



**AFRH-WASHINGTON**

## Washington resident Annelise Albert turns 100!

Story & Photos by Carol Mitchell | Recreation Therapy



It was a warm and sunny day on June 12 which kicked off the 100th birthday celebrations for Ms. Annelise Albert. Her family got together for a celebratory drive-by parade with Home approval. Due to social distancing the family had to remain in their vehicles, which did not deter from the awesome enthusiasm of all attending. Favorite CNA's Pondra Bryant, Curley Ray, and Janice Blair escorted Ms. Albert to the front entrance of the Scott Building. They caringly, as always, ensured that Ms. Albert was looking great and wearing her favorite color green. Ms. Albert was, of course, given prime seating to watch the vehicles go by. The vehicles were all "decked out" with posters, balloons, and family members honking horns, singing "Happy Birthday," and wishing her well.

The parade grand marshal, riding in a patriotic golf cart, was Supervisor of Recreation Steven Briefs, while Recreation Therapist Amanda Jensema drove the caboose golf cart. Ms. Albert happily waved to everyone. She has two wonderful daughters, Colette & Anne, who were instrumental in getting all the family together for the event.

On Saturday, June 13 Annelise celebrated her actual birthday with a delicious strawberry cheesecake and continued well wishes from fellow unit residents and staff.

Ms. Albert was a member of the United States Army serving proudly in World War II. As the sassy attitude and sash she wore stated, Ms. Annelise Albert is definitely "100 & Fabulous!"



**AFRH-GULFPORT**

## Happy 73rd Anniversary to Gulfport residents Jean & Harry Rhizor

Courtesy of WLOX



It's a love story for the ages, one that has endured since World War II, and one that continues just as strong today as it did 73 years ago. AFRH-Gulfport residents Harry and Jean Rhizor first met in 1946 while stationed in Florida. The World War II veterans married less than a year later and have shared a lifetime of adventures together since then.

On June 6, 1944, Allied soldiers stormed the beaches of Normandy, which led to the eventual downfall of German forces. A few years later, the date would come to hold even more significance for Harry and Jean when the couple married on the anniversary of D-Day. It was a fitting date to get married on, said the couple, because Harry and Jean are both World War II Navy veterans. "That war was the war everybody responded to," said Harry. And like so many people from that generation, Harry and Jean volunteered their services to the war effort as soon as they were old enough. Harry was only 17 at the time.

"In those days, everybody wanted to go into the service," he recalled. "A lot of guys signed up to go at 15, 16 years of age illegally." "When I signed up, I was ready to go wherever they sent me," said Jean. While Harry trained to be a radioman and gunner, Jean was part of the Navy Waves. But the war came to an end before either of them were called to duty overseas. "The war was coming to an end and while I was in training, Germany surrendered," said Harry. "A lot of us were thinking we're not going to get to go to combat; and it wound up that's what happened." Shortly after that, Harry and Jean's life together began. They met at Naval Station Banana River near Cocoa Beach, Florida in 1946. A courtship began soon after.

Laughing together, the couple remember those early days as being a little uncertain. "She was a little skeptical," said Harry. "Yeah, I was a little skeptical! There were so many choices back then!" exclaimed Jean. "One day, I had a date in the afternoon with one guy and a date that night with someone different. So I had a big selection. But of course, you know, you must've stood out." "Probably because I was the youngest one!" laughed Harry.

After the war ended, Harry continued on with his military career and Jean went home to finish college. The couple exchanged vows not long after. "The first time, we rented a car in Alabama, drove all the way to Alabama to the justice of the peace, to find out I needed a permission from my parents," said Harry. "I was only 19. But we got it and went back." They went on to have three boys, two of them twins. With Harry still in the service, Jean adjusted to life as a military wife, which left her alone for long periods of time to raise the boys. "I've heard so many women say to their kids, 'You just wait until your father gets home,'" she said. "And that's not right! You've got to discipline them and get it done when it happens." "She did an excellent job," said Harry. "She should get a mother of two decades award!"

It's that kind of mutual respect and teamwork that helped them through their ups and downs, and that teamwork continues today. They work together to stay healthy and active, hitting the one-mile walking trail several days a week. Harry attributes their relatively good health to Jean. "I've always been the health nut!" said Jean. "I try to drag him along and he digs his heels in but usually he's pretty good." They also believe in keeping it simple, and that communication is one of the keys to a successful marriage and family. That's one reason they don't have a computer and they only have one cell phone between the two of them for emergencies. "People don't talk to each other anymore," said Harry. "You see them at restaurants and everywhere playing with their little toys, not talking."

Growing up during the Great Depression followed by World War II, the couple learned important life lessons that have served them well. "We knew how to suffer," said Jean. "We knew how to make do with what we had. We didn't have to go buy stuff and max out credit cards. We didn't have credit cards. We didn't watch TV or have TV! We had a good beginning and I think that made a big difference. We weren't so spoiled."



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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: 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 – Anthony M. “Tony” Langdon

By Lori Kerns | Librarian



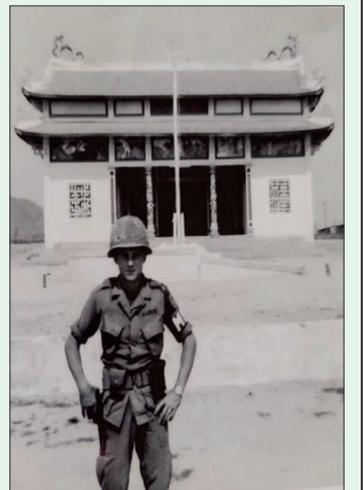
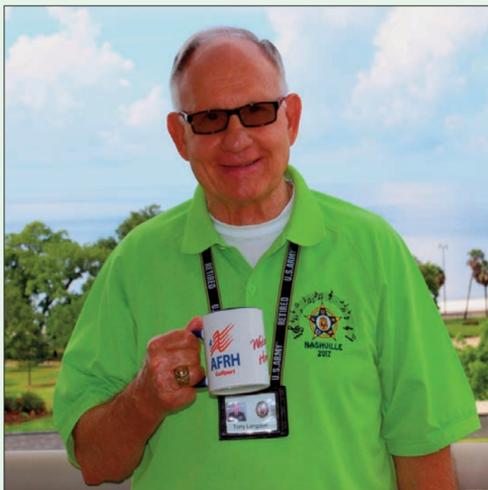
Anthony “Tony” Langdon was one of eight children born in Rock Island, Illinois. His mother stayed at home to raise the children while his father fought in WWII. Being raised during this time period made Tony enjoy seeing people in military uniforms. On one trip to visit his grandmother in New York City, he happened to see two Army military police officers on town patrol. Their military police uniform made a positive first impression on Tony. That day, as an incoming freshman in high school, he made the decision that he would join the Army as soon as he graduated high school to become an MP (military police).

That day came in 1958 when he enlisted. He was sent to Fort Carson, Colorado for basic training and moved on to advanced military police training at Fort Gordon, Georgia. With the Military Police Corps, Tony served in a variety of positions and locations, which began with his assignment to the First Cavalry Military Police Detachment patrolling villages in Korea. His assignments also sent him to locations such as Germany as part of the European theater and to Vietnam. He also worked in several states back home, like California, New York, Washington, and Alaska. Throughout his career Tony mostly worked as an investigator on criminal offenses and drug trafficking in addition to doing surveillance. In 1976 Tony was stationed at Fort Ord, California where he served as first sergeant of the 54th MP Company for a brief period. In 1977 he returned to his investigation duties in Long Beach, California while assigned to NCOIC of the AWOL apprehension team office. There he did serious incident investigations in Southern California of the five military branches. Tony made liaison visits to Fort MacArthur in San Pedro, California. On one visit he had the opportunity to meet actress Natalie Wood while she was filming *From Here to Eternity*. Also, on one other visit he met actor Gregory Peck in the role as General of the Army Douglas MacArthur.

Tony retired as a sergeant first class (SFC) from the U.S. Army with twenty years and four months of active duty service. For his hard work and dedication, Tony received numerous awards and commendations to include the Meritorious Service Medal, Army Commendation Medal, six Good Conduct Medals, National Defense Service Medal, Korea Defense Service Medal, Armed Forces Expeditionary Medal, Vietnam Service Medal, Republic of Vietnam Campaign Medal, Republic of Vietnam Cross of Gallantry Medal, Republic of Vietnam Civil Action Medal, and Distinguished Police Service Medal.

After his retirement, he earned a Bachelor of Science degree in Law Enforcement from Columbia Pacific University. He also began a civilian career working as a security officer with John Deere in Milan, Illinois. He met his beautiful wife, Debbie, while working at John Deere. The couple was married for seventeen years before she passed in 2000. After losing Debbie, Tony returned to John Deere to work a bit longer before retiring in Mesa, Arizona. In recognition for all his law enforcement experience, he was selected three times by the Editions of *Who's Who in American Law Enforcement*.

As a resident of AFRH-G, Tony volunteers his time as an escort for visitors and potential residents. He also enjoys staying in shape by weight training three times a week.



## A chirp off the old block

Story & Photos by Marine Robbins | Volunteer Coordinator



Spring and summer bring babies galore to the Washington campus. With several courtyards and nooks, the birds have taken over, building nests in unlikely places. Residents were delighted to follow a robin nest built in a bush against one of our lobby windows. Mama bird welcomed three babies into the world and after several weeks of chirping, they have all left the nest. There are also two mockingbird nests, one in a tree off our main atrium, and one in the most unlikely place – a bicycle basket! One baby bird is looking a bit like Einstein with his fluffy head, but with his mom hovering close to the nest, he is sure to grow to join the dozens of other mockingbirds on the grounds. With such a mild spring, it has been perfect weather for the birds to take advantage of all the greenery to grow and explore.



## Volunteers, Thank You!

Story & Photos by Marine Robbins | Volunteer Coordinator

Since our volunteer appreciation celebrations are indefinitely delayed due to our inability to congregate, I'd like to briefly reflect on the crucial contributions of our resident volunteers.

To all of our resident volunteers, old and new, we thank you for your continued contributions to your Home. From library cataloging to grass mowing, meal tray escorting to chapel service, your work is appreciated and valuable beyond measure. Without your assistance in the thrift shop, wellness center, library, bowling alley, hobby workshops, golf course, and taking over several coronavirus-related activities, your staff would be unable to render many of the services provided. Your dedicated hours make AFRH-W a flourishing Home and this feat deserves the highest thanks. Bravo to our volunteers, this day and every day. If you see one of our many helpers, please thank them for their hard work.



## Help Heal Veterans craft kits

Story & Photo by Carol Mitchell | Recreation Services

Recreation Services' Marla McGuinness sets up a craft kit area every Wednesday for Independent Living Residents, providing "Help Heal Veterans" craft kits. Healthcare residents also enjoy the roving craft kit cart which visits the units weekly. The kits include leather work, woodworking, painting, drawing, and more! Residents are able to stop by and pick up a kit to work on in their rooms.

The Help Heal Veterans craft kits have been a source of great pleasure throughout the years. They are sent to AFRH-W veterans as an expression of care and appreciation for their service to our country.

Special thanks to this organization and all the people who contribute.



## Greenhouses on campus

By Christine Baldwin | Librarian



AFRH-W is home to the Smithsonian Institute's Horticulturist Service Division Supply Facility. The Greenhouse Nursery has more than 150,000 plants.

Did you know that we used to have greenhouses on our property? For many years the Smithsonian leased a 55,000 square foot area to house their National Orchid Collection. This proved to be a successful arrangement and they paid an annual fee. Additionally, the Smithsonian lease included their support in providing beautiful flower gardens on the campus. When the lease ran out in September 2008, the U.S. House of Representatives voted to pay for a move to a Suitland campus. The new site replaced the 12 greenhouses, small office and shade house that had been in use at AFRH-W since 1974.

## Patience is a virtue

Story & Photo by Steven Briefs, CTRS | Supervisor of Recreation

Well, the residents' patience during these last few months has paid off because on June 9 we were given good news – residents are allowed to eat in the dining room again, although one to a table. We resumed our Tai Chi classes and movies plus popcorn, with residents sitting ten feet apart and sanitizing chairs and rails before and after each program. Shortly we will also resume our religious services, open the bowling center, barbershop and the beloved thrift shop. With good humor and an attitude of, "when the going gets tough, the tough get going" we made it to this careful reopening of our Home. The main goal now is for the bus trips to resume so residents can go off grounds to shop and visit families. Three Cheers!



## Resident coin display

By Christine Baldwin | Librarian



Daniel Gallucci started his coin collection when he was six years old. He used the money from his paper route to buy the coins. Daniel inherited his father's collection after he passed away and he is still collecting today. Come by the window near the wellness center to see his display of nickels.

## Puzzle zone

Story & Photos by Carol Mitchell | Recreation Therapy

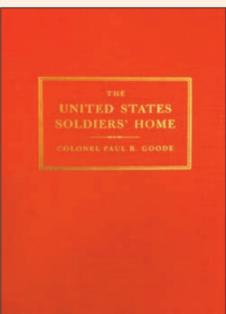


There is always something going on for the Scott 3 AFRH-W residents! An assortment of large print jigsaw puzzles had just come in and Scott 3 resident Santo Dibella was up for the challenge! Choosing an animal themed puzzle was mildly challenging but Mr. Dibella had no problems completing it. The origins of jigsaw puzzles go back to the 1760s when European mapmakers glued maps onto wood and cut them into small pieces. John Spilsbury, was an engraver and mapmaker and has been credited with creating the first jigsaw puzzle in 1767. The dissected map has been an effective educational toy ever since. By 1930, wood and jigsaws had given way to cardboard and die cutting, so it was possible to buy a beautiful puzzle for as little as 10 cents. Today jigsaw puzzles can range in cost from \$1.00 - \$100 dollars and more! As America got deeper in to the Great Depression, these low-cost puzzles became increasingly attractive family entertainment. At the peak of the puzzle trend, Americans bought six-million puzzles a week. Things got so wild that newsstands began offering a service called "puzzle-a-week," with new puzzles hitting the shelves every Wednesday. In less than a year, manufactures sold more than \$10 million worth of jigsaw puzzles (in 1930's money). Completing jigsaw puzzles, whether there are 50 pieces or 3000 pieces, gives a feeling of satisfaction. There are no decisions to make, but to try to get one right answer...where the piece fits. Then, there is a feeling of accomplishment. A stress-less leisure occupation for so many. It is an activity of pleasure for both the young and old alike. Mr. Dibella looks forward to the next jigsaw puzzle and hopes that fellow residents will join in the fun!



## Reminders of our history

By Marine Robbins | Volunteer Coordinator



Congress established the Military Asylum at Washington, D.C., on March 3, 1851, with temporary branches located at New Orleans, Louisiana (1851) and East Pascagoula, Miss., (1851-1858), with an additional branch called the Western Military Asylum operated at Harrodsburg, Kentucky, from 1853 to 1858. Eligible candidates included any veteran of the U.S. Army who served "honestly and faithfully twenty years," as well as any regular or volunteer soldier suffering disease or wounds "incurred in the service and in the line of duty, rendering him incapable of further military service." The law also extended the services and privileges of the asylum to retired military pensioners as long as they transferred their pension benefits to the institution for the duration of their stay and treatment.

In 1851 when the DC campus was founded, the pay of a private was \$7 a month and the provision pension for a disabled soldier was \$8 per month. A point of constant contention between U.S. Senators, officers in charge, and the residents, residents were permitted \$1 a month for spending money, the equivalent of \$33.30 today with much more purchasing power. This was frequently an issue because this monthly dollar would often lead to a monthly week of drunkenness and rancor as "all hands got promptly and thoroughly drunk. Times being what they were, this is not too surprising, but General Twiggs said they stayed drunk for a week, whiskey of a sort being then readily available at ten cents a quart!" Rules of the Home being what they are, this sort of behavior is no longer tolerated, but at the time, scenes of drunkenness would have been typical for residents convalescing on the campuses and the frustration of the officers administering the campuses would have been no secret!

Anyone interested in more information about the Home can visit the DC campus' library and borrow Col. Paul R Goode's history of the Home, published in 1957. I warn you, it is an interesting, but very dry read!

## Terrace time

Story & Photos by Carol Mitchell | Recreation Therapy

Beautiful views on the exterior and interior of the AFRH-W Long Term Care and Memory Support units! Residents enjoyed some nice weather while watering vegetable plants, eating peanuts, or just relaxing and getting some fresh air while still maintaining social distancing and masks. The vegetable gardens are in full swing with tomatoes, cucumbers, squash, corn, herbs, and more! Keep your eyes on the lookout for updated pictures of the gardens progress.



## From the AFRH-W Administrator



It's hard to believe summer is upon us. Our spring went by in a blur and not like any of us have ever experienced. Our news is full of COVID-19 information and now protests in the streets of our cities. Life today is much different than just six-months ago. The good news is that our residents in both Homes remain COVID-free. That is a testament to the teamwork and hard work of staff and residents. All have done their part to keep each other safe and healthy. It has been so rewarding to watch the teamwork in action. This month, we were able to ease up a bit to allow some activities and we have a few more planned. I know the biggest request I get is for the barbershop to open. I am happy to report that we were able to get it open after putting safeguards in place. It has been sort of fun to see so much hair on heads but I know we will all be happy to get back to our normal looks. We also began weekly random COVID testing to ensure all aboard are healthy.

Our local area is slowly easing up on restrictions but it is still far from normal outside our gates. I can't remember what it was like to sit in a restaurant, everything is still take-out only. Just like us, barbers and salons are beginning to open with various restrictions. Store shelves still seem a bit slim for some products but each week they are better stocked.

This month we continued to feel supported by volunteers even though they were not here in person. As before, we received wonderful care packages of masks and other items for the residents. The students of South County Middle School in Lorton, Virginia donated 60 handmade blankets, all in red, white and blue patriotic patterns neatly tied with ribbons. Some of our lucky residents are already using them. Just like last month, it is always extra special to be remembered by young people.

We marked a major milestone for Ms. Annelise Albert as she joined an exclusive club of centenarians. Since we couldn't allow her a party inside, we instead honored her life with a parade. Three generations drove by with balloons, signs and well wishes. It was certainly a fun and memorable event for us all. A few of us were also able to attend the burial of Ms. Jane Hessler, a Navy veteran who was interred in the Soldiers Home cemetery with all of the honors she deserved for her service to our country.

Our recreation staff continues to keep everyone moving and they put together a fantastic Spirit Week. We began with crazy sock day, then had wear a tie day, and it continued with crazy hair day, wear your favorite sports team day and we ended the week with AFRH spirit day. Whether you participated or not, it was fun to see the creativity among the residents and staff and it provided us all with a break from the routine.

The month of June always gives us a chance to salute our Army veterans and wish them a happy birthday. While we had to have a subdued celebration this year, we still honored the service's 245th birthday with a display and a televised speech by Command Sergeant Major Christopher Kepner, who is the Senior Enlisted Advisor to the Chief, National Guard Bureau. He is always a welcomed visitor to the Home.

As we end this month, we are busy preparing to safely bring in some new residents that for our campus will include our first couple. They will be tested and quarantined for their first two weeks, but then will be welcomed by all. I continue to feel blessed by the residents and staff and honored to be a part of this great team. Let's continue to take care of each other!

*Susan Bryhan*



Washington Administrator Susan Bryhan rocking Penn State gear during Spirit Week.

## South County Middle School students donate home-made patriotic blankets to AFRH-W

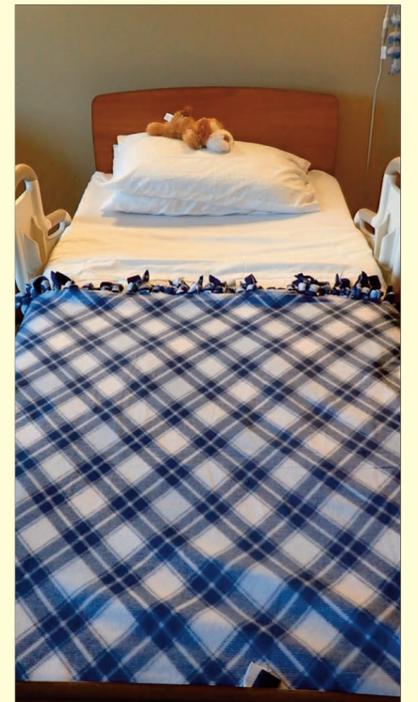
*Story and Photos by Christopher Kelly | Public Affairs Officer*

On June 15, students from the Purple Team at South County Middle School in Lorton, Virginia donated 60 patriotic blankets to AFRH-W residents!

The students are annual participants in the Honor Flight field trip – meeting and greeting veterans at the WW II Memorial with cheers, signs, and handmade cards to thank them for their service. Because of the reaction of the veterans, the students have been inspired to make more memorable moments, and thanks to generous donations from the VFW, Walmart, Target, and private donors, they created the patriotic blankets.

Unfortunately, due to the pandemic, they were unable to participate in the field trip this year, and reached out to AFRH-W to honor our veterans for their service. We're so glad they did!

AFRH-W extends its appreciation to teacher Cindy Dowling; to Colonel (Retired) Rod Walsh, United States Army, and his wife Anne; and to The Old Soldiers Home Foundation Board Chairman Patrick MacArevy for arranging the donation.



## Notes from the AFRH-W Resident Advisory Committee Chairman

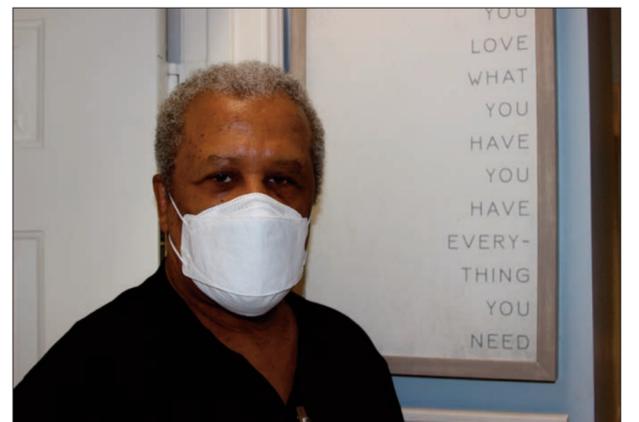


Many of us are hurting right now, ours heart not knowing where to look for answers. We all live in a world where we pray for things to get better, but things seem to be going down a real dark road. Today we have been dealing with the deadly COVID-19 pandemic, which doesn't care about what side of the track anyone in the world lives on, or whether you are a good or bad person. It just says "disrespect me if you want to, but I have not left town yet." Now we have a double pandemic going on at the same time, which causes us to have a double pain in our hearts. If there has ever been a time in our lives we thought that we needed Jesus, we sure do now.

Let me tell you a story about my life in the military. After boot camp in December 1965 in Great Lakes, Illinois, I received orders to be stationed on a troop transport ship called the USS Pickaway. We were transporting 2000 Marines to Vietnam. Remember our country was at war, a time when you would think we all would bond together as one. I was in training to be a Navy corpsman to help save the lives of any Navy or Marine shipmate. On the day the ship was set to leave for Vietnam and after three months of hard amphibious training, I was given new orders to be shipped to Japan with the Navy Seabees. There were shipmates who did not want me as a corpsman touching them to try to save their lives. Again, our country was at war and I thought we all were in this together. After two months with the Seabees, I was shipped to Vietnam with an M-16 rifle and no ammunition. I was told I would get some when I got to Vietnam. I never got one bullet the whole time I was there. Before I left Japan I was told I better not come back without the gun, because it was worth more than my life. I then realized that I was sent on a suicide mission. I was not to return home from Vietnam, but thank God, He had a different plan.

When I first came to AFRH on April 7th 2006, there was resident who did not want a nurse of color taken care of him. Nurses and doctors are people who work in the medical field and are front lines heroes. A young African American man a few weeks ago was working for Lowes delivery packages. He went to a ladies house to deliver a package and she came out and told him to take it back to the warehouse and let a white driver make the delivery. After the driver called his boss to tell him what she said, the manager agreed with the lady. The manager and four others were fired. The young man had been working for Lowes over 15 years delivering packages. The owner of Lowe's stated, "We are not in that kind of business, even if that person never shops with us again." Our country needs healing and everyone needs to be treated with respect and dignity at all times. We have reached the tuning point and it's time for change, for all Americans. Let us pray that God will show us the way. Let me tell you how it feels wearing a military uniform to help protect this country and watch people look at you and treat you worse than animals back home. People who helped build this country and fought in every war this country have ever been in. Our house needs repairing real bad. Maybe all of us can get a hammer and some nails and see how we all can help in some very kind way.

*Billy Ray White*



# The military career of Gulfport resident Calvin J. Dart

By Dan Ellis | AFRH-G Resident



Calvin J. Dart was born in Green Bay, Wisconsin on September 28, 1930 to Tony and Adeline Dart. Calvin's parents lived on a farm until it dried up and they moved to the Green Bay area where Tony took work as a lumber jack and later became a construction worker. Adeline took odd jobs including house cleaning to help with the needs of living during the Depression years.

Calvin attended Lincoln Grade School from kindergarten through seventh grade when at age 16, he asked permission to enroll at the vocational school where he took courses in the sheet-metal trade. Instead of seeking a permanent job, Calvin, at 17 years old and with his parent's permission, joined the U.S. Marine Corps in January 1948. He received his boot camp training at Paradise Island, South Carolina and was then sent to Guam for two years, making rank as PFC. He returned state-side being based at Barstow, California and received a new pay grade as corporal. With the impending "Korean Conflict" the Presidential Order had extended his obligation another year. War broke out along the 38th parallel on June 25, 1950 and Calvin received orders to take infantry training at Camp Pendleton, California.

Calvin then saw duty in Korea after landing there in November of 1950. He was assigned to the 1st Marine Tank Battalion as a welder. He landed up at the LSD with the 1st Engineer Battalion building roads and bridges. Before rotation in 1951, he saw duty at Panmunjom.

He decided to re-enlist for six years and in 1955 became a three-stripe sergeant assigned to ordnance with the 3rd Marine Division. His group was sent to Japan for six months before being rotated back state-side to Marine Corps Base Camp Lejeune in North Carolina for a year. He then re-enlisted for another six-years, and attained a grade of E-5. Sgt. Calvin Dart was again sent to Camp Pendleton, served two tours of duty in Okinawa, once more extended his enlistment for four years and then retired in 1968. In addition to boot camp and combat training, Calvin attended the Engineer School Battalion and received training in welding for his primary MOS. He also attended evening school and correspondence, all of which granted him a GED. Following retirement from active duty, Calvin worked for the Lindquist Machine and Tool in Green Bay, Wisconsin for 15 years.

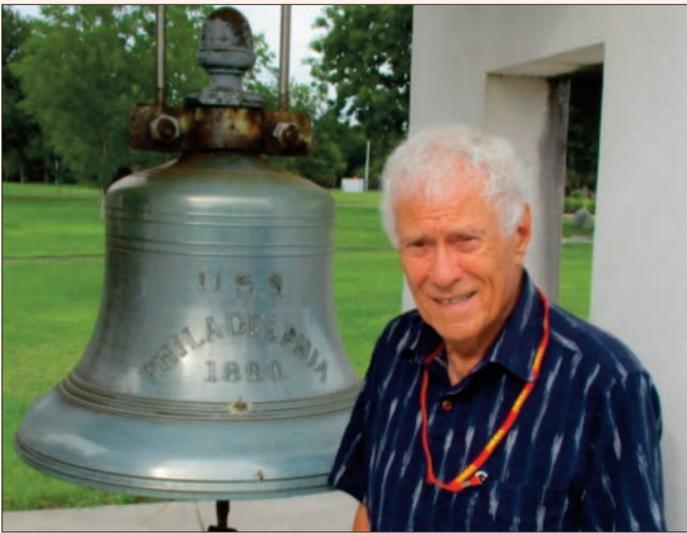
Loving the game of golf, after his military duties were over, Calvin selected jobs that only offered part-time employment. He considered his two-year engagement with the Embassy Suites Hotel most ideal as a limousine driver where he made good tips. His income was adequate enough to allow him to purchase a home. He then took on the task of repairing and renovating the house to his liking and freedom to continue hitting the ball on the greens as often as he liked.

Even a part-time job with the Salvation Army was up his alley because he only worked on bad weather days and swung the club at other times. While at Mid-Vallee Golf Course in May of 1975, Calvin struck a 133-yard hole-in-one at hole #3, which made him famous in his circle of friends who gave him the nickname of "Hole-In-One."

Following his military discharge, Calvin had a yen for knowledge of his family's past history. In the process of reaching out at the Brown County Library in Green Bay as he sought assistance, the person he spoke with was Mary Jane Herber, who by chance was his third cousin. She briefed Calvin about the mayor, who was also a distant cousin.

In later years, Calvin wanted to discover life at a retirement facility so he went south for the winter to Gulfport, Miss. and became a resident of the Naval Home. However, still in his early 60s, he found the environment not to his liking and went back to his job in Wisconsin and more of golfing.

Then, at age 80, not wanting to continue shoveling snow and not wanting to become a burden to his Green Bay family, he gave thought of moving to grander pastures. Prompted by an advertisement in Navy Times, Calvin called the number posted for Washington, D.C., and he was put on the list for the Armed Forces Retirement Home in Gulfport.



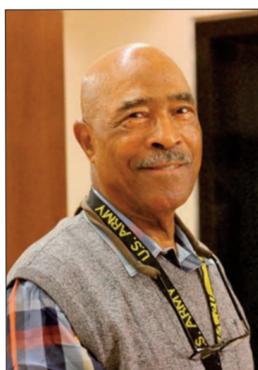
## Moore & Moore!

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

Wow! An outdoor time that was Moore and Moore! A chance for residents "Walt" Moore and "Don" Moore to catch up with each other while visiting with another fellow neighbor on the adjacent Valor patio. As much needed rain came, an abundance of new growth, budding vegetables and of course, added weeds came up too. Upon advice and farmer experience from John Shanklin, the containers were tilled, tomato baskets were placed, and black cow manure was added. On Monday, June 1, 2020 more weeding and tilling completed the circumference of the Valor patio as Mr. Shanklin was eager to get to work with his green thumb. The tomato and basil plants were separated for more space to breathe and seem to be happy as they rose up in delight. With up to 11 inches of rain and 60 mph winds from Tropical Storm Cristobal on 6/13-6/15, the second floor Valor patio plants seemed to fair better than the third floor Loyalty patio plants, where the hollyhocks had difficulty withstanding the strong breeze. We are looking forward to seeing the bounty of our hard work as we pulled weeds for greener and brighter days ahead.

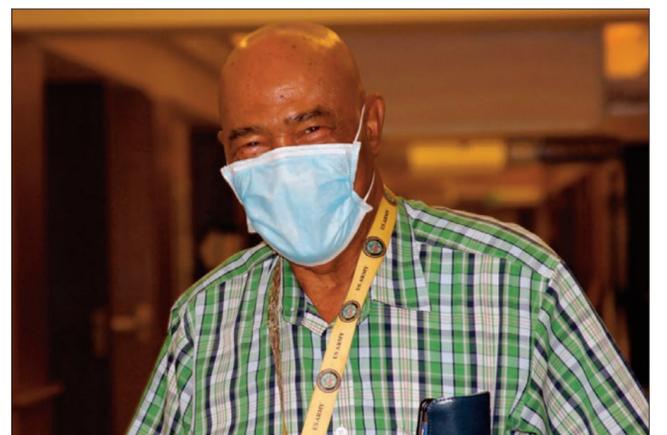


## Notes from the AFRH-G Resident Advisory Committee Chairman



The month of June has come and gone. We are now into summer and reflecting back over the past three months; those were really trying times. I know most of us did not believe this isolation would last as long as it has, especially when businesses and beaches around us have begun to open up to the public. Each of us, I'm sure, has to decide if there is such a thing as too much safety, or if we are willing to forego further safety for freedom to come and go as we choose. I am happy to report that most of us decided to stay the course. The month of June brought a relaxation of some of the internal restrictions while continuing to enforce social distancing and the wearing of face masks. Activities such as church, bingo, swimming, barber shop, movies and exercise classes are greatly appreciated and we look forward to community dining soon. The question now is: "HOW MUCH LONGER?" We anxiously await the answer to a decision not made yet. Don't just sit in your room, get out, talk to friends and neighbors. Get involved in some activities. Stay engaged. Remember, WE ARE STRONGER TOGETHER!

Arthur "Art" W. Jones



# AFRH-Washington

## Memorial Day memories

Story & Photos by Steven Briefs, CTRS | Supervisor of Recreation

Memorial Day remembrances and traditions have been celebrated for many years all over the United States, including at AFRH-W and our Home has a special connection with this holiday. General John Logan, founder of the Grand Army of the Republic, an organization comprised of veterans of the Union Army, was the founder of Memorial Day and is buried in the U.S. Soldiers and Airman's Home National Cemetery that is located across the street from the Home.

This year nothing is the same with the precautions in place to keep our Home safe from Covid-19. In light of that, members of the recreation staff: Linda Bailey, Marla McGuinness, Marine Robbins, and Christine Baldwin worked together with Michelle Martz and Callie Hawkins from the President Lincoln's Cottage to create a new virtual celebration for our residents. Together we downloaded DVID (Defense Visual Information Distribution Service) clips from the internet finding beautiful videos of past Memorial Day celebrations from around the country. Included are videos of the playing of Taps at the U.S. Soldier's and Airman's Home National Cemetery, a short story about a Civil War veteran buried at that cemetery, and memories from other service men who served our country and lost buddies on the battlefield. We also added video recordings of our Administrator Susan Bryhan, who spoke about the importance of Memorial Day and residents reading pieces associated with Memorial Day: Paul Armbruster read The Gettysburg Address; Esker McConnell read In Flanders Fields by John McCrae; Norma Rambo read America's Answer by R.W. Lilli. Lincoln Cottage staff provided a written history of this special holiday that was displayed on a bulletin board and the display was filled out with a wreath and our nation's flag.

Even though there were limitations on large group gatherings caused by the COVID-19 virus pandemic, our residents were able to visit this indoor display and remember their service and friends they have lost over the years.



## Army's Birthday Celebration and Flag Day

Story & Photos by Marla J. McGuinness | Recreation Specialist

AFRH-W celebrated the Army's birthday with social distancing at the same time. A poster board was set up for the residents to read about the Army's Birthday along with Flag Day.

Normally, an active duty member of the Army who is the youngest enlisted would take part with our oldest Army veteran resident in a special cake-cutting ceremony to celebrate the day. Because we could not have the youngest enlisted Army personnel come and visit, we chose to highlight the oldest Army resident, Catharine Dietch, and youngest Army resident, Roberta Spangler on the poster.

A few Army residents were interviewed and they spoke of their times in the Army and that was shown on Senior TV. A thirty-minute video broadcast on a portable TV with VIP Speaker Commander Sergeant Major Kepner from Army National Guard was also shown.

Residents could pick up an Army button and show their pride. Cupcakes from the dining hall were enjoyed during lunch. The U.S. Army's Birthday and Flag Day all rolled up into a nice presentation!



## The Historical Legacy of Juneteenth

By Marine Robbins | Volunteer Coordinator

Shared from the National Museum of African American History & Culture:

On "Freedom's Eve," or the eve of January 1, 1863, the first Watch Night services took place. On that night, enslaved and free African Americans gathered in churches and private homes all across the country awaiting news that the Emancipation Proclamation had taken effect. At the stroke of midnight, prayers were answered as all enslaved people in Confederate States were declared legally free. Union soldiers, many of whom were black, marched onto plantations and across cities in the south reading small copies of the Emancipation Proclamation spreading the news of freedom in Confederate States. Only through the Thirteenth Amendment did emancipation end slavery throughout the United States.

But not everyone in Confederate territory would immediately be free. Even though the Emancipation Proclamation was made effective in 1863, it could not be implemented in places still under Confederate control. As a result, in the westernmost Confederate state of Texas, enslaved people would not be free until much later. Freedom finally came on June 19, 1865, when some 2,000 Union troops arrived in Galveston Bay, Texas. The army announced that the more than 250,000 enslaved black people in the state, were free by executive decree. This day came to be known as "Juneteenth," by the newly freed people in Texas.

For more resources and information, visit [www.nmaahc.si.edu](http://www.nmaahc.si.edu) which is hosting several virtual exhibits throughout their closure due to the coronavirus.



Photo of a group of people having a picnic ca. 1920. Smithsonian National Museum of African American History and Culture, Gift of Jennifer Cain Bohrnstedt.



Publishers throughout the North responded to a demand for copies of Lincoln's proclamation and produced numerous decorative versions, including this engraving by R. A. Dimmick in 1864. National Museum of American History, gift of Ralph E. Becker

# AFRH-Gulfport

## The catch of the day

By Milton Williams | Art Specialist

Photos by Becki L. Zschiedrich | Public Affairs

Every shrimpers dream is to fill their nets with shrimp the size like the one Wayne Wolski, sculptured; however, they are very rare. Wayne, one of our new residents, years ago would take his boat and go shrimping for just such a creature in the Gulf of Mexico near Biloxi, Mississippi. He was successful catching hundreds of pounds of shrimp, not sure if any were this large.

Even rarer is this meticulously and exquisitely carved wood sculpture he just finished. It has several different wood types and over 117 pieces cut and glued together, resting on a natural piece of driftwood. A perfect setting for subject and to think, he has only been at wood-working for a few months. Wayne, this is a museum quality wood sculpture and if I were the curator of the Seafood Museum here on the Mississippi Gulf Coast and knew about this piece, it would be my "Catch of the Day" acquisition. Looking forward to your next work of art.



## A little wind - A lot of driftwood

Story & Photos by Milton Williams | Art Specialist

Many people like driftwood and like using it to accent their yard or home. JB Atchison has taken driftwood to a whole new decorating level. We recently had a minimal tropical storm, Cristobal, 40 mph in our area of the Gulf Coast. It was, however, just what was needed to wash ashore and resupply JB and other residents with a lot of unique pieces of driftwood. Now coming out of the Gulf of Mexico and fresh from the beach it required washing, bleaching, rinsing, and drying. A three-day process and the drying time. Well, the big pieces are still drying! Now comes the fun part of assembling and painting.

Thanks, JB for using your imagination and giving us an adventure with driftwood. FYI, the driftwood was collected by local beach comers who heard there was a need.



## Time for a haircut?

Story & Photos by Becki L. Zschiedrich | Public Affairs

Most residents have been without a haircut for over three months. I say "most" because some residents tried their best to take the clippers to their hair because they could not wait any longer! Sometimes that's not the best idea and it's better to just wait for your professional hairstylist. Thank goodness the Beauty & Barber Shop is now open at AFRH-G! I can already see a difference in the residents with their new styles and shorter than usual haircuts. Residents please sign up at the security desk to schedule an appointment. Thank you Paige Liggett for being here for our residents and for making them feel so much better. Paige is taking every precaution to make sure our residents are safe. Don't play with scissors for the shear fun of it, make your appointment today!



## Y'all gonna make me lose my rind!

Story & Photos by Becki L. Zschiedrich | Public Affairs

It was a hot, muggy, rainy day along the Mississippi Gulf Coast. However, the AFRH-G Recreation Department didn't let Mother Nature ruin their plans of holding a Watermelon Social outside, while practicing social distancing. It was originally supposed to be set-up around the huge oak tree in front of the building, but due to the weather Recreation had to switch the location to the garage. Festive music played in the background, a nice Gulf breeze was blowing through the garage and you could see the residents smiling through their masks, just by looking at their eyes.

Watermelon is a surprisingly healthy fruit and are in season now through September. It has a high water content and also delivers many other important nutrients, including lycopene and vitamin C. The most popular part of the watermelon is the pink flesh, but like its cousin, the cucumber, the whole thing is edible. The rind, which is the green skin that keeps all that water-logged delicious fruit safe, is completely edible also.

Watermelon is around 90% water, hence the name "Water" melon, which makes it even better for staying hydrated in the hot summer months in South Mississippi. It can also satisfy a sweet tooth with its natural sugars. It also contains antioxidants that can help remove molecules known as free radicals, or reactive species, from the body.

You would think when growing watermelon that you would have to water it a lot. However, too much water can be detrimental when growing watermelons, reducing the quality of the fruit or causing it to burst.

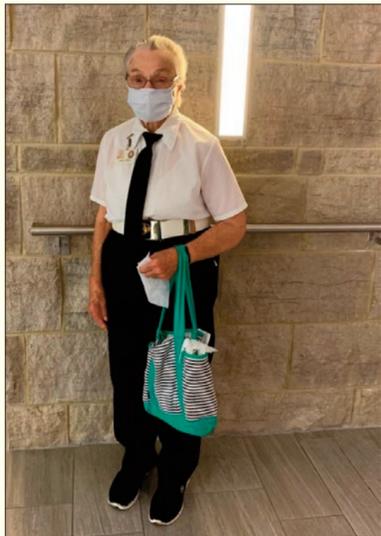
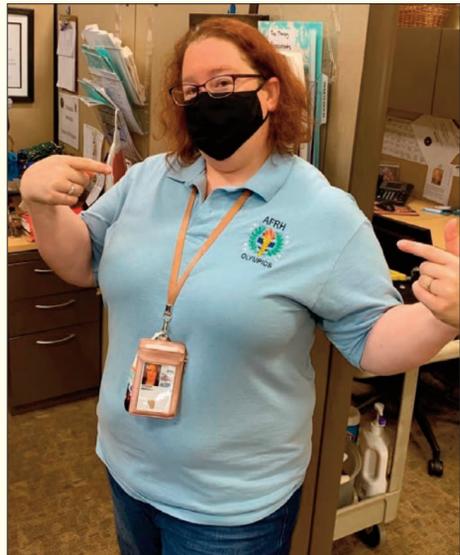
So the next time you have the opportunity to go to a watermelon social, just remember that watermelon isn't only a tasty low-calorie treat - it's also very good for your health! Happy Summer y'all!



# AFRH-W hit a home run during Spirit Week

Story & Photos by Amanda Jensema, CTRS | Recreation Therapy

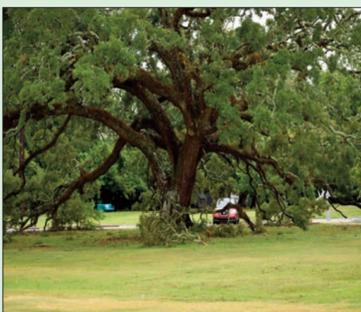
Life has gone topsy turvy all around the world and it has been felt here in Washington, DC. To bring joy, laughter, and something good to talk about, AFRH-W Spirit Week was born. The hope was to mix things up in an entertaining way. Spirit Week kicked off the first week of June, Monday the 1st through Friday the 5th, with different and fun themes each day. Monday brought us "Crazy Sock Day." Everyone showed off their socks from funky color schemes to mix match. "Tie Day" was up next and people did not disappoint. Employee Mae McQueen got creative and used a pair of socks to create a bow tie. Resident Richard Heinrich went all out and wore a different tie and outfit for each meal. Wednesday was "Crazy Hair Day," and everyone let their creativity shine. We had throwback styles, crazy colored hair, braids, pigtails, and bows galore. Our most popular day was Thursday, "Sports Day." Many teams were represented, not just local ones. College teams and international teams also made an appearance. Residents kept track of the different teams they saw as everyone entered the dining room to get their meals. We ended Spirit Week with "AFRH-W Spirit Day." Buttons and shirts from various AFRH events were on display. To see more pictures check out the Armed Forces Retirement Home- Official Facebook page. Thank you to all who participated!



## Blowing in the wind

Story and Photos by Becki L. Zschiedrich | Public Affairs

Severe weather rolled into Gulfport on June 24 right around lunchtime. The electricity flickered several times, the generators kicked in and within five minutes it was over. It's not confirmed but it appears a "mini" tornado swept through the grounds of AFRH-G. Some trees were uprooted, while others lost some limbs, part of the fence blew down by the south well, the awning on the chapel was damaged, debris littered the garage and lobby, the patio furniture was blown all around and the pool furniture blew into the pool. The weirdest part was the Port-O-Let, near the smoke shack, was moved by the high-winds at least 25-feet from the grass to the road leading to the loading dock. All of the residents and employees are fine. Thank you to the Campus Operations grounds maintenance contractors, who are in the process of cleaning everything up.



## Happy 245th Birthday Army



## Happy Flag Day

