



Armed Forces Retirement Home

Communicator

Washington, DC



Gulfport, MS

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AFRH-WASHINGTON

USCG volunteers at AFRH-W

Story & Photos by Carolyn Haug | Public Affairs Specialist

Thank you to the United States Coast Guard volunteers who came out from USCG Cyber Command and the USCG Chief Warrant Officer Association this week to help do an outdoor clean up at the Armed Forces Retirement Home in Washington, DC. They tackled the heat, humidity, cicadas and pond scum to help improve our landscape.

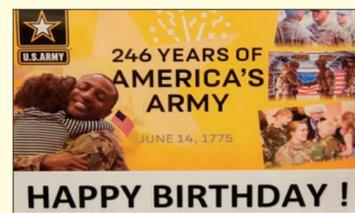


AFRH-GULFPORT

Happy Birthday, Army!

By Sean Campbell | Lead Recreation Specialist
Photos by Becki L. Zschiedrich | Public Affairs

On June 14, AFRH-G celebrated the 246th Anniversary of the founding of the United States Army. In addition to featuring a moving tribute video for residents to view on Senior TV channel 4, recreation services served birthday cake and cold beer/wine during lunch for the residents so they could join in on the celebration of the Army birthday. Chief of Healthcare Debora Joiner (USA Retired), and AFRH-G resident Tony Langdon (USA Retired), cut the delicious cake provided by dining services. Happy Flag Day and Happy Birthday, Army!



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AFRH COMMUNICATOR

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Carolyn Haug - Washington Public Affairs

Becki L. Zschiedrich - Gulfport Public Affairs

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

Serving America's Veterans

AFRH is not just a place to live but a place to live more. Our model retirement communities are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.

Eligibility: Military veterans from each service branch can live at AFRH. The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

-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.

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APPLY TODAY!

AFRH-W Resident Highlight – Sandy Intorre

By PK Knor | AFRH-W Resident



On July 4th, we not only celebrated the birth of our nation, but also, since 1921, the birth of Sandy Intorre! Happy 100th birthday, Sandy, and many more!

Sandy was born to Vincent and Philomena Intorre, who traveled from Sicily and settled in the small western Pennsylvania coal mining town of Masontown. Her parents owned a local store where most of her nine brothers and sisters worked.

Sandy studied all of the secretarial subjects in school and when she was 21 she left home and joined her brother Salvatore, in State College Pennsylvania, where she worked at Penn State University. Both she and Salvatore (later a master sergeant) enlisted in the Army. Sandy joined the WAC (Women's Army Corps) in June 1943 for basic training at Fort Oglethorpe, Georgia, and from there she was sent to Fort Jay, New York.

Her first big assignment, as a PFC, was in 1944 as a typist in the Cable Message Center of the Adjutant General's Office in Normandy, France. Hundreds of important messages were transmitted daily through this center to various base operations responsible for the flow of supplies from the French port to advancing armies on the western front. Despite enemy snipers, air raids and minefields, they started operations immediately from a field tent!

Her other European assignments included England, Belgium, and Germany. Since her family was from Sicily, she managed to squeeze in two visits to their hometown of Campobello di Licata while in Europe. On her first visit, she was met at the airport by her relatives in a horse and buggy. They were very conservative and she shocked them by being the only woman on a military flight. People in her

village lined the road to see a relative who was a sergeant in the American Army!

She had a break in service when the Army disbanded the WACs. She stayed in Washington, DC, and had a job at Bolling Field Air Force Base. After about a year, when the Army realized they couldn't survive without women... she re-entered and was then stationed at Bolling Field AFB!

From 1950-1953, Sandy was sent to Yokohama, Japan, where she had her most interesting work experience. She was assigned to the judge advocate office during the processing of the prisoners of war exchange. Later, she served as a first sergeant to a WAC detachment there, where they adopted two orphanages. The unit had a grand time making the lives of these children happy! Sandy recalls one time, when she was in charge of taking the children back to the orphanage on the bus, the arrival count was off. She had to search the bus and found one of the children hiding under the seat because he didn't want to go back to the orphanage.

As a staff sergeant, Sandy served two tours as a recruiter in Detroit, Michigan, where her family then lived. In between these recruiting duties, she was stationed in England. She also spent time at Fort Lawton, Washington. Her favorite assignment was Fort Shafter, Hawaii, where she spent five years. She certainly was a well-traveled soldier!

During one of her assignments, she was taking dictation from a particularly straight-forward colonel. In his dictation he said, "Between dishes and douches I am in hot water all the time!" Sandy actually had to ask another staff member if what she heard was correct, and yes it was!

As an E-7, she served as sergeant major of the WAC School in Fort McClellan, Alabama. Her next promotion, to E-8, sent her to Fort Sam Houston, Texas, where she served as a first sergeant to 500 women. Being very resourceful and wanting to learn their names, she stood in the mailroom and handed out the mail! She turned down a promotion to E-9 and retired in 1967 from Fort Sam, Houston.

Upon her retirement, Sandy moved home to Michigan to help care for her mother and sister. After her mother passed, she took her sister to live in Hawaii for five more years. Even though Sandy loved Hawaii, her sister missed Michigan, so they went back home.

Sandy loved to decorate cakes, and she made framed Christmas tree decorations from old jewelry. She moved to AFRH-W in 2000 and has been very satisfied with that move.



Drum it up! Drumming's 5th year...time flies when you are having fun!

By Susan Bergman, MT-BC, Board Certified Music Therapist | Rec Therapy Services
Photos by Becki L. Zschiedrich | Public Affairs

As residents reminisced while looking through all of the Loyalty Hall scrapbooks, "101" year young Lois Hogan said, "We sure did play a lot...I guess that keeps you young." She found her pictures from when she was the Mardi Gras Queen back in 2013 and pointed out all the various events through the photos over the years. We were amazed! Can you also believe AFRH-Gulfport residents have been drumming for the past five years? It all started off with an anonymous independent living resident who donated a wish list of hand percussion back in April 2016. In April 2017, former residents, Leslie Smith and Rick Eyman, created three wheelchair accessible bases for our bucket drums in the woodshop and added three more before they moved on from AFRH.

After a year of COVID-19 safety protocols, March 2021 saw the return of Drum It Up! Drumming with events held separately on Loyalty Hall, Valor Hall & Allegiance Hall. On Friday, June 4th, Loyalty Hall resident, "Ski" Kisielewski said, "It made me just want to jump in...good dancing music...I love rock-n-roll...I could add my own beats, too." On Friday, June 11th, Valor Hall resident, Ed Freeman, eagerly watched for each cue to rumble, stop, added beats, and joined back in with added vigor. He said, "It wound me

up!" rumbling and getting the beat going again and again. When asked how the drumming helped him, an Allegiance resident said, "It was calming" while a Valor resident said, "I concentrated more." Allegiance resident, Gerald Guynn said, "It got me out of my room...I wasn't thinking about anything...I got some exercise, too." Much fun was had as the group began by reminiscing about silly songs such as Little Jimmy Dickens "May the Bird of Paradise Fly Up Your Nose" which led to hand held shakers for an exercise warm-up to "Blueberry Hill", a shaker game around the circle of smiles, drumming on various drums (Djembe, Bucket, Lollipop, Hand & Buffalo drums), a rock-n-roll medley of rhythms, a change of instruments to add metal & wood percussion solos, and a conclusion of rumbles to finish on a bang!

A great big thank you to resident volunteer, Jack Horsley for capturing the moment where Loyalty Hall resident, Mary Nelson played three drums at once and Public Affairs, Becki Zschiedrich who took photos of the excitement of residents engaged in rhythmic fun. Thanks also to Recreation Supervisor, Lee Corban and Recreation Assistant, Carol Davis for filling in the beats as an outside supportive circle of percussion. Already looking forward to our future Friday Drum It Up in July. Please stop by to check us out, reap the health benefits of drumming, and just have some good, clean fun! Time flies when you are having fun!!



We all deserve a massage

By Carol Davis | Recreation Assistant



Usually the second week of July each year is "Everybody Deserves a Massage Week." This year it will take place July 18 - July 24. The week promotes the benefits of regular massages on your health and well-being. Below are just a few examples

of how massage therapy can support a happier, healthier you:

- **Relieves muscle tension and soreness**
- **Reduces stress**
- **Eases anxiety**
- **Improves sleep quality**
- **Helps fight depression**
- **Enhances blood flow and circulation**

So if you have been considering massage therapy, shop around or ask friends for recommendations. Your mind, body and spirit will be glad you did.

A Memorial Day tradition

By Taylor Chamberlain | Volunteer Coordinator

Since we relocated to Keesler AFB in 2016 and share a backyard with the VA, my family has participated in laying flags on gravesites on Memorial Day. It's the very least we can do for the sacrifices made by those that lay there to rest. Over the years we've participated with colleagues, friends, and family members. It's a somber experience and reminds us of the TRUE reason of the holiday. Sadly, in response to COVID-19, the Department of Veteran's Affairs cancelled all national events of this nature last year. However, I was excited to read in the news that this tradition will be reinstated this year. I love being able to drive through the national cemetery and see a sea of red, white and blue. Although I've not seen any local information regarding flags being placed in the Biloxi National Cemetery, I am looking forward to seeing a sea of flags soon. If you haven't taken a drive through the national cemetery right after Memorial Day, I highly recommend it.

Local Flag Day celebrations

By Taylor Chamberlain | Volunteer Coordinator
Photo courtesy of Keesler AFB Facebook Page

On June 14, as I drove through Keesler AFB on my way home, my son noticed a sea of flags. He was so excited to see so many American flags and he asked me why they were there. The first national observance of Flag Day was on June 14, 1877. In the years that followed, teachers across the country used this day to teach children about the importance and symbolism of our great flag. One school teacher, Bernard Cigrand, lobbied Congress to make Flag Day an official observance. The Keesler Air Force Sergeants Association (AFSA) lined Larcher Blvd. with hundreds of flags to honor and celebrate the day. It was a beautiful site to see and a great opportunity to remind my son of what the flag stands for.



Important National Days in July

By Carol Davis | Recreation Assistant

- July 1—National Postal Worker Day**
- July 4—National Independence Day**
- July 5—National Hawaii Day**
- July 13—National Delaware Day**
- July 20—National Pennsylvania Day**
- July 25—National Parent's Day**
- July 28—Buffalo Soldiers Day**
- July 30—National Father-In-Law Day**

"Dive-In" movie makes a splash

Story & Photos by Sean Campbell | Lead Recreational Specialist

Residents at AFRH-G were treated to an outdoor movie courtesy of recreation services. On May 26, the 81st anniversary of the beginning of the evacuation of allied troops from the beaches of Dunkirk, residents watched the feature film "Dunkirk," on the twenty-foot tall inflatable screen. While the weather was still too cool to encourage any swimmers, the scene was perfect for an outdoor movie with a gulf breeze. AFRH-G recreation services is excited to be able to resume this fun outdoor activity that allows residents to enjoy a movie in or by the pool.



In a world where you can be anything...choose a kindness cart!

By Susan Bergman, MT-BC | Recreation Therapy Services & Tracie Fairley, RN | Loyalty Hall Clinical Nurse
Photos by Susan Bergman, MT-BC & Tracie Fairley, RN

During Employee Celebration Week and through the end of Nursing Week, Registered Nurse, Tracie Fairley with support from co-workers Sirlena McMorris, LPN and Lisa Jimenez, CNA created a "Be Kind Station" in the Loyalty Hall Nurses Station. The staff personally purchased including gift bags labeled with staff names, baskets filled with candy along with food items such as oranges to add in the bags, and smiley-stickered colored paper cards to write "something positive and encouraging about your fellow teammates." Staff coordinated with uniquely themed matching blue T-shirts and helped add special items in the treat bags, such as sanitizing spray (especially fitting for our year of COVID). The positivity was absolutely contagious! They also created a poster above the "Be Kind Station" that read, "In a world where you can be anything...be kind!" On the other bulletin board, "You Are The Real Heroes! Thank You For All You Do" was added to show support of all staff throughout this pandemic including, dietary aide Meka Johnson. The innovative ideas created a space to compliment others, highlight strengths, and engage in a spirit of teamwork which provided an atmosphere for a person-centered celebration that had a positive impact on others. "In a World Where You Can Be Anything...Choose, Create and Share Your Kindness!"



Honoring the fallen

By Tony Langdon | AFRH-G Resident

On May 31, 2021, AFRH-G military retirees, Tony Langdon, and husband and wife, Claire and Carl Dimler-Smith wore military uniforms on Memorial Day to honor the fallen men and women who made the ultimate sacrifice for our country and freedom. Let us never forget Memorial Day. AFRH-G residents and staff have not forgotten, and will never take a Memorial Day for granted.



From the AFRH-W administrator



June is here and that means that summer is as well! This year has been like no other since 2004, which was the last year that Brood X cicadas were above ground. For many weeks, we have dealt with cicadas poking through holes in the ground, flying all around, lying on the ground and most notably making nonstop mating noises reaching up to 100 decibels! With so many trees on the campus, we have had many to see and hear. Fortunately, they tend to quiet down in the evening so we can sleep. Our golf course improves each week due to the hard work from some dedicated residents. Their efforts have made it possible for many to enjoy a game of golf as well as raise funds for our resident fund. I am happy to note that we have not had any positive cases of COVID-19 this month and continue to add vaccinated staff and

contractors each week.

With all of the activities and trips this month, it is really starting to feel more normal on campus. Trips included the National Zoo, WWII Memorial and the Kenilworth Aquatic Gardens, in addition to shopping on area bases. We had many fun programs on campus as well. The Indy 500 was entertaining for participants, as well as those cheering them on. The staff was especially creative when they made the "cars." We had our usual "Popcorn Mondays" but also a Taco Tuesday, where residents were the cooks. And to start the summer off right (on a day that felt like we were in Gulfport), we had a hotdog roast out behind the Sheridan Building where attendees wearing Hawaiian shirts could see how the resident garden areas are growing, get some fresh air and enjoy ice cream compliments of the Old Soldiers Home Foundation.

June is the month when we celebrate the Army's birthday, the first birthday we could celebrate in person in over a year. We were especially fortunate to have the Sergeant Major of the Army (SMA) Michael Grinston as our keynote speaker. Many other senior sergeant majors joined him so they could spend some time with our Army veterans at lunch. We also enjoyed the usual cake cutting and gathering with each other. We were fortunate to receive some much-needed support from some ambitious Coast Guard veterans at our ponds. They normally help out several times per year, but due to the pandemic, could not assist last year. This means that the ponds area was in need of a lot of work. They got a great start on their first visit and plan to return later in the year so that we will once again

have a nice place for our anglers to spend time.

We celebrated our fathers this month with a special meal and had an especially entertaining birthday meal. We also welcomed some new residents that we are looking forward to getting to know better in the days ahead. We have more veterans moving in and we are going forward, for which we are all grateful.

Finally, I am pleased to announce that both Homes were surveyed by The Joint Commission (TJC) and were given tentative three-year accreditations in Home Care, Nursing Care Center and Ambulatory Care. Achieving TJC accreditation is a mark of distinction that demonstrates the quality of living we provide to our veteran residents. The staff are all very proud to have these accreditations renewed for three more years. Well done, staff! Hoping the summer brings blessings to those who live and work on campus!

Susan Bryhan



Pictured above is a meeting with The Joint Commission (TJC) at AFRH-W. We were given a tentative three-year accreditation in Home Care, Nursing Care Center and Ambulatory Care.

South County Middle School donates patriotic blankets

Story & Photo by Marine Robbins | Volunteer Coordinator

As part of an annual gift from South County Middle School, students handmade 65 fleece blankets that were donated to the residents of the AFRH-DC campus. All in patriotic red, white, and blue themes, as well as some service-specific themes, they will be distributed among both independent living and healthcare residents. We'll be glad to see the students handing them out in person next spring!



Strength and Honor Motorcycle Club donates chairs

Story and photo by Marine Robbins | Volunteer Coordinator

Big thanks to the Strength and Honor Motorcycle Club Gray Ghost chapter who provided the DC campus this weekend with 12 new chairs for our fishing pond deck and some heavy duty brooms to handle the geese. They are a 501©(3) organization that supports Public Safety, and their members are largely comprised of former military, police, firefighters, emergency medical personnel, etc. We'll be looking forward to having them return to see the chairs in action at our next fishing competition!



Cicadas

By Linda Bailey | Lead Recreation Specialist

Photos by Marla J. McGuinness | Recreation Specialist

Brood X made its visit to the Washington DC region, starting in mid-May and staying for about a month. These cicadas certainly let us know they were here with a loud hum about the volume of a lawn mower, and their terrible flying skills, often flying right into cars and people.

They have done their thing (making more cicadas) and will re-emerge again in 2038. Brood X emerges in 15 states, but their greatest concentration of numbers is right here in the DC/Maryland/Virginia area.



Notes from the AFRH-W resident advisory committee chairman



Each day I spend here at AFRH-W is an amazing one. Yes, we do have some problems but where can you go and not find any problems? When I move about the campus I really feel that I am part of a special family. Residents are always there to greet and help one another. I can never say enough about the special volunteer residents who spend countless hours helping in so many ways.

It has been almost four years since I arrived at the Home and every day reminds me of the great choice I made for my new home. To the many young enlisted men and woman now serving in the military, this is also your Home. Yes, I know at this time in your life it is not something you want to think about, but remember everyone at this Home has experienced those same thoughts when they were young. It is important to all of us that the Armed Forces Retirement Home is here for future residents.

I will always remember my sister's first visit to the campus and her remarks to other family members. She said, "Fred is so lucky! He lives in a castle and has everything done for him." That is a close enough description for me!

Fred Layman

The military life of AFRH-G resident James Marion Sterling

By Dan Ellis | AFRH-G Resident



James M. Sterling was born on November 19, 1838 in Horton, Alabama to Joe and Lois Sterling. Jim completed his grade school classes in Blountsville, Alabama and graduated from Susan Moore High School in Oneonta, Alabama.

Jim's interest in the military began at an early age upon seeing relatives in uniform during the World War II era. Adding to his zest was a soldier's suit given to him by one of his aunts. In February of 1958 Jim enlisted in the U.S. Army and completed his basic training at Ft. Chaffee, Arkansas. He also completed specialized training at Ft. Gordon, Georgia before being shipped out to Karlsruhe, Germany.

On November 12, 1960, Jim was promoted to Sgt. E-5 and reassigned to the 525th Signal Co. He was sent to Verdun, France during the 2nd Berlin Crisis in 1961, and in 1962 he deployed to Eglin AFB for the Cuban missile crisis.

In 1964, at Ft. Huachuca, Arizona, Jim was assigned as a career counselor to the 509th Signal Battalion and was promoted to staff sergeant. While stationed there, he met and married his wife Emily in 1965.

In April 1966, he was assigned to C Co. 121st Signal Battalion, 1st Infantry Division in Di An, Vietnam. The "Big Red One" treated all unit members as infantrymen despite a soldier's job assignment. Therefore, in addition to communication duties, Jim was sent on recon and ambush patrols during his tour, which included operations at Quan Loi, Dau Tieng, Lai Khe and Mihn Than. For his time in Vietnam he was awarded the Bronze Star for valor, and the Bronze Star for combat operations.

At the end of his Vietnam tour he was promoted to SFC E-7 in 1967 and was then assigned to Ft. Gordon, Georgia as an instructor of the area communications course.

In November of 1969 Jim served as the Intelligence NCO and was later appointed operations sergeant for the 51st Signal Battalion in Oujunbu, Korea, which provided communications for I Corps. Upon completion of his Korean tour in 1970, Jim was transferred Ft. Bragg, North Carolina as operations sergeant in the 35th Signal Group, which provided communications for the 18th Airborne Corps.

In response to President Richard M. Nixon's request to the DoD to eliminate the draft and create an all-volunteer force, Project VOLAR (Volunteer Army) was implemented in April 1971. The Army needed more recruiters to meet that directive and Jim responded by becoming station commander of the Williamsport, Pennsylvania recruiting station and later was appointed area commander of the State College, Pennsylvania supervising seven recruiting stations and 18 recruiters. In 1973, he was promoted to MSgt E-8.

In 1976, MSgt Sterling was moved to the Carlisle, Pennsylvania recruiting area to improve on an underperforming area, which had nine stations and 26 recruiters. This area became the top recruiting area in the Harrisburg Recruiting District in 1977. Jim's recruiters from both areas were responsible for at least 4,000 new soldiers entering the U.S. Army during that time.

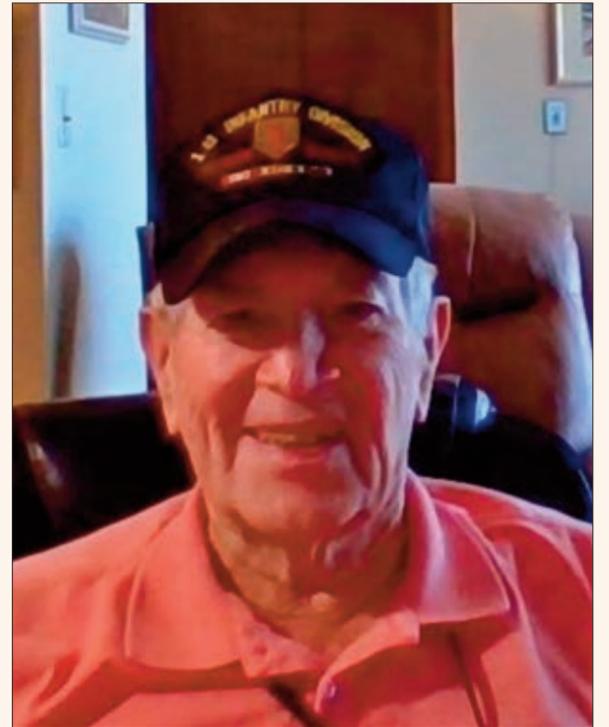
On March 1, 1978 Jim retired from the U.S. Army after 20 years and 13 days and received the Legion of Merit award. He then moved with his family back to his hometown at Snead, Alabama. In his words, "back to the farm where I spent 20 years trying to get away from it!" By the end of the following month, he was working with the Alabama Power Company in merchandise marketing.

During evenings, Jim applied the GI Bill to enroll at Gadsden State Community College majoring in retail management and marketing and graduated in 1981. He continued his education at the University of Alabama Gadsden Center, where he completed four years of college in marketing.

In 1994, he retired from Alabama Power and moved his family to Gulf Shores, Alabama. In 2007, he moved to Huntsville, Alabama and in 2014, his wife of 49 years passed away. Jim decided to move to Gulfport, Mississippi on September 10, 2019 and became a resident of the Armed Forces Retirement Home where in his words, "the residents have spent most of their young lives defending the United States of America so that this nation can live in peace."

Like many of the AFRH residents, Jim Sterling is proud of his military service and commented about his time in Vietnam, "Even though this was a very unpopular war and those that made it home (58,000 of my fellow soldiers did not), on our return, we were not treated like heroes. I am very proud of my service in Vietnam and my 20 years of service to my country and I would not take back anything."

Jim recalled an incident of kindness that occurred during his flight home from San Francisco. "The flight captain of the airplane had the flight attendant move another soldier and I to first class. We were told that we could have any food or drink we desired. I had filet mignon and the best bottle of French wine aboard. By the time we deplaned at O'Hare, I was a happy camper. The captain was an Air Force veteran, who had flown missions in Vietnam. He dedicated the flight to us "returnees" which I will never forget!"



Upgrades

By Lori Kerns | Librarian

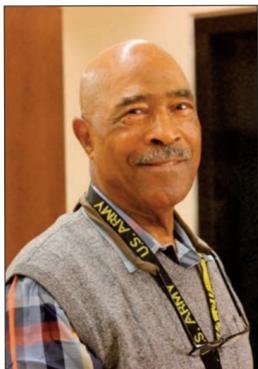
Recently, AFRH-G's library, 24-Hour computer zone, and computer learning center all received a few new Dell computers equipped with Microsoft's Windows 10. Two computers in the library were replaced with new systems to help the librarian and library tech volunteers perform circulation and technical services functions. The computer learning center received four new computers for residents and instructors to use for classes. The 24-hour computer zone has received one new computer so far for residents to play games, surf the internet, and carry out personal matters. In addition to these upgrades, the RAC office also received a new Dell desktop with Windows 10 to replace the laptop that had been in use.

Sweet treats

By Taylor Chamberlain | Volunteer Coordinator

Girl Scout Troop 3604 was thoughtful and generous by donating three dozen assorted boxes of Girl Scout Cookies. This isn't the first time Troop 3604 has donated cookies. Kacey Edwards, Troop Leader, and her team thought of us last year as well. Residents were excited to see the colorful boxes of cookies on June 1 in the dining hall. Due to a limited number of boxes, it was first come first serve for these goodies. Some residents were excited to see their long standing favorites while others were eager to try something new! Regardless, I'm sure they were yummy!

Notes from the AFRH-G resident advisory committee chairman



When we think about the month of June, we focus on kids out of school, vacations, hot air balloon classics, blues festivals, boat races and Father's Day. I plan to give a shout out to Father's Day, but first I would like to recognize D-Day on June 6, 1944. In military terms it was "Operation Overlord." An allied operation that launched the successful invasion of German-occupied Western Europe during World War II. The Normandy Invasion involved nearly 7,000 U.S. and British ships and crafts carrying close to 160,000 troops. Here at AFRH-G we have 45 residents who were associated with "The War" in some capacity and it is an honor for us to recognize them on this occasion.

June 15 was the date chosen to celebrate all residents born in the month of June for our monthly birthday celebration. It was also the date we transitioned back to regular dinnerware. This was a giant step in our efforts to return to what was considered normal a year ago. Let's continue the journey.

Finally, there was Father's Day this month on June 20. It is another way of saying hero, example-setter, protector and many other names I haven't listed. We all have a relationship with a father and that bonding or lack thereof has been an integral part in molding us into who we are today. So, to all the fathers everywhere Happy Father's Day!!

Arthur "Art" W. Jones



AFRH-G RAC Chair Art Jones enjoys the June Birthday Luncheon.

AFRH-Washington

Here comes the ice cream truck!

By Linda Bailey | Lead Recreation Specialist

Photos by Marla McGuinness | Recreation Specialist

Summer treats, especially when brought by the ice cream truck, will bring people outside on the hottest day. We celebrated the start of summer with an outdoor event in our backyard on June 21. The highlight of the day was the ice cream truck that brought everyone out to choose the frozen treat of their choice. We also offered hot dogs off the grill, watermelon, soda and beer. Tables were set up under the shade of the trees and under shade structures. This event gave everyone a chance to admire the gardens planted by our resident gardeners and more recently, the flower beds planted by the Girl Scouts with help from our residents.

We would like to thank the Old Soldiers Home Foundation for providing the ice cream truck. They also provided the materials to build the flower beds. Several of the members of the foundation joined us on the June 21 to see first-hand how their contributions add to the enjoyable atmosphere of the backyard.



AFRH-W Taco Tuesday

Story by Marla McGuinness | Recreation Specialist

Photos by Marla McGuinness | Recreation Specialist & Carol Mitchell, ADC | Recreation Therapy

Taco Tuesday began with the residents chopping tomatoes, onions and lettuce. Our resident chef, Fred Layman, cooked taco meat, while Marla McGuinness spoke about the salsas creations right before their eyes. The wonderful smells filled the hallways, bringing residents in to see what was going on in the community center. One by one, each had a chance to savor the delicious flavors that were created in the center. It was a fun event with many smiles. They want to make burritos next time we cook!



The making of the Geritol special car #48

By Marla McGuinness | Recreation Specialist

Photos by Carol Mitchell, ADC | Recreation Therapy & Marla McGuinness | Recreation Specialist

Recreation Therapy Specialist, Carol Mitchell came up with the idea of having an Indy 500 "Cart" race to celebrate the upcoming Indy 500 car race. She asked if anyone was interested in helping out, and I said, "Yes! I would love to join in the fun." Knowing that AFRH-W resident, Christine Engle was a HUGE NASCAR fan, plus she drove a powered mobility device (PMD), I asked her if she would be interested in joining us. She jumped on the chance to be part of the fun. We sat down and brainstormed how we were going to create a "car" to go over the mechanics of her ride. Every step of the way, the two of us worked on this project. We used a box that would fit over the PMD and spray painted it blue. Chris said, "Let us use sponsors that seniors would use, such as Geritol, Polygrip, GasX, EXLAX, Depend and Consumer Cellular." The number 48 was one of her favorite NASCAR drivers, Jimmie Johnson. We both enjoyed working together on this project.

Chris and I really have gotten to know each other; I spoke with her sister Collen via text messages keeping her in the loop about the event. I sent pictures to Chris's VA group and they did an article about the event.

This race may have lasted a few minutes, but the friendship that grew between us will last forever.



AFRH-Gulfport

Memorial Day 2021 at AFRH-Gulfport

By Dan Ellis | AFRH-G Resident

Residents who sought the need to express their fidelity toward military holidays such as Memorial Day, July 4th, and Veterans Day formed a group they refer to as Yankee Doodles that parades on such occasions. During this past Memorial Day, three residents dressed out in full uniform and marched at the head of the parade as an Honor Guard while the Doodles followed in rank and followed to the tunes of military marching bands.

The Doodles even have a pre-parade agenda they follow, which includes the Pledge of Allegiance, a prayer, an observance of fellow past members, and a toast that is followed by song. The Yankee Doodles next parade formation will be for the July 4th celebration, and they invite everyone to join in with them.



Army pride!

Photos by Becki L. Zschiedrich | Public Affairs

Tony Langdon, who is a resident at the AFRH-G, models the new Army uniform. Tony, returning to Gulfport, Mississippi from Florida vacation, stopped at Fort Benning, Georgia military clothing store to purchase the new Army uniform. The uniform is honoring World War II greatest generations of veterans and Army tradition. Tony said, "I'm excited and honored wearing the new uniform, reflecting our Army pride."



Pool (9-Ball) Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On June 14, 2021 residents competed in the Pool (9-Ball) Tournament on the 2nd floor Club Room. Joe Chappel looked to get that 9-ball in the corner pocket on the break. Glynn Atchley is checking out Joe Chappel's impossible shot. There could only be four winners for that day.

Fred Schultz took 1st place, Joe Chappel took 2nd place, Ernie Fowler took 3rd place and Jim Hannah took 4th place.



Horseshoes Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On June 4, 2021 residents competed in the Horseshoe Tournament at the end of spring. It was a very humid and muggy morning with the temperature topping out at 87 degrees. However, this group of residents did not complain about the heat. There were a total of 11 ringers for the tournament. There could only be four winners for that day. Ernie Fowler took 1st place, Wayland Webb took 2nd place, Joe Chappel took 3rd place and Doris Denton took 4th place.



Pong Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On June 22, 2021 recreation held its Pong Tournament. Residents were given instructions on how to play. Each resident was given seven Ping Pong balls and they had to bounce them across the table into the solo cups. Each solo cup was worth a different point. If their ping pong balls went into their opponent's cup that meant points were for their opponent. All residents playing gave it their "college party try."

There could only be four winners for this game. Don Blaylock won 1st Place, Wayland Webb won 2nd place, Dianne Hatley won 3rd place and Doris Denton won 4th place.



Putting Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On May 21, 2021 residents competed in the Outdoor Putting Tournament. Frank Baker was seen taking his time aiming for that beautiful shot to make that hole-in-one. The rest of the players are seen taking mental notes on how to master the form from Frank Baker.

Ernie Fowler took 1st place, Frank Baker took 2nd place, Wayland Webb took 3rd place and Don Blaylock took 4th place.



Basketball Free-Throw Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On June 11, 2021 residents competed in the Basketball Free Throw Tournament at the Armed Forces Retirement Home in Gulfport. Joe Chappel concentrated to get that basketball in the basket. Wayland Webb waited for that rebound to come to him.

But there could only be four winners for that afternoon tournament. Wayland Webb took 1st place, Don Blaylock took 2nd place, Joe Chappel took 3rd place and Jerry Anderson and Doris Hopper tied 4th place.

