



**AFRH-GULFPORT**

## AFRH-G Veterans Day Open House

Story & Photos by Becki L. Zschiedrich | Public Affairs



In celebration of Veterans Day AFRH-G held its annual open house on November 9. We honored our veterans and expressed our gratitude to the brave men and women who have sacrificed everything to make this world a safer place for the rest of us. We cannot thank you enough for serving our country and protecting our freedoms. It's this timeless service from all branches of our nation's military that's behind this open house and ceremony held each year at AFRH-G when the Veterans Day holiday rolls around. The people of the community are part of the reason we open our doors once a year, to let them come in and see what we do, who we serve, and to see the beautiful Home we have for our veterans on the Mississippi Gulf Coast.

Chief Master Sgt. David Pizzuto, command chief of the 81st Training Wing at Keesler Air Force Base, was our keynote speaker. "I humbly thank all our veteran heroes and their families for their service to our great nation and the sacrifices endured for our freedom," he told the crowd.

Residents and visitors were treated to performances by the Gulfport High School Band and the Anniston Elementary School 4th grade students. Outside static displays by first responders and military units were featured throughout the grounds. This open house was also an opportunity for the public to come out and see artwork by the residents, tour the Home and enjoy each other's company. "The idea of the community coming in and seeing this Home is what it's all about," said AFRH-G resident Raymond Ross. "You can't beat this place. It's the best retirement home in the nation. Bar none."

The AFRH-G celebrates Veterans Day each year to honor and to ensure veterans know that we deeply appreciate the sacrifices they have made in their lives to keep our country free. A very special thank you goes out to all who participated in making this such an extraordinary event but we especially want to thank our veterans for their service and dedication in protecting our freedom.



**AFRH-WASHINGTON**

## AFRH hosts Veterans Day wreath laying ceremony

Story and Photos by Robert W. Mitchell | Volunteer Coordinator



Honored for their bravery and sacrifice, distinguished military veterans at the Armed Forces Retirement Home, Washington, D.C. were recognized at the 2019 Veterans Day Wreath Laying Ceremony held last month.

"Thank you veterans for your service and sacrifice to our country, and for making this world a better place," AFRH-W Administrator Susan Bryhan said to a large crowd gathered at the flagpole courtyard. "May God bless you, our country and those who lead it."

The ceremony drew more than 60 people including residents, friends, family and riders with the Combat Vets Association (D.C. Chapter) and members of the American Legion (Post 70).

An impressive nine-member military detail from nearby Joint Base Anacostia-Bolling paraded the colors at the start of the ceremony. Veterans in uniform and some with ball caps rendered a firm salute at the call to "Present Arms!"

AFRH-W residents Frank Lawrence (USAF ret.) and Billy White (USN ret.) joined Administrator Bryhan in delivering remarks on honoring and showing appreciation for all military veterans.

Chaplain John Goodloe led the invocation and Public Affairs Officer Christopher Kelly served as the master of ceremonies for the event.

Following the remarks, Lawrence and White carried the wreath adorned with red, white and blue flowers to the flagpole in remembrance of those who fought so bravely. The two residents rendered solemn salutes in front of the flagpole before making an about face.

Special guest Rear Admiral Earl Gay (USN ret.), the 86th commandant of Naval District Washington, joined in on the ceremony and personally thanked AFRH residents and other veterans in attendance for their service to the country. Gay along with volunteer services distributed boxes of donations to AFRH residents immediately following the ceremony.



# INSIDE THIS ISSUE

Page 2  
Resident Highlights

Page 4  
The Old Soldiers Home Foundation Holds Inaugural Muster

Page 5  
Gulfport Resident Celebrates 100th Birthday



# AFRH COMMUNICATOR

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

## Serving America's Veterans

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

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

- who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.
- who are determined under rules prescribed by the Chief Operating Officer to have a service-connected disability incurred in the line of duty in the Armed Forces.
- who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be suffering from injuries, disease, or disability.
- who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

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

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## AFRH-G Resident Highlight – Jerry A. “Dr. B” Burghout, PhD

By Lori Kerns | Librarian



Jerry “Dr. B” Burghout was born at the height of the Great Depression to Dutch immigrants. Dr. B made the decision to join the Navy when he graduated high school. He wanted to enlist so that he could participate in the ongoing Korean War. For boot camp, he was originally slated to go to Chicago but received orders to report to Camp Elliott in California.

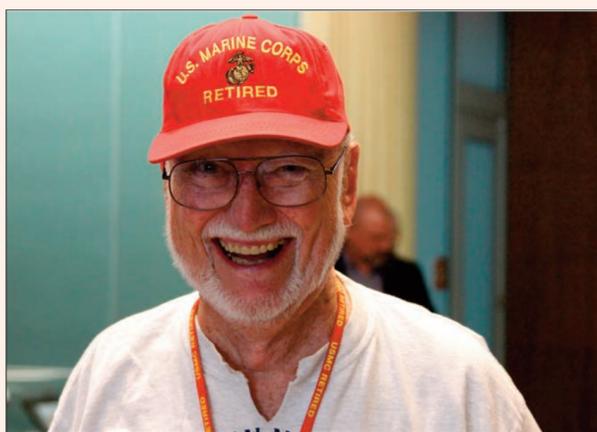
He was sent to school to train as a radioman and then began learning the responsibilities of a communications technician. After finishing both of these courses, he began his training in crypto repair. Dr. B's first duty station was at Cecil Field in Jacksonville, Florida. This is where he met the love of his life, Miss Tillie Ann Sessions. Dr. B and Tillie were married and stayed in Florida for a few years until he received his next orders for Argentia, Newfoundland, where he began working with a naval security group as a cryptologist.

While stationed overseas, the couple had three children, Gerald, Ruth, and John. The family followed Dr. B to his various duty stations, which included Scotland and Spain before returning back to Jacksonville, Florida. His final orders were for Charleston, South Carolina, where he retired with 22 years of service in the U.S. Navy. During his length of service, Dr. B acquired an undergraduate degree in psychology. As a new military retiree, he decided to use the G.I. Bill to earn a master's and a postgraduate degree in clinical psychology, including a certification in the field of forensics. In the meantime Tillie served as the breadwinner by working her way up to a quality control engineer position at Zenith so that Dr. B could finish his education. Upon earning his PhD, he began working and served numerous significant positions to include director of correctional treatment services for the state of Florida. In this position he provided forensic services for the state and civilian attorneys pursuant to criminal justice. He has also served as the state director of a mental agency in South Carolina.

Dr. B and Tillie were happily married for 46 years before cancer took her. This is when he made the decision to move into AFRH-G. He's been at the Home for about four years where he has become involved in volunteering with administration and public affairs. Being a tour guide has become “one of the most enjoyable things” he's done since his retirement. Doing one to two tours per week keeps him active and involved in the assistance of potential residents. AFRH is definitely lucky to have someone like Dr. B to greet these veterans.

## AFRH-W Resident Highlight - John Smith

By Christine Baldwin | Librarian



John Smith was born in Kansas. His first memories were of attending a smoked-filled, bagpipe-playing “Burns Night” with his grandparents. John had his first job at twelve; bagging groceries at \$.50 an hour. He could also buy groceries at 30% off. This came in handy when he was able to help his family by buying groceries for one whole summer. John quit high school and joined the U.S. Marines at the age of 17. While at basic training in San Diego, he was asked if he

could play an instrument. Yes, he had played the base drum in a highland bagpipe band. So the Marine Corps in infamous wisdom said “we have a musician here”. Therefore after graduating, John was sent to Field Music School, where he learned 107 bugle calls on a bugle he didn't know how to play.

John's first overseas assignment was with the 12th Marines Artillery Regiment, 3rd Marine Division at Camp McNair, Japan. They lived in tents at the tree line of Mount Fuji, which got very cold until the snow would insulate the tents. They had help and the houseboys (actually older Japanese gentlemen) took care of the day-to-day activities. This gentleman became good friends with John and invited him to suppers. There John learned to sing Japanese songs with the man's grandchild. He still knows these songs and delights Japanese guests every time he starts singing. Next, he went to Long Beach Naval Ship Yard, California, where he was the only bugler. At this large installation, John would often play at 3-5 funerals a day. When he became a corporal, John went to the Marine Corps Security School at Henderson Hall, Arlington, Virginia. At this “Charm School,” he learned Emily Post's etiquette. He was stationed at the American Consulate in Hamburg, Germany, along with three other Marines and had to know all the proper protocols. Then, he went to Camp Lejeune, North Carolina with the 2nd Marine Drum & Bugle Corps. But John knew there would not be a civilian job for a bugler, so he volunteered to go the Naval Disciplinary Command at the Portsmouth Naval Shipyard. John then spent thirteen months in the Marine Aircraft Group 12 (Mag12) at Chu Lai, Vietnam. He joined the VMA Squadron 121. As an additional duty, John volunteered for civil affairs officers security and was a bodyguard for the civil affairs officer, Major Risner. Fully loaded with an M-14, hand grenades, smoke grenades and a knapsack full of ammunition, John would stay close, but under cover to protect Maj Risner's village meetings. When he left Vietnam, John went to Marine

Air Station, New River, North Carolina. While at the main PX some weeks later he ran into the group chaplain, newly-returned from Vietnam. He told John that the major had been captured shortly after he had left. Good news though, the major escaped shortly after. John was one of three staff members at New River, and became the colonel in charge's “gofer.” It wasn't bad at first, but then he was ordered to MCRD, Parris Island, South Carolina to become a drill instructor (DI) at the age of 32 with 16 years' service behind him, (this is a young man's job), He was assured by the Colonel that he could do anything he was assigned to do. So John went to Drill Instructor's School, joining a class of 72. He worked hard and in the graduating class of 59 DIs, John finished 4th (oldest person in that class). He was then assigned to 3rd Recruit Training Battalion, and after 14 months as a DI, was told by his series officer that he must report to Regt. HQ at 0800 the next day and the officer had no idea why. John reported in and was told by the receptionist which office to report to a lieutenant colonel. He told John to “have a seat,” so John knew he wasn't in trouble. The colonel told him in reviewing record books, he found in John's records that he had done water survival work. Would he be willing to try out to be trained for that job? YES! They tried to drown him and after graduation from course, John felt he had webbed feet and gills! The good part for a married DI was that a 100 hour week became a 50 hour week. The training tank was at the rifle range and when there was a break in the schedule, John would go to the pistol range and practice shooting. One day, the DI team coaches were at the range observing John's shooting and they invited him to try out for the Parris Island Shooting Team (PIST) and he made the team. Being a member of the team, and shooting more than before, he excelled with the 1911A1 45 ACP issued pistol. At the National Midwinter Championship in 1970, at Tampa, Florida, John won the expert category moving him into the master category (and he also won a 22 target pistol). In 1971 the PIST, went to Camp Lejeune, North Carolina (CLNC) to compete in the Eastern Division, Rifle & Pistol Championship matches. John won the pistol match and learning no representative from the command would be there, he contacted the PI command sergeant major to come and receive the awards with the team. Winning this match earned John a position on The Marine Corps Shooting Team, Quantico, Va. He shot well enough to get there, but not well enough to stay there. Returning to Parris Island, John received orders and a new MOS; to report to the correctional facility at CLNC. The base shooting team there wanted him to join their team. NO! He had just received his new MOS, had to learn a new job, and had to get his pro-pay back. The next year, 1972, John was ordered to try out for the CLNC Shooting Team. But his pistol scores didn't hold up, not having shot for a year. Before being ordered back to his command, the major in charge of CLNC team had John try out for the rifle team. He made the team, having been a former rifle shooter (won 5th silver with the rifle), after which John returned to his command. Having put in a letter to retire, he retired in June 1973. He went back to New Hampshire. There John became a law enforcement officer and, with his background, became a firearms instructor at the New Hampshire Police Academy. After almost thirty years in law enforcement, John retired, sold his property and became a resident with AFRH-W for the 1st time. (This is not a full story of John's military or his adult life. The information was gained through several conversations.)

# AFRH-W leads the flu campaign!

The CEO and COO were the first to receive their flu immunizations on the Washington campus this year, setting the example for the rest of us. Every year, health experts recommend that nearly all people six months and older get the flu vaccine, yet only about 50 percent of eligible people in the United States actually get vaccinated. When people forgo getting the vaccine, they also reduce their community's "herd immunity"—the protection that occurs when a high proportion of people are vaccinated against a specific virus or pathogen. Getting a flu shot often protects you from coming down with the flu. And although the flu shot doesn't always provide total protection, it's worth getting.

This year's annual flu shot will offer protection against three or four of the influenza viruses expected to be in circulation this flu season. We are providing the high-dose flu vaccine for maximum protection.

The flu vaccine is your best defense against the flu, but there are additional steps you can take to help protect yourself from the flu and other viruses. These steps include:

- Wash your hands often and thoroughly with soap and water.
- Use an alcohol-based sanitizer on your hands if soap and water aren't available.
- Avoid touching your eyes, nose or mouth whenever possible.
- Avoid crowds when the flu is most prevalent in your area.
- Practice good health habits. Get plenty of sleep, exercise regularly, drink plenty of fluids, eat a nutritious diet and manage your stress.

You can also help prevent the spread of the flu by staying home if you do get sick. Do it for our residents, your co-workers, your family, for yourself!

All government employees can get vaccinated against influenza at the Wellness Center.



Chief Executive Officer General Rippe receives his flu shot.



Chief Operating Officer Jim Branham smiles while receiving his flu shot.

## Walk to End Alzheimer's - November is Alzheimer's Awareness Month

Story & Photos by Becki L. Zschiedrich | Public Affairs

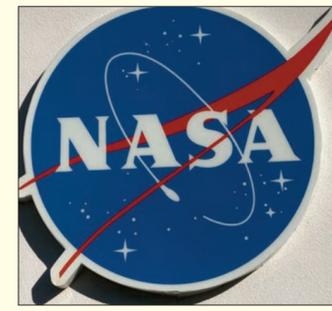
Purple balloons and decorations filled the halls of AFRH-G on October 24 when healthcare services held a Walk to End Alzheimer's from 0700 – 1530. This event started on the first floor in front of the Community Center and circled around the Boardwalk and Route 66 hallways. Residents, volunteers and employees were encouraged to wear purple and walk to bring awareness to Alzheimer's. Volunteers and employees escorted the healthcare residents so they could participate. Patience is the key to caring for someone with this debilitating disease. It takes only one person to make a difference.



## AFRH-G residents speak at Stennis Space Center

By Becki L. Zschiedrich | Public Affairs

On November 13, 2019, AFRH-G residents, Ken Henry, Dan Ellis, Roger Schulrud and Clifford Smith were invited to John C. Stennis Space Center to speak to a group of over 100 employees at NASA Shared Services Center (NSSC). The residents shared stories of their experience in the military and were honored for their service. NSSC Director Michael Sweigart presented the residents with certificates of appreciation. After the ceremony the residents were taken on a bus for a windshield tour of the rocket engine test sites and Special Boat Team-22. Thank you Doug LeMere and NASA Shared Services Center for your hospitality and for honoring our veterans at NASA's John C. Stennis Space Center. This was a very special day that will be remembered forever.



## A memorable moment by AFRH-G resident - James Brogan - Operation Hideout 1953



In 1953, I was stationed at the medical research lab on the submarine base in New London, CT. The Navy at the time was conducting a study of CO2 and submarines. The study consisted of 20 volunteers from all walks of life who were going to be confined for 60 days on the USS Haddock, a submarine on the surface at the docks on base.

The volunteers had no access to outside and were subjected to various medical and mental tests. The main issue to study was the CO2 levels in that space on the sub. The limit for CO2 was supposed to be kept at 1 1/2%. There was a device that was installed called a scrubber, which would keep that level at the acceptable 1 1/2%. I and others would go aboard through escape hatches at four hour watches to measure the CO2 levels with a measuring device.

At the end of the 60 days, the study proved successful and the result was the building of the nuclear-powered submarine, USS Nautilus.

### Bowling Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On November 6, 2019 residents competed in the Bowling Tournament at the Armed Forces Retirement Home in Gulfport. Diana Dopp scored 534 and James Eatmon scored 549. Eugene Allison took 1st place with 607, Wayland Webb took 2nd place with 584, Woody Hilliker took 3rd place with 581 and Grant Lapointe took 4th place with 578.



### Card Battle Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On November 5, 2019 residents competed in the Card Battle Tournament in the Community Center. The object of the tournament was to get the highest card to win both cards. Whoever had the most cards at the end advanced in the double elimination bracket. All the residents were seen concentrating for all the cards that they could get in their battle.

There could only be four winners that day. Ernie Fowler took 1st place, Mike Longwell took 2nd place, Mary German took 3rd place and Carol Harmes took 4th place.



### Corn Toss Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On November 15, 2019 residents competed in the Corn Toss Tournament in the Bocce Room. Frank Baker and Diana Dopp were seen competing against each other. Carol Harmes and Mike Longwell were also competing against each other. The rest of the residents watched them play and took notes.

Wayland Webb took 1st place, Frank Baker took 2nd place, Woody Hilliker took 3rd place and Doris Denton took 4th place.



### Wartime money

By Christine Baldwin | Librarian

During his career in the military, AFRH-W resident Sherman Flanders "tucked away" various currencies from the many nations he was in. He kept them in a red pouch wherever he went. Come and see these in the case near the Wellness Clinic. They should bring back memories!



## From the AFRH-W Administrator



As I look out my window, I can see that most of the leaves have fallen from the trees and people are beginning to bundle up due to the chill in the air. This is the time of year for football games, fellowship with friends and family, among other activities. November begins our holiday season and as usual, it has been a busy month.

The most meaningful event of November is Veterans Day. We held our wreath laying ceremony at the flag pole and shared the time with our veteran residents, staff and lots of visitors. The day was especially beautiful and the perfect way to honor those who have served our great country.

We hosted several groups for meetings and tours of the Home including the leadership of Walter Reed National Military Medical Center, the Guard Bureau of Legislative Affairs and a group of Navy Public Affairs officers. It is always good to share the Home with visitors for their better awareness of AFRH.

We also had a large group of active duty and their families for the Joint Services National Military Family Volunteer Day led by Rear Admiral Carl Lahti, the Commandant of the Naval District Washington. Trees were donated and planted by Casey Trees, a charity group that has planted dozens of trees throughout the years. And the Virginia Veterans department held a focus group to explain how they can assist our residents with their disability claims. Finally, at our Town Hall, the DC

water reservoir project team explained their year-long project to reseal the reservoir under our golf course.

Our Ombudsman, Bob Pullen, is leading our Combined Federal Campaign (CFC) with a great team of volunteers. They distributed snacks and organized a chili cook-off to bring awareness to the campaign. Ron Kartz's chili won the coveted "best chili" prize. I encourage everyone to "Show Some Love" and find a charity to donate to.

In November we celebrate our veterans, but also a special group of them – the U.S. Marine Corps! We had a great time listening to Sergeant Major Pritchard speak, watching USMC birthday videos, one of which included some of our residents, and eating cake in honor of our Marine Corps. I hope that everyone had a special Thanksgiving, a day we can stop to reflect on all of our blessings. In closing, I want thank our residents, staff, volunteers and other stakeholders for making AFRH-W such a wonderful place to live, work and thrive. We have a lot to be thankful for this holiday season!

Susan Bryhan



## The Old Soldiers Home Foundation holds Inaugural Muster

Story by Pat MacArevey | The Old Soldiers Home Foundation  
Photos by Mike Hoth | AFRH-W Resident

The Old Soldiers Home Foundation (TOSHF) is a first-year 501(c) (3) charitable organization that uses tax-exempt donations to expand the margin of excellence at the Armed Forces Retirement Home (AFRH). AFRH is a continuing care retirement community for distinguished enlisted military veterans, with two full-service locations: Gulfport, Miss. (AFRH-G) and Washington, DC (AFRH-W).

On Thursday, October 10, 2019, TOSHF hosted its Inaugural Muster in historic Quarters One on the AFRH-W campus. TOSHF Board Chairman Pat MacArevey opened the Muster, and introduced the other members of the all-volunteer TOSHF Board of Directors: Founder and Vice Chairman David Pauling, Secretary Roy Cogle, Treasurer Travis Smith, Reynold Hoover, Nancy Crisman, and William Troy. Pauling and Cogle are AFRH-W residents.

Chairman MacArevey also described the fast-track path which TOSHF followed to meet startup objectives, crediting much of the timely success to pro bono legal services from WilmerHale and business management consulting from Vessence. AFRH CEO Steve Rippe outlined the financial challenges facing AFRH, and described the role that TOSHF plays in meeting those challenges.

Another AFRH-W resident, Paul Armbruster, was the Muster's Keynote Speaker. He praised the AFRH model for delivering outstanding aging services (through Common Bond and Exceptional Care), bore witness to his own AFRH experience, and invited all to tour an AFRH Campus (warning that such a tour might trigger the need to return as a volunteer!).

Reynold Hoover closed the Muster and over 40 VIP guests responded enthusiastically. They offered congratulations for progress to date, expressed confidence in current leadership, and pledged future involvement. Chairman MacArevey declared success and promised extraordinary action.



The Old Soldiers Home Foundation 2019 Board of Directors (Left to Right): Reynold Hoover, Secretary Roy Cogle, Nancy Crisman, Chairman Pat MacArevey, William Troy, Founder and Vice Chairman David Pauling and Treasurer Travis Smith.



Dr. Etheldreda Collins with David Pauling at The Old Soldiers Home Foundation's First Annual Muster.

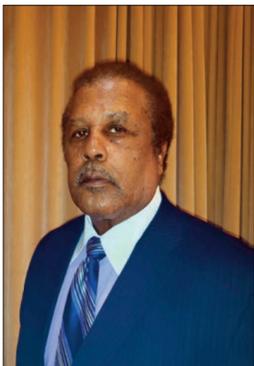
## Royal Hospital Chelsea: Sister Home to AFRH-W

By Christine Baldwin | Librarian  
Photo by Carolyn Haug | Public Affairs

Starting in 2003, the AFRH-W began an International Exchange Program with another retirement community from England. Spearheaded by the Non-Commissioned Officers Association, four AFRH-W residents went to the Royal Hospital Chelsea for a week-long visit. They buddied with four Chelsea Pensioners; seeing the sights of London. Then the following November, these four Pensioners came here and buddied with four new AFRH-W residents. One of the highlights was taking part in a wreath laying ceremony at Arlington National Cemetery on Veterans Day. Some of our residents who have participated are William Jentarra, Richard Robinson, John Smith, Nelson Jamison, Ken Faller, John Porter, Esker McConnell, Corinne Robinson and Billy Ray White. This exchange happened four times and was discontinued in 2012.



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



This is the day that the Lord has made! I will rejoice and be glad in it. We all should do so because we see signs from our Father that let us know he will be calling our name too. Just before the wonderful holidays get here, it seems we are losing so many residents that we all have been so very close to. It seems to have put a cloud over our head knowing that they won't be with us this Thanksgiving and Christmas holiday season. The memory of those who left us in 2019 will always be with us.

After the residents danced the night away at the Halloween Party, we watched the kids walk through from Creative Minds International (a charter school here on the campus of the Armed Forces Retirement Home) with their pretty outfits. We all were so blessed to have Annemarie Saint Wilson watching over us.

On November 8, we celebrated the Marine's 244th birthday. It was a big hit especially since they are a part of the Navy, and the Navy loves that uniform we designed for them. We would like to give thanks to Operation Gratitude for stopping by with all the gifts they gave to the residents on November 9. There is always someone visiting at AFRH to show some love to all the residents, and we are truly grateful.

The next day I stopped by the National Harbor Maryland to give a salute to our 34th president Dwight D. Eisenhower. The Veterans Day weekend 2019 was one of the best in my lifetime and I also want to thank Rear Admiral Earl Gay (USN ret.) for coming to the ceremony on November 11.

Billy Ray White



# From the AFRH-G Administrator



November was such an exciting month at AFRH-G. We started off the month with our Annual Games Awards Banquet in the community center. Thank you to all the residents who participated in the Fall Games. On November 7 we celebrated the U.S. Marine Corps 244th Birthday. Captain Adam W. Pinkney was our special guest speaker. AFRH-G Marine resident Fredi Van Pelt cut the cake along with the youngest Marine in attendance.

On November 8 we held our annual Veterans Day Open House. Even though it was a little chilly, the weather cooperated and two helicopters were able to land in front of the building. Hundreds of people came out in support of our veterans. They ranged from school age children, to active duty military, prospective residents, and people from out in the community. We also had several static displays, an awesome K-9 presentation, music by the Gulfport High School band and a musical tribute from the fourth graders at Anniston Elementary School. We were very thankful to have keynote speaker CMSgt David Pizzuto, who is the Command Chief at Keesler Air Force Base 81st Training Wing. He thanked all our veteran heroes and their families for their service to our great nation and the sacrifices endured for our freedom.

Our talented resident artists had their arts and crafts on display and for sale in the main hallways. The support by everyone in the community allowed us to have a very successful day as we opened our doors to the public to show them how incredible AFRH-G is. This was definitely a team effort to put this all together and I would like to thank everyone involved including all the volunteers who made this day a success. Thank you to all of our residents for being so welcoming to the community and for volunteering to help out in so many ways in order to make this day fantastic.

We also held our monthly birthday dinner celebration on November 19. This is always a good time every month and I really enjoy seeing all the residents and their guests. Resident Charles Sims turned 100 years young this month and I was so honored to have my picture taken with him. Happy 100th Birthday Mr. Sims and thank you so much for your service.

On November 28 we held our Thanksgiving feast in the dining hall. Thank you to Dining Services for always going the extra-mile. This is a time to be thankful and express your gratitude. The simplest way to express gratitude more fully in your life is to verbalize your appreciation for others. Taking the time to be thankful and appreciative for things you have received makes you feel more positive and improves your health. I'm thankful every day that I get to work for our veterans, who have sacrificed their lives for our freedom. Thanksgiving is a time of togetherness and gratitude. I hope everyone had a very Happy Thanksgiving.

Jeff Eads



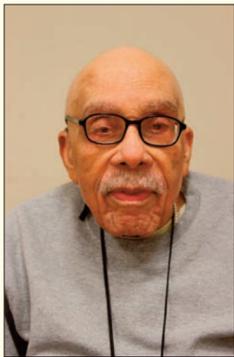
Administrator Jeff Eads speaks at the AFRH-G Veterans Day Open House Ceremony.



Jeff Eads wishes resident Charles Sims a Happy 100th Birthday!

## Happy 100th Birthday Mr. Charles Sims!

Photos by Becki L. Zschiedrich | Public Affairs



AFRH-G resident Charles J. Sims was born in Natchez, Mississippi on November 22, 1919. He was drafted at 22-years-old and was sent to Camp Shelby, Mississippi to be sworn into the Army Air Corps. For his first couple of years in the Army Air Corps, he remained in the States moving around from base to base. He had a couple more short assignments before being sent by ship overseas to join the U. S.'s efforts in WWII. Charles was first stationed in Scotland where he stayed on base but drove as part of the convoy that would deliver supplies, such as ammunition and bombs, to the forces fighting in the area. He then moved to a small base in England and continued with delivering supplies until about one year after the Invasion of Normandy. After the war was over, he stayed in Germany and reenlisted. He stayed for a while until he was able to travel back home to Mississippi for about a month. He was lucky enough to stay stateside for the rest of his military career. After 22 years of service, he retired from the Air Force as a Tech Sergeant. In July of 2014, he moved into AFRH-G because he was ready to slow down a bit, and also liked the idea of not having to cook or clean anymore. Today, Charles celebrates his 100th birthday! Happy Birthday Charles and thank you for your service to our great nation.



## Operation Gratitude: A mission to thank every American who serves

By Taylor Chamberlain | Volunteer Coordinator

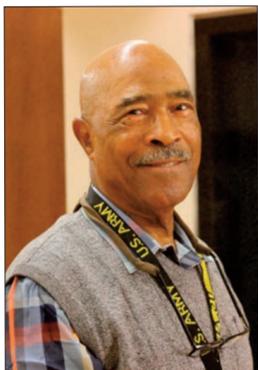
Photos by Lee Corban | Recreation Services Supervisor

Not only is Veterans Day celebrated in November but November is also the month of the military family. November is a time to give thanks, reflect, and appreciate service members and their families. When I was contacted by Operation Gratitude, I was impressed with their global mission to support military members and families worldwide. Since its creation in 2003, Operation Gratitude has sent over 2.3 million care packages to deployed service members, veterans, and first responders. They have sent more than 186,000 handmade items, 450,000 personalized letters, are supported by numerous corporate partners and have exceeded 1 million volunteer hours making all their packages completely free.

AFRH-G residents were excited and appreciative to receive these care packages filled with letters, sweet treats, hygiene items, and more. Many residents were excited to learn more about Operation Gratitude too.



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



November is the last full month of autumn in the northern hemisphere and many parts of the country are beginning to experience cooler temperatures. The days grow shorter and of course we leave daylight savings time. There are some things that occur with the cooler temperatures such as closing the outside swimming pool. We enjoyed a terrific event that signified the end of another season.

On the 7th of the month, we celebrated The Marine Corps birthday. Capt. Pinkney, Commander of the Marine unit at Keesler Air Force Base (KAFB) was the guest speaker. Then the cake cutting took place with the youngest active duty Marine in attendance and the oldest AFRH-G resident in attendance, Fredi Van Pelt.

On the 8th of the month we celebrated Veterans Day, even though it occurs on the 11th. We enjoyed a full day of outside activities, in spite of the cooler temperatures. Several of the local schools participated including the Gulfport High School band. There were displays from all branches of services and local police agencies. The guest speaker was CMSgt David A. Pizzuto, KAFB. We also invited the public to our "Open House." This was an opportunity for all residents to share the results of many hours spent in the arts and crafts room.

The week of the 10th we were visited by 1545 Golden Corral Dinner & MGCCC Concert Choir and we also had our bi-monthly RAC meeting. The following week included an outdoor movie, monthly birthday dinner and the AFRH-G Town Hall meeting. As you can see November truly was a busy month. We topped it off with a Thanksgiving Holiday Lunch on the 28th.

The most exciting news, however, is the increase in the occupancy rate. Currently we have 435 residents with a rate of 76.45%. This is the result of much effort by many as we work towards an occupancy rating of 90%. Thank you to everyone. All residents can help in this program. Please continue to tell others about our Home and the many benefits they too, can enjoy here. I hope everyone had a Happy Thanksgiving!

Arthur "Art" W. Jones



Art Jones speaks at the AFRH-G Veterans Day Open House.



Art Jones and Earl Portrey attend the U.S. Marine Corps Birthday Celebration.



Les Crawshaw and Art Jones work on the train display on the second floor recreation room.

# AFRH-Washington

## AFRH-W holds ceremony for Marine Birthday

Story and Photos by Chris Kelly | Public Affairs Officer

AFRH-Washington celebrated the 244th Birthday of the U.S. Marine Corps with a special ceremony held in our Hall of Honors on November 8. Sergeant Major Michael J. Pritchard served as the guest of honor and featured speaker. Norma Rambow, AFRH-W's oldest Marine resident joined the youngest Marine present, PFC Dwayne Bergeron, in cutting the cake. Happy Birthday U.S. Marine Corps!!!!



## Halloween BASH at AFRH-W

By Marla J. McGuinness | Recreation Specialist

Photos by Jack Beck | Resident

On October 25, 2019 Recreation Specialist Marla McGuinness created a Halloween Bash that was fun for all. There was a Halloween costume contest, magician, snacks, games, and music galore. Comedic magician Jake Stern made the crowd laugh with jokes and magic fun. He pulled people from the audience to be part of the party. He was a hit of the festivity. Both residents and staff dressed up in all different Halloween outfits. Some of the unforgettable were the Gorilla, Sheik, Vampire and Save the Butterfly lady. John Baker and Charles Lamb won the group prize, Mimi Rivkin won for the funniest, and Joseph Nesno for the scariest. Norma Rambow won the cutest prize. Cake and candy were part of the fun. Halloween music played and members won prizes playing the Halloween games.



## Fraternity visits veterans at AFRH-W

By Amanda Jensema, CTRS | Recreation Therapist

Photo by Omega Psi Phi Fraternity Members

Every year on Veterans Day the residents are visited by the Lambda Gamma Gamma Chapter of the Omega Psi Phi Fraternity. They are a military alumni chapter located out of Ft. Meade, Md. They always look forward to giving back to their fellow veteran brothers and sisters. To celebrate Veterans Day they hosted Bingo in the morning. They not only provided a fun way of honoring our veterans, but they also provide a delicious cake and special prizes that this year included travel mugs, blankets, manicure set, fashion socks set. The highly anticipated prize was a Washington Nationals World Series Champions travel cup. Several games of BINGO were played and then they socialized with the residents and enjoyed cake and punch together before going to the flag pole for the Wreath Laying Ceremony. Our residents look forward to their visit every year.



## Leisure World Chorale annual performance

Story & Photo by Amanda Jensema, CTRS | Recreation Therapist

The residents at the Washington campus were excited to hear that the Leisure World Chorale was returning for their annual performance on Thursday, November 14.

The 30 person choir from Leisure World, which is located in Silver Spring, Maryland, sang two medleys from "Guys and Dolls" and "Les Miserables". The men sang a rousing rendition of "Stout Hearted Men" which received a raving applause. They don't just sing either. One member of the choir, Maria Hidalgo, performed a beautiful dance to the song, "Dulcinea."

The residents look forward to their next performance at AFRH-W.



## Cranberries cooking and health demo at AFRH-W

By Marla J. McGuinness | Recreation Specialist

The first Tuesday of November Recreation Specialist Marla McGuinness offered a cooking demo along with AFRH-W Dietitian, Leslie Boggus. Leslie spoke about how cranberries are good for your health, while cranberry muffins created a wonderful smell throughout the community center. A group of residents sat back and enjoyed the show. Leslie spoke about the health benefits of cranberries. She shared the nutrient value of the cranberry, along with the vitamins and minerals in a cranberry. Some of the benefits of a cranberry are compounds that have been shown to slow down the growth of tumors in the breast, colon, lung and prostate. Cranberries can also prevent bacteria from binding to the teeth and can improve oral health. While Leslie spoke, Marla baked cranberry muffins and made cranberry smoothies for the residents. Explanations on how and where the cranberries grow were part of the demonstration. Each resident was given a fresh cranberry to bite into along with two glasses of juice. One was fresh cranberry juice and the other was a processed cranberry juice; so they could taste the difference. The fresh cranberry juice was very tart and hard to swallow, the processed juice was easy to like. Everyone was given a cranberry muffin, along with a cranberry smoothie to enjoy.



## Dancing for your health and enjoyment

Story & Photo by Linda Bailey, CTRS | Recreation Specialist

Dancing can be a lot of fun. But for seniors, dancing can be so much more. People are more likely to participate in exercise that they enjoy. For some folks, nothing is more fun than dancing. The variety of exercise benefits from dancing are many: it provides cardiovascular exercise, which helps with high blood pressure and diabetes, and may help stave off dementia. Remember, your brain needs blood flow just like all the organs in the body.

Dancing helps you maintain your flexibility and balance. It can help you maintain muscle tone and increase strength and coordination. Better flexibility, balance, strength and coordination can help to decrease falls that can land you in the hospital. And needing to make quick decisions when you are moving across the dance floor can have cognitive benefits as well. Dancing is a social activity. It brings people together, often those from the same age group as they may enjoy the same music. Dancing provides opportunities for conversation and social connections. It is a great excuse to get people together.

We have a group at the Home that enjoys going out to a local dance at Holiday Park Senior Center in Silver Spring, Maryland. When our group of guys walks in, it causes a stir, as a whole group of gentlemen ready to dance in a room that has many more ladies than men is a bonus. One of the advantages of being a man in a room full of women who have come to dance, is the ladies usually do the asking before the men can even sit down between dances. There is no need to worry about being turned down by a lady you ask to dance.

We have a few opportunities to get out on the dance floor coming up in December and January. Our annual Holiday Dance will take place on Friday, December 13, from 6 p.m. to 10 p.m. Our band will be The Continentals, a four piece band who will play your dancing favorites. Our New Year's Eve party will feature Vintage, and will be held in the Community Center, allowing us more room to dance than in the Defender's Inn. That party is from 9 p.m. to midnight on December 31. And the U.S. Navy's Country Currents return to us for our residents who prefer the Two Step to the Jitter Bug. They will be here on January 10 from 5 p.m. to 9 p.m.



# AFRH-Gulfport

## AFRH-G celebrates the U.S. Marine Corps 244th Birthday

Story & Photos by Becki L. Zschiedrich | Public Affairs



The AFRH-G celebrated the United States Marine Corps 244th Birthday on November 7 in the Hall of Honors.

Following the National Anthem and the Pledge of Allegiance, Pastor Michael Gibson gave the invocation. The 2019 Marine Corps Birthday message was shown and then Administrator Jeff Eads welcomed Captain Adam W. Pinkney, who was the special guest speaker.

Our oldest USMC resident in attendance, Fredi Van Pelt, cut the cake along with the youngest active duty Marine in attendance. The ceremony ended with everyone singing "The Marine's Hymn." Cake and punch were then served in the Community Center.



### Haunted Halloween bash party

Story and Photo by Jen Biernacki | Recreation Therapy Assistant

On October 30 2019, the healthcare residents enjoyed games and fun during a Halloween party. Games such as catch a pumpkin spice donut, pumpkin poke, candy corn guess, spider smash, spoon for apples and candy toss were played throughout the event. During the pumpkin poke game, a resident poked prize tickets, candy or Jell-O. When residents poked the Jell-O, reactions like: "OOOooooo Yuk! ... "What is that!" and "Gross what is it!" were heard followed by laughter. Food also filled the theme of the event as residents enjoyed "dirt and worms," (crushed cake with gummy worms), green drink and, of course, candy. Pumpkin carving was also a big hit as the jack-o-lanterns came to life to create what everyone remembers for Halloween. A real fun afternoon that created smiles, laughter and togetherness. Thank you to all who assisted!



### One-of-a-kind sea creature

By Milton Williams | Art Specialist  
Photo by Becki L. Zschiedrich | Public Affairs

Some imaginations soar with the eagles in the heavens, and some venture into the depths of the seas. JB Atchison can now claim both. In his latest adventure - studying what to do with a piece of driftwood, his imagination took him on a more nautical direction. He sculptured an unusual sea creature with only two pieces of driftwood, a few fossilized shark teeth and some fancy paint brush work. Hmmm...pretty neat!

Y'all know there's a lot between the heavens and the oceans, wonder what his next piece of artwork will be! Thank you JB for sharing your talents with us.



### Sweets patrol on the move

Story & Photo by Jen Biernacki | Recreation Therapy Assistant

On October 23, the "Sweets Patrol" was on the move delivering sweets to the healthcare residents. Our leader of the "Sweets Patrol," Chief of Campus Operations John Cage, walked the halls sharing Halloween cupcakes with the residents. Many smiles, cheers and applause were heard and seen as the patrol made their way down halls of Valor, Loyalty and Allegiance. Residents enjoyed not only the treat but seeing John on a new temporary assignment. Thank You, John!



### Air Force Band of the West concert

By Sean Campbell | Lead Recreational Specialist

On October 21 residents enjoyed an afternoon concert by the Air Force Band of the West based out of San Antonino, Texas as they toured through the Gulf Coast states of Mississippi and Louisiana. The quintet ensemble entertained residents and staff before a brief meet and greet.



### Dotting rocks

Story & Photos by Milton Williams | Art Specialist



Rock painting can go in many different directions. In a recent class, residents painted colorful "DOTS" on small river stones to make beautiful symmetrical patterns. Katrina Bradley, a fellow resident, introduced to the class the techniques of symmetrical rock painting. She also provided the rocks, the paints, and the tools

to have a fun time of "DOTTING."

The paint applicator was most interesting, clever and very effective. It was a 12 piece set of Allen wrenches. These painting tools allowed for getting a uniform DOT in various sizes. And, yes, even though an Allen wrench is octagon shaped, they do make a circle when the end of the wrench has been dipped into the paint and dapped onto the surface of the rock. I've painted with some unique paint applicators, but this was a first.

Thanks Katrina for sharing with us, we had a fun time painting and we look forward to more art adventures.



### AFRH-G residents visit U.S. Marine Inc.

For the second year in a row the United States Marine Inc. (USMI) company in Gulfport, Mississippi invited AFRH-G residents for lunch and a tour of their facility.

USMI was founded in 1971. The Gulfport facility has extensive dockage and capability for launching/retrieving boats and other water based activities. The facility connects to the Mississippi Sound providing riverine and littoral type environments, as well as varying water conditions for trials and training. The open waters of the Gulf of Mexico are nearby and are used for blue water ocean testing.

USMI originally built World Class racing sailboats with outstanding success. Since 1987, United States Marine, Inc. has designed and built military, patrol and special warfare boats ranging in length from 21 feet to 90 feet, constructed of high performance composites or aluminum. They are a fully integrated manufacturer capable of designing, building, and testing boats in house. United States Marine, Inc. has become the premier builder of high-performance, special mission capable boats for military and other agency use. USMI takes pride in our total service commitment by delivering the most capable and rugged boats to our customers, followed by unprecedented support after delivery.

Thank you USMI for thinking of our veterans at the AFRH-G.



### Eagle Scout project at AFRH-G

Story & Photos by Dennis Crabtree | Recreation Specialist

On October 19, 2019 Boy Scout Troop 211 did an Eagle Scout Project for the residents at AFRH. The project was to provide shade and a bench for the residents. The area is close to the garden and the walking path on the east side of the building. The scouts were directed by the Eagle Scout on how to build the bench and shaded area. The scouts arrived at 1000 and did not leave until 1600 when it was over. The scouts were already on a camp-out that weekend and did double duty to get things done. Also the Scouts replaced the horseshoe pits when they were here. There will be more work for this troop in the future. Thank you so much for doing such an excellent construction job.



# WASHINGTON

## RT Halloween Happy Hour & Poker Run

By Carol Mitchell, APC | Recreation Therapist

Photos by Pete Rauer, Nam Knights Capitol Chapter, AFRH-W Recreation Therapy, and AFRH-W Recreation

On Tuesday, October 29 Recreation Therapy hosted their annual Halloween Happy Hour & Poker Run in the Scott Community Center. The Recreation Therapy and Recreation staff worked together to create a fabulous spooky room for all the special events during Halloween season.

Over 70 residents attending a fun-filled night, and gobbled up tasty refreshments. The food service department outdid themselves with a wonderful spread of deviled eggs, fried chicken wings, cheese and crackers, fresh fruit, Halloween decorated cupcakes and of course CANDY!

Resident Sheldon "Sheriff" Shorthouse bartended the free open bar throughout the night. The bar beverages are provided by the Nam Knights Capitol Chapter, who graciously do so once a month for RT Happy Hours and RT Special Events.

The event had an awesome turnout of engaging volunteers from Catholic University Students, Andrews AFB, Walter Reed, Friends of the Soldiers Home, and many other volunteers. Costumes, orange and black attire, and hats of all kinds were in abundance to include: a gorilla, clowns, a mummy, cave men, builder Bob, skeletons, a ladybug, biker chick, cowgirl, Indian, ten gallon hat, angel halos, devils and lots of orange and black! Resident DJ Billy White was spinning Halloween tunes all night long for everyone to tap their toes or creep on up to the dance floor and shake a head, leg, arm, or two. Circling around the room was a decorated cart with pumpkins and a jar filled with delicious candy... and a few pieces sugar free, no salt, gluten free items for the health conscious people in the house. Residents took guesses as to how much the combined weight of the pumpkins were and how many candies were in the jar.

Resident Santos Dibella nailed it with his guess on the pumpkins which weighed in at 20 lbs. Resident Robert Farris won the correct guess of candies in the jar being off by only one piece of candy. Mr. Farris now has a jar of 339 pieces of candy! Many residents participated in the Poker Run which entailed residents going from one station to another in the hopes of obtaining the highest poker hand. The winning hand was Queens: three-of-a-kind pulled by resident Hector Rascon. A good time was had by all!



# GULFPORT

## Falling for autumn events

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

This autumn season at AFRH-Gulfport was filled with many fond memories and events. Here are a few of the highlights and photographs. On Thursday, October 24, residents, staff, and family members joined in for the Annual AFRH Alzheimer's Walk on the indoor walking trail. Residents and staff could be heard singing their favorite songs for memory to promote a joyful stroll down the boardwalk. On October 30, residents gathered for fantastic games, treats, and pumpkin carving fun at the Haunted Halloween Party in the Valor Lounge. On October 31, the Community Center was lit up with games, costumes, and more treats for the Halloween Carnival. The Veterans Day Open House & Ceremony on Friday, November 8 brought fabulous displays, artwork, and military memories throughout the home. On November 13, residents gathered for their monthly cookout to share their Thanksgiving blessings and good ole turkey fun! There is still more to come with our upcoming Fall Festival, trip to Edgewater Mall, Ice Cream, and Thanksgiving Feast. I am sure everyone fell for the great autumn memories made here at AFRH!



## Food, fun & military memories!

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

On Friday, October 18, 2019, residents from Valor, Allegiance, and Loyalty Hall braved the chilly, windy, cloudy weather for an outing to Walmart and The Reef Seafood Restaurant in Biloxi. NMCB 133 volunteers paired up to bring smiles and fun times! They engaged residents in witty conversation to learn about their military memories, find common interests, and share their own deployments and experiences. To name just a few of NMCB 133's talents, they provide engineering needs, advanced base construction, damage repair, disaster recovery support, and humanitarian support to assist the commanders and the fleet. After the outing, volunteers were escorted by resident Charles Sivits to see his amazing wooden puzzle displays in the AFRH independent living art rooms. You could hear all the "oohs...aahs..." as new military friends pointed out all the small details on his Empire State Building display. Ramon Cooley gathered the group for a super fun photograph and the rest is history. Thank you to our many volunteers that bring the fun! We look forward to our next future encounters.

