the smell of Gulf air, the sun on skin bare, the flowers blooming glare with a laid back attitude... that is the flair here of living life on the Gulf Coast...can't get any better than this...living the dream.

One way Mr. Walter Moore and Mr. John Shanklin soak it all in is by a golf cart ride around the grounds of AFRH-G. "What a great time! I thank you. Let's do that again!" stated Mr. Moore.

The ride follows the walking path around the perimeter of the grounds,

from Gulf side to going over the "real grand river," (the bridge over the big ditch) around the fields of wild flowers and ending to see the reflection pond in front of the Home as it, too, shines as bright as the sun.

# Important National Days in August

By Carol Davis | Recreation Assistant

- Aug 1 - American Family Day
- Aug 1 - National Sisters Day
- Aug 3 - National Georgia Day
- Aug 4 - National Coast Guard Day
- Aug 7 - Purple Heart Day
- Aug 8 - National Spirit of '45 Day
- Aug 10 - National Connecticut Day
- Aug 11 - National Sons and Daughters Day
- Aug 14 - National V-J Day
- Aug 16 - National Airborne Day
- Aug 17 - National Massachusetts Day
- Aug 21 - National Senior Citizens Day
- Aug 24 - National Maryland Day
- Aug 26 - National Women's Equality Day
- Aug 31 - National South Carolina Day

# Who-Who, Whoo-hoot?

Story & Photo by Milton Williams | Art Specialist

JB Atchison is a "naturalist artist" of the NEATEST degree and I don't mean keeping the studio spotless.

Although he does clean up after each piece is finished, he needed a yard rake to clean up after this 3-D sculptured piece. JB has continued the "owl series" and this latest piece will bring you up close to an owls' habitat.

Using chicken wire, stucco, real live oak tree bark and a lot of imagination, and much perseverance he put together a natural-looking hollow tree with a lifelike owl perched inside.

When viewers come into the art display room to see the "owl in the hollow tree" they are amazed at how real it looks and super surprised when it hoots as they walk by. Folks this is a first, it is a sculptured work that has a thousand words, or HOOTs.

Thanks, JB we really get a "hoot" out of your works of art.



# Basketball Free Throw Tournament

Story & Photos by Dennis Crabtree | Recreation Specialist

On July 9, 2021, residents competed in the Basketball Free Throw Tournament at the Armed Forces Retirement Home in Gulfport. Residents were given 10 chances to make it in the basket. The highest score was five baskets.

There could only be four winners for that morning tournament. Frank Baker took 1st place, Wayland Webb took 2nd place, Joe Chappel took 3rd place and Glynn Atchley took 4th place.



# AFRH-G Resident Highlight – Patsy “Dianne” Hatley

By Lori Kerns | Librarian



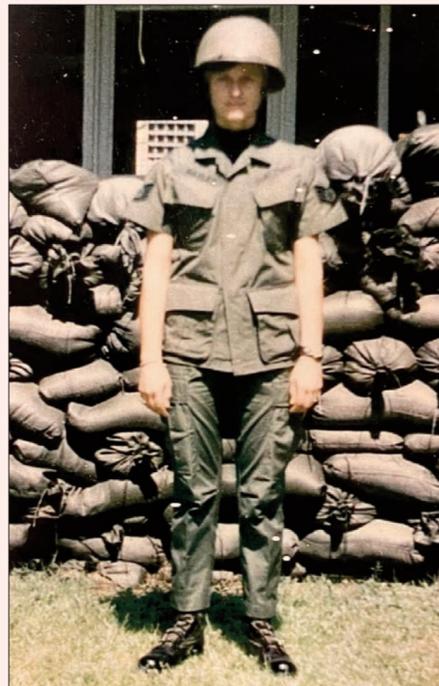
Patsy "Dianne" Hatley was born in Concord, North Carolina. She grew up in a hard-working, middle class family, as both her parents worked for Cannon Mills. In ninth grade, Dianne had a teacher who made quite an impression on her. Her teacher inspired her to "do better" in life but also passed on her experiences in the U.S. Air Force. Those stories helped Dianne make the decision to join the Air Force when she became 18.

In 1966, Dianne set out for basic training at Lackland Air Force Base in San Antonio, Texas. She made quite a career for herself in the military mostly working in the air field management field with such assignments as filing flight plans for pilots and air-to-air refueling scheduling. Her duty locations took her around the U.S., including Hawaii, but also overseas to Germany, Thailand, and Vietnam. In 1973, Dianne was stationed at Base Ops Saigon in Vietnam during the war. She felt "so lucky to be working" to see the POWs released. Her details of what she experienced seeing them return home are quite moving.

After dedicating 21 years to the Air Force, Dianne made the decision to retire from the military. She was living back in North Carolina and did not know what to do with herself so she decided to make use of her GI Bill. She enrolled in a community college, where she was eventually asked to work in administration. She eventually left that position to train as a police/fire dispatcher. This job led her to work in other areas of emergency response, such as a 911 operator and a corrections officer at a minimum security prison. Eventually, she made the decision to completely retire and enjoy life with her dogs, which were like her children.

Dianne began traveling because in the back of her mind she knew she would not be able to travel as much one day. Her journeys took her to Scotland, Ireland, Tahiti, Canada, Alaska, and the Caribbean. She has sailed on at least 14 cruises.

Also, in her spare time, Dianne has served as a member, past president, and is currently assistant treasurer for Vietnam Women Veterans, Inc. (non-nursing field). Together with some of these women, she provided some of her experiences in the publication, Women Vietnam Veterans: Our Untold Stories, by Donna A. Lowery. In addition, she meets and works with these women at their organization's biannual conference. In 2012, at their conference held in Biloxi, Mississippi, Dianne toured AFRH-G. She then made the decision to move to AFRH-G when she lost the last of her canine babies. Sadly, her sweet Darcie passed a few years later. Dianne submitted her application for the Gulfport campus. She was accepted and began the process of moving. She sold her home but soon found she could not report due to COVID restrictions. She had to live in a hotel for four months until the Home was able to allow new residents to move in. She has been at AFRH-G since April 2021 and enjoys it. She makes the most of her new home by playing in most of the recreation games (she even places sometimes!), enjoying the people, and keeping a good attitude.



## From the AFRH-W administrator



We are in the dog days of summer and it certainly feels like it! My phone keeps sending me alerts of severe thunderstorms and with the humidity, we have had daily heat indexes over a 100 degrees for many days. And to think President Lincoln came here from the White House to cool off! The campus has been coming back to life, but unfortunately, since the Delta strain of the COVID virus has been on the rise, we are now back to wearing masks. So far, we have not had any positive cases since April. I am glad we have a big, beautiful campus for our residents to enjoy and get some fresh air and perhaps a game of golf or a bike ride.

This year we were able to celebrate our nation's birth with our first cookout of the year. The Friends of the Old Soldier's Home (FOSH) hosted their public event on the driving range and had music, food trucks and many activities for the 3,000 neighbors that attended. All got a prime view of the DC fireworks and enjoyed being able to be outdoors. This was also a special day for Ms. Sandra Intorre, an Army veteran of WWII, Korea and Vietnam, who turned 100 that day and had a weekend of events with her family. Happy Birthday!

It seems like every time I get out of my office, we had a food event this month! We had ice cream sundaes, root beer floats, and a fruit fest along with our usual Popcorn Mondays and delicious Birthday Dinner. Our residents hosted a golf tournament that included a cookout and we held our version of the Summer Olympics, complete with corn hole, swimming, bowling and naturally we opened the events with a torch lighting ceremony. We were honored to host a Senior Enlisted Conference for the National Guard; they enjoyed getting to know us better during various get-togethers with our residents.

I am extremely happy to welcome our new Chief of Resident Services, Ron Anderson, who recently retired as the Command Chief Master Sergeant of the Air National Guard. Ron brings with him many years of executive leadership and has wasted no time getting busy. Welcome, Ron!

We held our Employee Appreciation breakfast for the first time in-person in quite a while. The Employee of the Quarter Board was very competitive this quarter, a testament to the great staff we have in all areas of the Home. Those nominated included Margaret Johnston, Carol Mitchell, Mariama Kamara, Rosemary Harden, Casey Payne and Sergeant Kevin Johnson. The voting was very close, but I am happy to say that Sergeant Kevin Johnson was the winner this quarter for his dedication and hard work in security. Congrats, Sergeant Johnson and all of the nominees! And, a farewell to Father Elias O'Brien, who moved on to another mission field. Thanks for all that you did here leading our Catholic

community!

As I close this month, I know that many are still concerned about the pandemic that does not seem to want to go away, but I am grateful for all of the positive things going on around us. We continue to admit new residents and enjoy time on campus and with our families. Thanks to our wonderful residents and staff who work so hard, I could not ask for a better group of people to spend time with!

Susan Bryhan



Congratulations to AFRH-W Employee of the Quarter Sergeant Kevin Johnson.

## C.A.R. fish & chip (shots)

Story & Photos by Carol Mitchell, ADC | Recreation Therapy

Children of the American Revolution (C.A.R.) President Chip Nordlinger wanted to make a difference by aiding veteran residents in their physical, social, and emotional leisure activities. He came up with the "Fish & Chip (shots)" project and decided to work towards procuring items that would enable the residents to engage actively in socially distanced outdoor activities. Upon raising the funds, he was able to purchase outdoor chairs for the Home's fishing ponds, fishing poles, and a heavy-duty aquatic weed rake. He also raised enough funds to purchase an indoor/outdoor mini portable putting matt, golf putters, and an indoor/outdoor full-size gazebo chipping net. The Home has a nine-hole golf course, so chipping and putting on these practice items will hopefully enhance their game.

Can you see the theme? Chip Nordlinger loves to play golf and go fishing. Also, helping out with the project was Sheri O'Connell DCCAR's First Vice President who with "Bimini Bay's" outdoor sporting goods company President, Bob Feldscott's support donated sunglasses and fishing poles.

Residents are looking forward to heading down to the Home's catch and release fishing ponds and getting into the swing of things at the golf course.



## Nothing but blue skies! Live entertainment returns to AFRH-W

By Linda Bailey | Recreation Specialist

Photos by Mike Hoth | Resident Photographer

It has been 17 months without live entertainment in the Scott Building. Of course, we had recorded movies and music, cable TV, and even "live via Zoom" performances, but it is just not the same. We did go over to the lawn on President Lincoln's Cottage to watch the bluegrass bands in June, so that was live entertainment, but not in the building.

This July, things finally felt normal when Singing for Seniors returned to us in the community center in the Scott Building with the program "Nothing But Blue Skies."

Still there were precautions. All the entertainers were vaccinated. They wore masks, when they were not singing, and kept a distance from the audience, instead of their usual wandering amongst the crowd.

Singing for Seniors, brought to us by a grant from The Fenwick Foundation, brings us professional musicians, including pianist Reenie Codenka, and three singers: mezzo-soprano Elizabeth Mondragon and tenors Nigel Rowe and Brian Shaw. With songs including "It's Too Darn Hot" from Kiss Me Kate, "Ac-Cent-Tchu-Ate the Positive" by Johnny Mercer, and "Blue Skies" by Irving Berlin lots of happy memories came flooding back of days gone by. We had a capacity crowd and are looking forward to more events like these. Next up, songs around the fire pit with Steve and Kevin on August 8 at 1800 in the courtyard.



## Notes from the AFRH-W resident advisory committee chairman



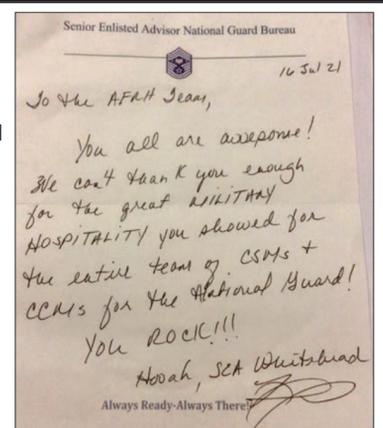
It was a busy July at the AFRH-W Campus! It started on the 4th of July and hasn't slowed down yet! On July 8, we had a golf outing/cookout for our resident golfers and some of our professional staff golfers. A great time was had by all.

From July 14-17, the National Guard Enlisted Advisory Council meeting was held here at the Washington campus. I had the honor to address the members and brief them on our Home from the resident's point of view. I also asked them to help make all the men and women serving in the National Guard aware of our two retirement homes, and how important it is to support them. We would love to have more service members come for a visit.

A meet and greet with the council members was held that night at our Defender's Inn (social bar). A large crowd gathered and spent the evening enjoying each other's company while discussing the current and past military. In other words, 'war stories'!

After completion of the conference on Friday, some of the attendees stayed behind and played a round of golf with our residents. I was given a thank you note at the completion of their conference and will pass it on to all our staff and residents.

Fred Layman



# The military life of Michael Gregory Nabors

By Dan Ellis | AFRH-G Resident



Michael "Mike" Nabors was born on September 7, 1941 in Alma, Georgia, to Homer and Arlene Nabors. His father was a minister/carpenter which resulted in his family, including an older sister, traveling extensively throughout western Tennessee. This meant Mike had to attend many different schools. As his early years passed, he completed elementary school and in 1959, he graduated from E.W. Grove High School in Paris, Tennessee.

At the end of that year, on December 29, Mike enlisted in the U.S. Air Force. He performed his basic training for 18 weeks at Lackland Air Force Base, San Antonio, Texas. He was then sent to Goodfellow Air Force Base, San Angelo, Texas, where he completed 25 weeks of classes in radio intelligence analysis.

His first overseas duty was in Okinawa where he arrived in December, 1960 at Kadena Air Force Base, which heralds as the largest United States Air Force base in the Pacific region. Mike spent eighteen months there while being promoted to the rank of E-3.

He was then transferred to Kelly Air Force Base, San Antonio, Texas (now known as Kelly Field) where he was assigned to the Air Force Special Security Center Headquarters for a year with the primary mission of providing intelligence, surveillance and reconnaissance. During that time, he was promoted to E-4.

Upon re-enlistment Mike was sent back to Goodfellow Air Force Base, San Angelo, Texas, as an instructor of radio intelligence analysis, where he remained for three years and six months and also received another stripe as staff sergeant.

He was then sent to Osan Air Base in Pyeongtaek, South Korea during 1966 and 1967. For this assignment Mike specialized in voice intercept analysis and reconnaissance aircraft flight following.

Mike's third re-enlistment sent him to San Vito dei Normanni Air Station in southern Italy from 1967 to 1969, while performing reconnaissance flight monitoring. This duty was altered by a reassignment and grade increase to E-6, when Mike was sent back to Okinawa and was based with the Field Station Sobe.

During Mike's final re-enlistment, he was sent to Fort Devens, Massachusetts, where he remained for two and half years. His final duty station was with the National Security Agency, where

he served as a branch chief in Baltimore, Maryland. Prior to his retirement on August 31, 1981, he was elevated to the rank of Senior Master Sergeant.

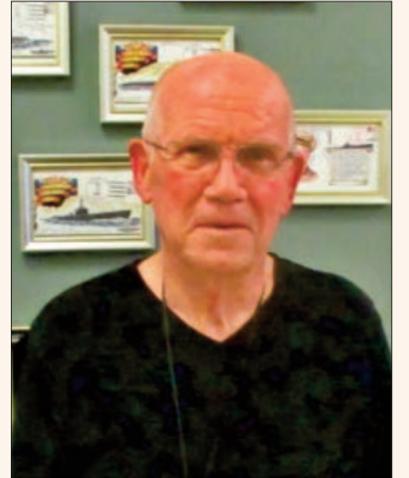
Upon his military retirement he accepted an invitation to join the National Security Agency where as he states, "I walked out the door in military uniform and returned the next day in civilian clothes to the same place."

During those years, he furthered his education by garnering a bachelor's degree at Towson State University. He also completed his master's degree program while in Maryland and was an instructor at Baltimore County Junior College.

Mike's first marriage was to June Farr with whom he had two children, Michael, Jr. and Michelle. A second marriage was to Sharon Serio and they had two daughters, Melissa and Ashley.

After his permanent retirement to his hometown of Paris, Tennessee, he developed some health problems and had several surgeries that helped him decide to make his move to AFRH in 2019.

Now as a resident, Mike participates as a member of the parading group, Yankee Doodles, and helps out in the arts and craft rooms.



## A "99" birthday bouquet & balloons celebration!

Story & Photos by Kimberly Clothier | Recreation Therapy Services

On Saturday, June 26 Ms. GiGi Malone celebrated her 99th birthday with dressing in all purple (her favorite color) along with a colorful headpiece of purple flowers, negating the need for a party hat. She received a birthday box in the mail that said "don't open till your birthday" but she was too excited and opened it early. It was filled with new colorful tops for her to wear. Her mid-morning started out with lots of balloons, a huge bouquet of fresh flowers that smelled glorious, a giant slice of confetti cake and a 90-minute facetime chat with her family including her niece, Donna and her nephew, Brian. Her PMD was ballooned up as well, so she could take her party with her as she went to lunch. She decided to let others enjoy the rest of her balloons by gracing the entrance of her room with the balloon bouquet. She said, "It was a wonderful birthday" as she beamed with a beautiful smile next to her birthday bouquet of flowers.



## Lighting up the Bay

Story & Photos by Jack Horsley | Resident

Our first bus trip in over a year was to the Freedom Fest at the marina on Keesler Air Force Base. From start to finish it was a bang, flash and sparkle event.

On arrival, we were greeted by our sponsors, who helped us settle in and gratuitously took food and drink orders so the AFRH-G residents would not have to stand in line in the rain at the food vendors.

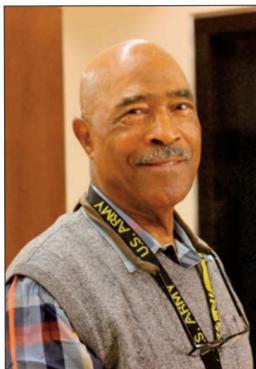
The water events were canceled because of the lightning however, all the other events went on as scheduled. All the competition events were open to everyone to compete or watch. The wings were so hot that many competing in the wing eating contest had tears running down their faces. The frozen t-shirt competition caused many laughs as contestants threw, beat, and struggled to open and untie the shirts so they could put them on.

The events I enjoyed the most were the contests for the kids. They really put their hearts into each event, some were very inventive in their approach and actions. Our very own Gulfport resident Claire Dimler-Smith competed in the Mullet toss. No doubt she would have won but she had to toss a large fish into a strong headwind while others tossed minnows with a tailwind.

The band was very good and played for two sets. Their music had a Cajun flair that added to the overall festival atmosphere. We ended this electrifying outing with spectacular fireworks over the Back Bay of Biloxi, Mississippi.



## Notes from the AFRH-G resident advisory committee chairman



July came with lots of changes. We celebrated Independence Day with a cookout and visitors. The Mississippi Gulf Coast Corvette Club came and offered rides and lunch to residents. The health protection condition was upgraded from DELTA to BRAVO. This new status allowed us unlimited travel, while observing local conditions and guidance. On July 13, we had a RAC meeting that now can be seen on Senior TV channel 4. Recreation trips are being scheduled again. Residents can sign up outside the recreation office. We would like to restart the morale, welfare and recreation sub-committee that has been inactive for about a year. Any residents interest in participating, please notify your floor representative. On July 20 we celebrated all residents born in the month of July with a birthday lunch event that included a menu of prime rib and baked salmon. A great time was had by all.

During random COVID testing, it was discovered that there were some positive results. This caused a return to 100% testing of both staff and residents. In an abundance of caution, we returned to mandatory wearing of face masks outside your rooms.

The AFRH Chief Operating Officer James Branham visited the Gulfport home on July 21- 22. During his visit, he spoke individually with both staff and residents regarding the continuing of efforts

to keep us safe.

Finally, we all have a responsibility in this war against COVID. This includes safe social distancing, hand washing and wearing face masks. We should also be sensitive to the environment we find ourselves in during our travels outside the Home and take necessary safety actions.

Arthur "Art" W. Jones



AFRH-G RAC Chair Art Jones visits with residents before the July Birthday luncheon.

# AFRH-Washington

## Culinary programs returns

Story & Photo by Amanda Jensema, CTRS | Recreation Therapist

Before COVID, cooking groups were held periodically on assisted living as they were hit or miss among the residents at the time. Over the past year and a half, new residents have come aboard to assisted living. One of the newer residents, Ms. Lillian Miller, asked if we could do any cooking or baking on the floor. Ask and you shall receive! Cooking programs have returned to the unit with several residents eager to see what recipes Recreation Therapist Amanda Jensema will come up with. The first cooking group scheduled was a Blueberry Blintz Cheese Soufflé. A blintz is a thin crepe-like pancake filled with cheese, usually a cottage and cream cheese combination. You can eat it plain or in our case, we made a homemade blueberry syrup topping. Fresh out of the oven and off the stove, the residents were served their culinary masterpiece and gave it a thumbs up! Next up, a Carrot Cake Trifle.



## Creative crafts from Help Heal Veterans

Story & Photos by Carol Mitchell, ADC | Recreation Therapy

Recreation Therapy enjoys bringing a variety of craft kits to the long term care and memory support resident houses. The founding organization "Help Heal Veterans" is an organization that was established in 1971 and has provided free therapeutic arts and crafts kits to veterans for generations. Completing the kits aid residents with motor skills, cognitive functioning, managing stress, improving their self-esteem and overall physical and mental health. Some of the kits available include: woodworking, leather, models, and a variety of needlecraft, paint by numbers, birdhouses, etc. Residents Catharine Deitch and Robert Webb enjoyed working on leather craft pouches with a little help from CNA's and Recreation Therapist Carol Mitchell. Fellow residents also enjoyed painting ceramic figures and birdhouses to display on their den and living room windowsills for everyone to admire and bring back special memories.



## RT Fresh Fruit Fest'

By Carol Mitchell, ADC & Amanda Jensema, CTRS | Recreation Therapists

Photos by Carolyn Haug | Public Affairs & Carol Mitchell

Can you say "Fresh Fruit Fest" five times fast?

Recreation Therapists Amanda Jensema and Carol Mitchell struggled but did not meet the challenge. On a hot, sunny, July day the "outdoor" Fruit Fest' came indoors to beat the morning heat. To keep residents hydrated and happy, they enjoyed a variety of fresh fruit and beverage stands including fresh squeezed orange juice and lemonade, fresh sliced watermelon and fresh cut pineapple. Amanda used a manual juicer to make the fresh squeezed drinks which made for a GREAT upper body workout! Carol was "lethal" with her knife as she cut and sliced the watermelon and pineapples. Health benefits were shared throughout the event and island music kept residents toes tapping.

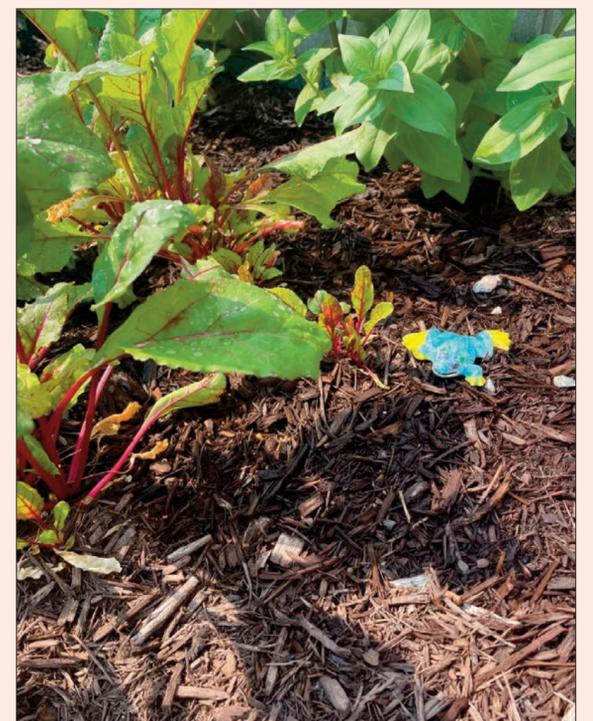
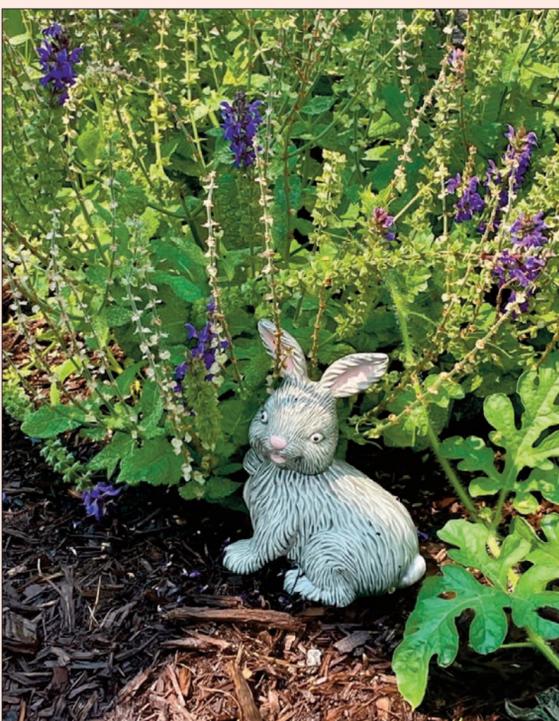
At one point assisted living residents Lillian Miller and Armin Schiwy felt the need to get up and dance. We all know that citric fruit is high in vitamin C, which is a nutrient that gives your immune system a boost to fight infections. They are also high in phytonutrients including flavonoids which may help prevent the developments of some forms of cancer, and keep your heart healthy. Some studies have also shown that citric juice may help improve cognitive function. Did you know that a single peeled lemon contains 17 calories, 1 gram protein, 0 fat, and 1 gram sugar, and an orange contains 62 calories, 1 gram protein, 0 fat, and 12 grams sugar? Oranges are naturally sweet, unlike lemons, which is why sugar is added to make lemonade, otherwise you would pucker! Watermelon is 92% water, making it a delightful snack on a hot summer day. A few slices of pineapple a day can even help you with digestion and boost your metabolism. All in all fresh fruit is not only refreshing and delicious, but also a healthy snack that can also be a healthy dessert! Next time you want to grab a sweet treat, go for a piece of fruit!



## Sophie & Fred's cheerful critters

Story & Photos by Carol Mitchell, ADC | Recreation Therapy

Turtles, frogs, lizards, rabbits, and more love their new habitat! Handmade with love, Sophie and Fred gave birth to these special and beautifully designed ceramic animals, which now reside on the Scott 2 and Scott 3 garden terraces. These bright and colorfully created animals bring a smile to all residents who take a stroll or work diligently on weeding and watering the vegetable and flowers on the terraces. Fred and Sophie enjoy producing these "critters" in the Home's ceramic room, where everything comes happily to life!



# AFRH-Gulfport

## Bocce Tournament

*Story & Photo by Dennis Crabtree | Recreation Specialist*

On June 29, 2021 residents competed in the Bocce Ball Tournament in the Bocce Room. Frank Baker and Diana Dopp were seen competing against each other to see who will advance in the brackets. Residents lined up on the outer court were seen watching the game.

There could only be four winners for that day. Frank Baker took 1st place, Ernie Fowler took 2nd place, Glynn Atchley took 3rd place and Harry Rhizor took fourth place.



## Putting Tournament

*By Dennis Crabtree | Recreation Specialist*  
*Photos by Sean Campbell Lead Recreation Specialist*

On June 23, 2021 residents competed in the Outdoor Putting Tournament. Harry Rhizor was seen taking his time aiming for that beautiful shot to make that hole-in-one. The rest of the players were seen taking mental notes on how to master the form from Harry Rhizor.

Doris Hopper took 1st place, Harry Rhizor took 2nd place, Frank Baker took 3rd place and Wayland Webb, Ernie Fowler, and Glynn Atchley tried for 4th place.



## Outdoor Shuffleboard Tournament

*Story & Photo by Dennis Crabtree | Recreation Specialist*

On June 25, 2021 residents competed in the Outdoor Shuffleboard Tournament at the Basketball Court. The morning was a little wet but the bugs were not biting. Frank Baker and Roger Versluys competed against each other. Doris Hopper, Wayland Webb, Don Blaylock and Jim Hayden waited for their turn to play. Harry Rhizor took it easy on the sidelines.

There could only be three winners that day. Harry Rhizor took 1st place, Jim Hayden took 2nd place, and Don Blaylock took 3rd place.



## Mystery Game

*Story & Photos by Dennis Crabtree | Recreation Specialist*



On June 28, 2021 recreation held its Mystery Game. The Mystery Game was not given out until 0930. The Mystery Game was Simon. To beat the Simon game, players needed to remember the color pattern and repeat it by pressing the colored buttons on the game unit in the correct order.

It started off at a nice and steady pace, but the more residents played, the more complicated the patterns

became building suspense with each turn. Players tried to hit a new high score by completing the longest sequence possible without messing up. Can you beat the Simon game?

There could only be four winners for this Mystery Game. But wait! There was a last minute rule change and all residents who played were winners. They all picked their prizes. Sharon Price had the highest score of 12.



## Corn Toss Tournament

*Story & Photo by Dennis Crabtree | Recreation Specialist*

On July 12, 2021 residents competed in the Corn Toss Tournament in the Bocce Room. The players were seen competing against each other. The rest of the residents were watching them play and taking notes to get that perfect throw.

Glynn Atchley took 1st place, Doris Denton took 2nd place, Frank Baker took 3rd place and Don Blaylock took 4th place.



## Washer Toss Tournament

*Story & Photo by Dennis Crabtree | Recreation Specialist*

On July 6, 2021 residents competed in the Washer Toss Tournament. The object of the tournament was to throw the washers for points. Whoever had the most points at the end advanced in the single elimination bracket. All the residents were seen concentrating for all the points that they could get in their throw.

Our four winners for the day were: Frank Baker, who won 1st place, and our other winners were Doris Denton, Wayland Webb, and Sharon Price.



## Indoor Shuffleboard Tournament

*Story & Photo by Dennis Crabtree | Recreation Specialist*

On July 13, 2021 residents competed in the Indoor Shuffleboard (Knockoff) Tournament in the Bocce Center. The players were seen looking for that perfect slide to get their points. The rest of the residents were watching each other's technique on scoring points.

There could only be four winners that day. Glynn Atchley took 1st place, Jim Hayden took 2nd place, Harry Rhizor took 3rd place and Dianne Hatley took 4th place.



## Hook and Ring Tournament

*Story & Photos by Dennis Crabtree | Recreation Specialist*

On July 26, 2021, 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 single 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. Ernie Fowler took 1st place, Wayland Webb took 2nd place, Dianne Hatley took 3rd place and Fredi Van Pelt took 4th place.

