A summary of the content from the document:

**POW*MIA Recognition Day**

You Are Not Forgotten – that's the central phrase behind the POW/MIA remembrance movement which honors America's prisoners of war, those who are still missing in action and their families.

Many of our service members suffered as prisoners of war during several decades of varying conflicts. While some of them made it home, tens of thousands more never did. In the United States, National POW/MIA Recognition Day is observed on the third Friday in September. It honors those who were prisoners of war and those who are still missing in action. This day was established by an Act of Congress, and is one of six days that the POW/MIA Flag can be flown. In order to comprehend the importance of this movement, all you need to do is look at the sheer number of Americans who have been listed as POW/MIA.

According to a Congressional Research Service report on POWs:

- 130,201 World War II service members were imprisoned; 14,072 died.
- 7,140 Korean War service members were imprisoned; 2,701 of them died.
- 725 Vietnam War service members were imprisoned; 37 of them died.
- 64 of them died.
- 37 service members were imprisoned during conflicts since 1991, including both Gulf wars; none are still in captivity.

According to the Defense POW/MIA Accounting Agency, 83,114 Americans who fought in those wars are still missing. Efforts to find those men, identify them and bring them home are constant. Let us honor those who were prisoners of war and remember those who are still missing in action.

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**AFRH-W Celebrates the USAF Birthday and Remembers POW/MIA Recognition Day**

Happy 73rd birthday United States Air Force

Happy 73rd Birthday United States Air Force

The United States Air Force (USAF) turned 73 years-old on September 18. On this day in 1947, Chief Justice Fred Vinson swore in Stuart Symington as the first secretary of the air force, officially founding a new branch of the U.S. military. Gen. Carl A. Spaatz became the USAF’s first chief of staff eight days later on September 26, 1947. The Air Force has 328,200 active duty personnel, 69,200 reserve personnel, 106,700 air national guard personnel, and 145,700 civilian personnel. The service flies more than 5,300 manned aircraft. These planes come in the form of some forty different airframes, ranging from the B-2 stealth bomber to the F-35 jet fighter to the VC-25, which is better known as Air Force One. Nineteen manned aircraft. These planes come in the form of some forty different airframes, ranging from the B-2 stealth bomber to the F-35 jet fighter to the VC-25, which is better known as Air Force One. Nineteen

AFRH-W celebrates the USAF Birthday and remembers POW/MIA Recognition Day

By Carolyn Haug | Public Affairs

The Armed Forces Retirement Home - Washington celebrated the 73rd birthday of the United States Air Force with special pre-recorded remarks from Major General Sherrie L. McCandless who is the Director, Office of Legislative Liaison, National Guard Bureau at the Pentagon. Thank you to the Defense Visual Information Distribution Service for making source material available to us for use through media commons.

Happy 73rd birthday, U.S. Air Force! Also on this day, we remember the 138,000 former American prisoners of war going back to the beginning of World War II, and the more than 82,000 missing and unaccounted-for Americans who have yet to return home from their wars. Our nation continues to actively pursue the recovery and return of our missing Soldiers, Sailors, Airmen, Marines, Coast Guardsmen and civilians. YOU ARE NOT FORGOTTEN.

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**AFRH-Washington**

Korean Defense Veterans Association donates face masks to AFRH-W residents

Representatives from the Korea Defense Veterans Association (KDVA) stopped by the main gate at AFRH-Washington on August 26, 2020 to donate boxes containing hundreds of face masks made in the Republic of Korea (ROK) to our veteran residents.

Seung Joon “Steve” Lee, KDVA’s senior vice president of operations, and Earlene Hollerith, executive assistant to KDVA’s chairman and president, presented the face masks. On hand to receive the donation and present a certificate of appreciation to Mr. Lee were AFRH-W Administrator Susan Bryhan, and AFRH-W volunteer coordinator Marine Robbins.

KDVA’s mission is to enhance the ROK-US Alliance by advocating for the Alliance and supporting the people who built and serve the Alliance. KDVA helps strengthen the bonds forged between our two nations during the Korean War, honoring not only those who served then, but those who continue to serve today. KDVA’s priorities include advocating and educating about the Alliance; recognizing and supporting service members, government civilians and their families who have or are serving in the ROK-U.S. Alliance; providing service and networking opportunities; and honoring and supporting the veterans who defended South Korea during the Korean War.

AFRH-W is grateful to KDVA for their thoughtfulness, and thanks them for their support!
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, diseases or disabilities;
- 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 suffering from injuries, diseases or disabilities;
- 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.

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

Visit us on the web at: https://www.afrh.gov

APPLY TODAY! IMMEDIATE OCCUPANCY AT BOTH GULPORT & D.C.

AFRH-W resident highlight – James Hunnicutt

By Christine Baldwin | Librarian

James Hunnicutt was born in Georgia. He graduated from high school and had the choice of going to work or being drafted. Since he had been in the ROTC (and had to wear a tie), at the age of 17, James decided to join the U.S. Navy (whose lower ranks had open neck uniforms).

After basic training and A School in San Diego, California, he volunteered for submarines and was sent to submarine school in New London, Connecticut. James wanted to go on nuclear subs on the East Coast, but ended up on the third oldest submarine in Hawaii. One story he tells is when they were on a North Alaska special ops mission and the snorkel valve stayed open. Thirty-one degrees started pouring into the engine room and they started sinking stern first. Fortunately, they were able to close the valve. Another episode happened in Hawaii at the Kaho'olawe bomb cliffs. The first class torpedo man wanted to see his work. So after the shot, he was allowed to go to the periscope to watch.

In 1965-66, he returned to the States going to shore duty in the states, James decided to retire after 24 years and obtaining the rank of master chief. As a civilian, he went to Hawaii at the submarine training center. But even as a GS-11, it was very expensive to live there, so he went to Pensacola, Florida, bought a new house, and got two degrees; one in accounting and one in management information systems. James then went to work for the Defense Finance and Accounting Service. When his wife passed away, James stayed in the home for another five years. He is good friends with resident Warren Pospisil, who told him about AFRH-W, and he came here in 2015. When you look at the Hall of Honors in October, you will see his uniform on display.

AFRH-G resident highlight - Robert “Bob” Sebastian

By Lori Kerns | Librarian

Robert “Bob” Sebastian was born in Breathitt County, Kentucky, then moved to Newport, Kentucky. Around fourth grade he moved, along with his eleven siblings, to Alexandria, Kentucky. When Bob was a junior in high school, he worked at a bowling alley setting pins earning ten cents a game. He realized there were not many job opportunities in Alexandria so he made the decision to leave high school and join the Navy.

At age seventeen, Bob left for boot camp at Great Lakes, Illinois. His first duty station after boot camp was aboard the USS Long Beach for two years. He then went back to Great Lakes to begin guided missile launching school. After his training, he was sent to work aboard the USS Cochrane.

With the Navy, Bob served two tours of duty in the Vietnam War from 1965-66. He returned to the States staying in the guided missile field also teaching A and B schools back at Great Lakes. Bob dedicated 20 years of service to the Navy before retiring and beginning a civilian career.

Back when Bob was twelve years old, he met his childhood sweetheart, Donna Sue. The young couple went on to marry in 1963 and have two children, Robert James and Catherine Addie. During Bob’s Navy career, he tried to stay stationed in Minnesota so the couple could raise the children in that area. They remained in Minnesota after his retirement while he took jobs in the industries of guided missile launching systems, the diecast industry, and the corrugated industry. Once their children grew up and had families of their own (Bob has two grandsons, two granddaughters, and one great grandson), the retired couple decided to RV around the country.

They operated out of Naples, Florida where each January they would sit down with their son to plan out their road trips that would begin each April. Their trips would last until October, you will see his uniform on display.

This is a photo Bob took of a water drop that hit milk with yellow dye, and then bounced up and hit another drop coming down.
Hello, my name is Linda Siebert and I’m a resident at AFRH-Gulfport. Due to the coronavirus, we are privileged to be tested weekly to help identify any possible outbreaks with great care and concern for all at the Home. If a resident tests positive, they are quarantined for fourteen days for everyone’s safety. This is my short story.

I want to express my genuine appreciation to each and every volunteer who was thoughtful, caring and giving of their time and energy to deliver food to those of us who were restricted and isolated to our rooms. Isolation can be torturous. I looked forward to a knock on my door along with a cheerful “Good morning Linda, how are you doing?” Even though the door was shut, I could hear the caring heart in their voices, each meal, each day, day after day, and for me week after week - a total of four weeks. Sometimes it was my only communication for hours at a time. Also, I appreciated the Ability Works personnel who picked up my trash. You don’t realize how much it accumulates, or smells. Thank you to the medical personnel for checking on me daily; and re-testing me. Oh, I should mention someone picking up my mail and delivering it to my room. Let’s not forget about all of the employees in the kitchen who prepare the food early so we were not wondering if we had been forgotten or out-of-sight out-of-mind. It was definitely a team effort from everyone. It was a hardship mentally and physically to be isolated for four weeks to say the least. But kindhearted people pulling together helped in ways that they have no idea! Thank you from the bottom of my heart. Perhaps I should name everyone by name, but they all made up the whole, they know who they are. They did not volunteer for glory, but to a blessing to those in need! I forgot to mention residents dropping off goodies and snacks with notes of encouragement. Thank you! There is no “I” in team. Kudos to all!

A memorial service held at Arlington National Cemetery on May 21, 1996 featured eulogies from President Bill Clinton, Secretary of Defense William Perry, and Secretary of the Navy John Dalton.

At a ceremony to honor the late chief of naval operations, held at the Naval Home (AFRH-G) on October 21, 1996, officials unveiled a cast bronze street sign for “Admiral Boorda Drive.” His family had asked that contributions be sent to the Naval Home in Admiral Boorda’s memory. Chief of Naval Personnel, Vice Admiral Dan Oliver stated, “It is fitting today that we name the main street to the Naval Home after a man who brought out the best in everyone around him. Today’s ceremony will help ensure that all who pass through these doors in the future will remember what he meant to our Navy and our country.” Also at the ceremony, the chairman of the Naval Home Resident Advisory Committee read the following proclamation: “On this date, October 21, 1996, we are participating in a ceremony that serves to preserve the memory of Admiral Boorda by commemorating him with a street bearing his name. Many of us had the privilege of knowing him because of his frequent visits to spend time with his father, Skip Boorda, who was a resident here for many years. In the history of the United States Navy since 1775, only one person was elevated through the system in a career that began as a new recruit and rose through the ranks to petty officer, junior officer, senior officer, full admiral, and to the very top, Chief of Naval Operations. From this day forward, as we travel Admiral Boorda Drive, we will always remember that he never forgot what it was like to be an enlisted Sailor and never forgot where he came from. We will always remember his devotion to his family and the Navy, his commitment and pride, and last but not least we will always remember his constant effort to make it better for all people. To you Admiral Boorda, you have brought better to the United States Naval Home and may your soul rest in peace.” The original Naval Home was designed and constructed to look like the prow of a ship facing out to sea. At that time, no one dreamed that in 1996, Admiral Boorda Drive, with its colorful flowers so beautiful in the sun and its lights shining so bright in the night, would assume its place as the linkage between the United States Naval Home and the sea.

Currently a large photo of Admiral Boorda hangs in the Hall of Honors at the Armed Forces Retirement Home in Gulfport, Mississippi.

Thank you Joe!
From the AFRH-W Administrator

As September rolled in, it initially did not feel much different than August, but as I am writing, there is definitely a change in the air. A few days ago, I heard several people mention that they had to go back and get a jacket before leaving home. Our recent 100% testing resulted in one positive government employee but fortunately, they had minimal exposure to our residents and other staff. Due to this result, we had to continue a few more weeks of 100% testing. The wonderful news is that we still have not had one resident who has been ill from COVID.

We honored quite a few September birthday residents at our monthly birthday meal, they had to listen to some of us sing to them. Sorry about that. For something extra special this month and to thank our residents and staff for the great work in the pandemic, the dining team put on a spectacular special meal that included lobster and other special foods. Well done, all! We had a gathering of many of our World War II veterans who received special silver coins commemorating the end of the War, a photo opportunity that I will not soon forget.

As mentioned last month, we did contract with an architect firm to work on designs to modernize the Sheridan Building. Their early preliminary designs are promising, and should provide much more comfortable living resident living spaces. The other two big projects are now contracted, so the Sheridan roof and elevator replacements will soon be underway which I know is good news for everyone.

We just counted the votes and I am happy to announce that Fred Leyman will be our new RAC Chairman. Congratulations, Fred! And a big thank you to Billy White who faithfully served his fellow residents for the past two years. Thanks, Billy! And thanks to Masato for still being the floor representatives!

As usual, we still know that the community is thinking of us by their generous donations. We were honored to receive masks from two ROK veterans groups – The Korea Defense Veterans Association and The Korea Veterans Association. The Friends of the Old Soldiers Home (FOSH) heard that the residents were short of facial tissues and sent several cases. And Rear Admiral (retired) Earl Gay stopped by several times with his wife to donate much needed items.

Our DoD Inspector General review is still ongoing and this month we also had a mock survey review to prepare us for our next Joint Commission accreditation survey which could begin very soon. The Combined Federal Campaign (CFC) also kicked off this month and will continue into January. I always like to support CFC since it is an easy way to donate to some of my favorite causes. As I close this month I know we are all still concerned about the pandemic, I sure never thought we would still be where we are a few months ago. Masks are now the norm, waiting in line is how we place and where the children are once again having to learn from home. Keep in contact with those you love best as you can and let’s keep positive that we have weathered this storm as well as we have. Thanks to our wonderful residents for their patience and to the staff who works so hard!

Susan Bryhan

History of the Grant Building

By Christine Baldwin | AFRH-W Librarian

In Feb 1901, the idea of a new “state-of-the-art” building was brought up. The estimated cost was $710,000. The building would be in the Renaissance Revival style and was covered in white marble. It would have electric lighting throughout the building, power ventilation and five elevators. It was designed as a dormitory and mess hall; patterned after the Cadets’ Mess at West Point. The hall could seat 2,400 residents. They sat on unpadded stools at long tables. When it was opened to residents in 1912, the cost was $1.7 million. In 1954, the mess hall was moved to the new Scott Building and the dining area became a fitness center with exercise equipment, a shuffleboard, a handball cage, golf swing cages, a basketball area, a six-lane bowling alley and a lighted tennis court. The Grant Building closed in 1995, when it became unconquerable to continue operations. This information comes from “The Bugler” (April 1995) and the “AFRH Communicator” (July 2003).

Notes from the AFRH-W Resident Advisory Committee Chairman

I want to thank all the residents who played a part in making AFRH a better place for all of us to live in the last two years by working together as a team. I pray that we will continue to work together to keep our Home safe during the pandemic. We are all in this together as one. If we feed our faith, I doubt we will starve to death. Remember Kindness is a language deaf people can hear and blind can see. I want to give thanks to one of the most wonderful couples I’ve met in my lifetime, RADM U. S. Navy (RET) Earl L Gay and his lovely wife for stopping by to deliver gifts for the residents of AFRH in Washington D.C. The administration department at all levels, and the residents here would like to say thank you for taking care of us during these very challenging times.
I appreciate everyone’s cooperation during this pandemic! I know it has been a struggle and this has been tough on us all. We have to continue practicing our good habits. Wash your hands and wash them often. Continue to social distance and wear masks. We have more than 230 hand sanitizers throughout the facility. We also have 200 masks and 100 hand sanitizers as we prepare to open the doors to our long-term care residents.

We have COVID supplies on hand for the storm we moved 72 essential personnel on campus. While we prepared for at least a glancing blow, Sally adjusted her track eastward just before September 14, we completed the ARMS inspection of our response to the COVID-19 pandemic. We hope to see a draft of their report in October and the final product should be published in January. We always welcome those from outside our organization to take a look at our operations to offer suggestions for improvement. We also had a two-day virtual meeting with a group of surveyors to assist us as we prepare for our triannual inspection from The Joint Commission later this year.

In closing, I appreciate you for your service to our country and for choosing to make the Armed Forces Retirement Home your home. Thanks to all of you for your cooperation during this pandemic.

God bless you and we will get through this!

Jeff Eads

From the AFRH-G Administrator

THE MILITARY CAREER OF VON LEROY BLUNT

By Dan Ellis | AFRH-G Resident

Von was born to Clyde and Olive Blunt on July 11, 1937 in Everly, Iowa. His early life was on the Blunt farm where crops consisted primarily of corn and oats. He attended a one-room schoolhouse for grades one and two and not having electricity, cold days were warmed by a pot-bellied stove. The family moved to Terri, Iowa and another farm. Von attended classes at Terri Consolidated School until graduation in 1955.

Von enlisted with the U.S. Air Force on October 15, 1958 and took basic training at Lackland AFB, Texas before being transferred to McConnell AFB, Kansas. He was then transferred to Ankara, Turkey during the summer of 1960 as a service club manager; and then transferred to Foreign Village AFS, Spain in 1961 where he was raised to sergeant grade. Many of his duty tours had to do with his classification in recreation and service clubs management. Von re-enlisted in October 1962 and in 1963, was enrolled in an Army operated Radio/TV Broadcasting School in New York which started him in a new classification path. He was then transferred to Kunsan AFB, Korea in March 1966 where he was the radio broadcasting station manager. He was then transferred to Germany for three years working at the Armed Forces Radio and Television network in Wiesbaden, Germany and was reassigned to the Armed Forces Television headquarters in Hollywood, California becoming a global media programming director.

In 1969, he went to Thailand and worked as a radio/television station manager and spent a year there at U-Tapao AB and Ubon AB before returning in 1970, to Great Falls, Montana in Public Affairs with the 24th Air Division. In 1971, he applied for the recruiting school in 

September signals the end of summer. We celebrated the first Monday as Labor Day. Hurricane Sally made landfall on September 16. In preparation for the storm we moved 72 essential personnel on campus. While we prepared for at least a glancing blow, Sally adjusted her track eastward just before landing to the area around Gulf Shores, Alabama. We have become very proficient at storm preparation. September 16 brought cheers all around as the restrictions for all on campus activities were lifted. Residents can once again enjoy the many avenues available to reduce the strain of mental fatigue and physical exhaustion. In the same time practicing social distancing and wearing face masks. On September 18 we celebrated The Air Force 73rd Birthday. To all Air Force retirees here at the Home and around the world “HAPPY BIRTHDAY!”

On September 14, we completed the biannual elections of The Resident Advisory Committee. The newly elected committee consist of Art Jones, RAC Chairman, Floor Representatives: Susan Meckley, Doris Denton, Von Blunt, Kelsey Farrell, Michael Nabor, and Diana Dopp plus the upper-levels-of-care Ombudsman Chip Wall. Congratulations to all the members of our committee.

Congratulations to RAC Chair Art W. Jones!

Notes from the AFRH-G Resident Advisory Committee Chairman

Chicken fried rice demo

By Marla J. McGuinness & Linda Bailey | Recreation Services

Photos by Annemarie Wilson & Neil Ferguson

Marla McGuinness and Linda Bailey from Recreation Services created a cooking demonstration with flavors from the Orient. Residents helped with the prep work. Warren Pospisil chopped the cooked chicken. Neal Ferguson “Fergy” chopped onions, John Baker scrambled the eggs, Chris Engle opened the cans and Adeline Overchuck Murray cut up the green onions while others sat back and watched the event unfold. Linda Bailey spoke of different leftover recipes we use, while Marla McGuinness talked about the chicken fried rice mixture. Once everything was cooked, everyone received a bowl and enjoyed talking with others who were there. They said how nice it was to enjoy the different flavors and aroma from the ingredients used in the chicken fried rice recipe.

Good things in life are fermented: Beer, Bread..... and Kimchi!

By Annemarie Wilson | Recreation Therapy Supervisor

Photo by Marine Robbins | Volunteer Coordinator

Kimchi is a traditional food in Korea eaten for breakfast, lunch and dinner. Famous for its all-day consumption and its pungent odor, appreciation for it is controversial: some people love it and others don’t care for it at all. It is a vegetable, what is in it and what are the health benefits? There are hundreds of varieties of kimchi but the most well-known recipe consists of napa cabbage, daikon radish, spring onions, lots of garlic, ginger, Korean red chili peppers, salt, shrimp paste and fish sauce. The original name for this indigenous food, chajjoe, is derived from Chinese characters which translate to “fermented vegetable”. The practice of vegetable fermentation was first introduced in Korea as a means of survival through the long, cold, and harsh winters some 3000 years ago. Kimchi was buried in the ground in large clay pots to ferment through the cold winters which provided natural refrigeration.

There are many health benefits to kimchi. Not only is its caloric content low, but it is packed with vitamin C, carotene, and probiotics. According to an article from Hanyang University, the low-calorie aspect of kimchi contributes to clearing the blood vessels, leading to a better circulation of blood. It is also useful in reducing health risks associated with obesity, diabetes, and hypertension.

Some residents at AFRH-W absolutely LOVE kimchi and have been asking for it since it was part of RT’s International Food Tasting over a year ago. So, what better way to get a small group together during these trying times to wake up our olfactory senses and taste buds! With safety precautions set in place, Warren Pospisil, Jim Hunnicutt, Jonathan Hess, Bill Jentarra, Lillian Miller, Christine Engle, and our very own Chief of Resident Services Ron Kartz, gathered in the community center for a cooking class. For some, this was a first-time experience and it was certainly a process!

Of course, the finished product was sampled on the day it was made, but for proper flavor and gut-helping probiotic growth, it was sealed and set to do its fermenting magic for about one month in our cool and dark storage room. On September 15, a container of kimchi and a container of rice to go along with it was given out during lunch time. Some residents declined but we had over 40 residents who tried it and absolutely loved it! It was a success and may become a yearly tradition for AFRH-W!

On the September Calendar: National Rehabilitation Awareness Week

By Carolyn Haug | Public Affairs Specialist

Photos by Virginia Shingleton | Public Affairs

National Rehabilitation Awareness Week occurs each September to honor therapists and therapy assistants. The Armed Forces Retirement Home provides rehabilitation services to our residents to maintain a high level of physical health. It takes a team of therapists to provide this high-quality care. Two important members of our team at AFRH-Washington are Director of Rehabilitation Services Lynn Holt and Therapy Assistant Adrienne Dawkins. Together, they have a combined 69 years of experience providing healthcare to our residents.

AD: My role is to provide restorative therapy services to residents after they are discharged from physical therapy, occupational therapy, and speech therapy. I carry out treatment programs set up by the licensed therapist, and enable residents to maintain their functional strength, endurance, performance in activities of daily living, communication skills and cognitive skills.

Q: How long have you worked for AFRH?
LH: 35 years AD: 34 years

Q: In what ways has the service you provide changed and/or stayed the same?
AD: The types and techniques in therapeutic techniques have remained the same overall. There are many times due to our unique older American population that we have to be creative and think of ways that are appealing to our veteran population. This encourages them to use adaptive equipment and various technology that is on the market today to enable them to still perform tasks at an independent or minimal assist level of functioning. Also, the use of contract therapists has been a change over the last 15/16 years. Residents get attached to the therapist and it takes them a while to adjust to the new therapist.

AD: We are doing some of the same services as when I first started but we are doing more massage therapy and performing self-care treatments on the units, in resident’s rooms, to help them be able to participate as much as possible in their ADL activities.

Q: What motivated you to pursue your career path?
LH: I knew at an early age I wanted to go into the medical field to help improve people’s lives. And especially after watching an episode of 60 Minutes, and seeing an occupational therapist teach a little boy who was born without arms how to do everything for himself using his feet and adaptive equipment. I knew then that I wanted to help people overcome their challenges and reach their goals of independence as much as possible despite whatever limitations they faced. I absolutely LOVE what I do!

AD: I enjoyed working with veterans as a CAN, and when the opportunity became available in the rehabilitation department I knew this would be a challenge for me. This was something different that I welcomed and was glad I was selected.

Q: What do you like most about working with our veterans?
LH: Learning first hand military/war history from the veterans who served this country so proudly. Also when I see residents who are 93, 96, and 100 years of age still enjoying life to the fullest and living an Active Lifestyle that motivates me!

AD: They are very pleasant and caring people. They also have good stories and conversation and are also very comical.

Q: What advice would you give young professionals in your field or staff who work at the Armed Forces Retirement Home?
LH: This is a very rewarding career, you have to be very compassionate, caring and have a lot of patience. You have to be creative and think outside the box as well as be a strong advocate for your client when others may not see the potential you see. You don’t do this job just for the money; your heart has to be really in it!

AD: You have to really love what you do and care for the people you work with. You have to really like what you do in order to work in this field, also be professional when performing your job at all times.

We would like to thank Lynn Holt, Adrienne Dawkins and our Rehabilitation Services team for their commitment and service to our residents of the Armed Forces Retirement Home! Special congratulations to Adrienne Dawkins who will retire the end of this month.

SEPTEMBER 30, 2020

AFRH-Washington
U.S. Senator Cindy Hyde-Smith visits AFRH-G

It's Papae, Happy Birthday Papae!

On August 31, 2020 my eyes teared up, sniffles erupted and heartfelt feelings exploded all over me as I witnessed resident Ernest Pain FaceTime with his family on his 99th birthday. “This is the best birthday I ever had,” stated Mr. Pain. “I can see everyone, everyone is so beautiful to me,” he added as numerous kids, grandchildren and great grandchildren all said their happy birthdays! In group FaceTime calls, “I don’t need to celebrate anymore, that topped it all,” he said. Mr. Ernie Pain shared his birthday with his many, many family members but in a new way....for the times... no streamers, or cake or a new way… for the times… no streamers, or cake or a new way for the times. “happy birthdays” in group FaceTime calls. Residents brought up great heartfelt feelings exploded all over me as I witnessed resident Ernest Pain FaceTime with his family on his 99th birthday. “This is the best birthday I ever had,” stated Mr. Pain. “I can see everyone, everyone is so beautiful to me,” he added as numerous kids, grandchildren and great grandchildren all said their happy birthdays! in group FaceTime calls. “I don’t need to celebrate anymore, that topped it all,” he said. Mr. Ernie Pain shared his birthday with his many, many family members but in a new way….for the times... no streamers, or cake or a group of singing people for his birthday but an i-Pad... an i-Pad filled with family members’ faces and conversations of expressed love. From their homes to his...the best present for a birthday: family. A special Happy Birthday for Mr. Ernie Pain.

Bee basil happy!

On September 10, 2020 the bees were in abundance busily buzzing around the flowering basil plant up on the Loyalty patio garden. Back in the spring, resident and volunteer Jack Horsley started his basil plants from seeds on his outdoor patio. He shared several of the small plants to the Valor and Loyalty patio gardens, and they have now thrived. Bees prefer the same fragrances as we do such as rosemary, oregano and mint and they are attracted to many of the flowering herbs such as basil. As a member of the mint family, basil is an irresistible lure to pollinators. A source of magnesium, calcium, and omega-3 fatty acids, basil leaves are a great source of iron, manganese, and vitamin K, A & C. Often enjoyed when added to spaghetti sauce, tomato soup, and tomato sandwiches, basil leaves provide a fragrant scent and a delicious taste. Not only for eating, basil oils are often extracted for use as an essential oil to heal cuts, skin infections and wounds. Take it from these busy bees and “Bee Basil Happy!”

How to get a hurricane to flee to another area

Meet our government’s most recent specialized COVID/Hurricane warrior. Yes folks some of you know him as the sports coach, others refer to him as reference and the inventor of “Game Of Chairs,” some know him as Mr. Fix It, but for those of us in recreation services we know him as DENNIS Crabtree and when you call on him for help he’s always right there! However, he has kept his other talents reserved for this latest hurricane event and as you can see, he came prepared. Dennis, we aren’t quite sure why that storm seemed to falter apart and flee to our neighboring state but if word gets out that you are a member of an elite team of Hurricane Busters, you might be called upon to face the next one...

Ed Summers’s painting ~ Flowers on a Table

Once again it is amazing how artists get inspired to paint something and end up with a masterpiece. It is equally interesting to find out just what medium the artist used. Now techniques are often a bit more guarded and seldom revealed but just to know the materials used makes this painting an outstanding accomplishment. You ready folks? Wait, before I reveal that, may I submit to y’all, that at some point each of us has “expressed” a bit of artistic flare with these very same, shall I say “ingredients.”

Yes, maybe you have guessed it. Ed used our everyday table kitchen condiments; ketchup, mustard, salt, pepper, other INGREDIENTS such as peanut butter, strawberry jam, coffee and more to “paint” this work of art. “Looks so good you could eat it” takes on a whole new meaning. Hmmm! We used to call the Creative Arts Center here at the Home, “The School of Arts and Science” and thanks to Ed we can add “Culinary Delights!”

Alright folks, this masterpiece can be viewed, but not sampled, in the Art Display Room, so go take an Art Adventure. Thanks Ed Summers!

Bouncing back!

**AFRH-Gulfport**

SEPTEMBER 30, 2020

ARME FORCES RETIREMENT HOME

**AFRH-Gulfport**

**Story & Photos by Bucki L. Schiedrich | Public Affairs**

On September 3, 2020 U.S. Senator Cindy Hyde-Smith along with Andrew Hinkebeer from U.S. Senator’s Roger Wicker’s office, Harrison County Supervisor & Board President Connie Rockco and Harrison County Veteran Services Officer Julia Encalade visited AFRH-G to see what they could do to support our veterans during this pandemic. Residents brought up great questions pertaining to the restrictions that are currently in place and the need for rapid test kits. Cindy Hyde-Smith is the first woman elected to represent Mississippi in Washington, D.C. Thank you all for taking the time to support the Armed Forces Retirement Home in Gulfport, Mississippi.

**AFRH-Gulfport**

**Story & Photos by Jen Biernacki | Recreation Therapy Assistant**

SEPTEMBER 3, 2020

It’s Papae, Happy Birthday Papae!


**AFRH-Gulfport**

**Story & Photos by Milton Williams | Art Specialist**

SEPTEMBER 10, 2020

As a member of the mint family, basil is an irresistible lure to pollinators. A source of magnesium, calcium, and omega-3 fatty acids, basil leaves are a great source of iron, manganese, and vitamin K, A & C. Often enjoyed when added to spaghetti sauce, tomato soup, and tomato sandwiches, basil leaves provide a fragrant scent and a delicious taste. Not only for eating, basil oils are often extracted for use as an essential oil to heal cuts, skin infections and wounds. Take it from these busy bees and “Bee Basil Happy!”

**AFRH-Gulfport**

**Story & Photos by Carol Davis | Recreation Assistant**

SEPTEMBER 3, 2020

How to get a hurricane to flee to another area

Meet our government’s most recent specialized COVID/Hurricane warrior. Yes folks some of you know him as the sports coach, others refer to him as reference and the inventor of “Game Of Chairs,” some know him as Mr. Fix It, but for those of us in recreation services we know him as DENNIS Crabtree and when you call on him for help he’s always right there! However, he has kept his other talents reserved for this latest hurricane event and as you can see, he came prepared. Dennis, we aren’t quite sure why that storm seemed to falter apart and flee to our neighboring state but if word gets out that you are a member of an elite team of Hurricane Busters, you might be called upon to face the next one...
Pickled pickle power

By Carol Mitchell | Recreation Therapy & Marla J. McGuinness | Recreation
Photos by Mike Hoth, Carol Mitchell & Marla McGuinness

A pickled cucumber (commonly known as a PICKLE in the United States and Canada, and a GHERKIN in Britain, Ireland, Australia, South Africa and New Zealand) is a cucumber that has been pickled in a brine, vinegar, or other solution. They are then left to ferment for a period by either immersing the cucumbers in an acidic solution or through souring by lactic fermentation. There are many varieties of pickles...Genuine Dill, Kosher dill, Hungarian, Sweet, Polish, Bread-and-Butter, Gherkin, and the good old AFRH-W Freezer Pickle!

On September 4 residents were treated to homemade freezer pickles to kick off the Labor Day Weekend. It has become an annual tradition at AFRH-W to serve up these tasty pickles at the Labor Day Cookout. RT Garden Terraces grows an abundance of cucumbers with residents enjoying a variety of dishes to include cucumber sandwiches, cucumber pasta, cucumber and tomato salad, and of course freezer pickles. Who knew you could make pickles from cucumbers in the freezer? I didn’t! One day I was pondering what to do with our plethora of cucumbers when Recreation Team Lead Linda Bailey said, “Why don’t you make freezer pickles?” and a tradition was born.

The following recipe creates the sweetest, most delicious pickles I have ever tasted. The following recipe serves only 24... We made enough to serve all the residents!

21 cups thinly sliced pickling cucumbers
5-6 yellow or sweet onions - peeled and thinly sliced
2 large red onions - peeled and thinly sliced
6 tbsp. kosher salt
6 cups granulated sugar
3 cups apple cider vinegar
3 tbsp. mustard seed
3 tbsp. celery seed

Put it all together and refrigerate for 24 hours then put in the freezer for a month.

Residents were able to watch the “Cooking with Chef Carol Show” which demonstrated how the pickles were made on the Home’s Channel 4 Senior Television station a month prior to the Labor Day event. Once they had a taste of the freezer pickles, rave reviews came into the recreation department.

Due to the pandemic, recreation therapy and recreation improvised the Labor Day Cookout pickle booth and created a “Roving Pickle Cart” and a “Pass by Pick-up Pickle stand.” The challenge was on... Recreation’s Marla McGuinness and Recreation Therapy’s Carol Mitchell decided to see who could be the most creative in designing their pickle distribution carts.

The challenge was on... Recreation's Marla McGuinness and Recreation Therapy's Carol Mitchell decided to see who could be the most creative in designing their pickle distribution carts. It was fun for the residents bringing a smile to their faces when Marla had residents taking pickle photo pictures. Carol went roaming the healthcare units with a giant pickle, and of course freezer pickles to sample!