



AFRH-GULFPORT

AFRH-G celebrates all volunteers

By Jennifer Briley, Volunteer Coordinator
Photos by Becki Zschiedrich, Public Affairs

April 10th through 16th 2016 was National Volunteer Appreciation week. A whole week dedicated to everything Volunteer because that is how important volunteers are to the community. In honor of our wonderful Community, Military and Resident Volunteers here at the Armed Forces Retirement Home – Gulfport, we hosted our own Volunteer Appreciation Ceremony on April 14th 2016 at 1000 in the Community Center. Our theme for volunteers here at the Home is “Helping Hands” because it takes so many “Helping Hands” to make the world turn here. Two hundred and twenty-four individuals, military commands, and community organizations were recognized with certificates and or medals, and 41 Presidential Volunteer Service Awards were handed out as well. After the ceremony our volunteers stayed to have lunch in our Dining room. Thank you to all our volunteers; Community, Military and especially our Residents. You all make our day brighter, easier and a whole lot more fun!



Employees of the Beau Rivage Resort & Casino Michele Schivers and Christian Hickerson always volunteer at AFRH-G.



Resident Ken Falk receives his certificate. Ken has several volunteer jobs at AFRH.



You will see Yorda Hay volunteering at the Home all the time.



TSgt Lopez receives recognition for volunteering at AFRH-G.



Resident Phil Ford volunteered a total of 2,850 hours.



Maynard Howard receives his volunteer medal.

AFRH-WASHINGTON

Vietnam War 50th Anniversary commemoration

By Rebecca Newton, Public Affairs

Quantico National Cemetery and the Armed Forces Retirement Home, in partnership with the Daughters of the American Revolution, Rolling Thunder VA Chapter 3 and VFW Post 609 held a commemoration ceremony at the U.S. Soldiers' and Airmen's Home National Cemetery main flag pole to thank and honor Veterans of the Vietnam War.

Prior to the official ceremony, members of Rolling Thunder, Sons of the American Revolution, Daughters of the American Revolution and some Girl Scouts recognized Residents at a Meet and Greet with coffee and cake in the Scott Community Center.

Mrs. Sheri Dagg, Chaplain of the Prince William Resolves chapter of the DAR offered a prayer for the service. Mr. Tony Thomas, Acting Director of Quantico and Alexandria National Cemeteries welcomed all.

During the ceremony, Administrator Shaun Servais spoke about the great sacrifice made by those whom served during such a treacherous time. Regent Marie Vayer of the Nelly Custis Chapter, coordinated the ceremony and the wreath laying to memorialize those Vietnam Veterans who are no longer with us, and honor living Vietnam War Veterans with a commemorative lapel pin.

AFRH-W would like to thank those who participated in the thoughtful coordination to honor our veterans: Donald Sisk and Scott Brunner, both of the Department of Veterans Affairs; Carolyn Haug, AFRH-W Volunteer Coordinator and Ron Kartz, Chief of Resident Services.

Additionally, thank you to Gene Russell, who was the bugler for the event. We would also like to acknowledge all of the Residents and volunteers who braved the cold and winds to help us celebrate the service and sacrifice of Vietnam vets!



Bugler Gene Russell plays Taps.



A member of the Rolling Thunder motorcycle club at the Memorial.



Resident Ron Dressen receives a Vietnam pin.



Phillip “Spider” Douglas is pinned.



The Rolling Thunder motorcycle club pauses for a photo in front of the Sherman Building.

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AFRH COMMUNICATOR

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Rebecca Newton - AFRH-W Public Affairs

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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 Washington, D.C. and Gulfport, Mississippi

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 be incapable of earning a livelihood because of 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 incapable of earning a livelihood because of 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, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400. Visit us on the web at: <http://www.AFRH.gov>

ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

AFRH-Gulfport waiting time for residency is 27-29 months from the date of application approval.

AFRH-Washington has no waiting time for residency.



The Joint Commission
www.jointcommission.org

A CARF-CCAC Five-Year Term of Accreditation was awarded to the Armed Forces Retirement Home. <http://www.carf.org>
<http://www.carf.org/aging>



AFRH-W Veteran Highlight

By Christine Baldwin, AFRH-W Librarian



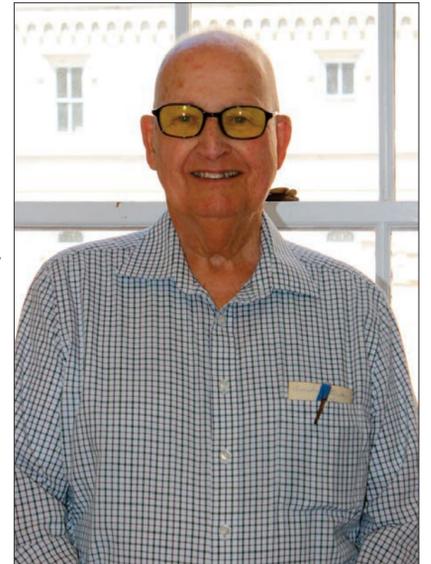
Frank Lawrence was born in Massachusetts. As a youth, he became a Boy Scout and went all the way through the program to become an Eagle Scout. During his High School years, Frank was in the Massachusetts State Guard as a machine gunner in a Rifle Company. He went to college, majoring in horticulture. When the Draft Act was renewed in November 1947, he decided to enlist. After all, he would

not be exempt from the service with his course work. Frank decided to enlist in the U.S. Air Force in June 1948.

After Basic Training at Lackland AFB in Texas and Tech Training School for Fabrication & Survival Equipment Parachute Rigging at Chanute AFB, Illinois, he flew to England and was stationed at RAF Burtonwood for depot assistance on aircraft flying the Berlin Airlift. He stayed in England through June 1947 and was extended because of the Korean War. Frank married his English fiancée back in 1951. Again Frank was extended for another year due to the war and at this time, he decided to make the Air Force his career. He did a tour at RAF Manston from 1953-1957, and then spent seven years with SAC at Lockbourne AFB Ohio and Griffiss AFB in New York. Frank's final tour was at RAF Lakenheath, England. It was during this tour that he had the privilege of rewriting an Air Force Directive, making it possible for fighter organizations to deploy as a complete package and be totally self-sufficient. With the help of some superior minds, it was adopted (and is still in existence) before Frank retired in 1964.

Next, Frank became a PX Manager and stayed in England because of his family. After his wife died, he was transferred to the 2nd General Hospital at Landstuhl, Germany taking over the PX complex. It was here that he met his second wife, who was originally from Kansas and had spent 23 years in the Army. They returned to the states and were married in 1981. Frank, then worked in sales (wholesale)

through 1992, when he retired again. Next, they enjoyed RVing for ten years. In October 2003, both he and Rose came to the Home. Frank started volunteering with the Public Affairs Office under Sheila Abar. They only stayed three months because it wasn't suitable for Rose, who was too young to be here. They went back to Texas, where Frank volunteered extensively with three organizations in support of active and retired military. He served as the Zoning Commissioner for one year and on the Chamber of Commerce, Board of Directors for eight years. After his wife passed away in 2011, Frank stayed for a few more years and then decided to come back to AFRH-W in 2013, where he loves volunteering with the Public Affairs Office.



AFRH-G Veteran Highlight

By Lori Kerns, AFRH-G Librarian



Thomas Dewey "Tom" Adams, Jr. was born in the city of Radford, VA. He was the eldest of three boys born to a painter in a viscose mill and housewife. Tom's family eventually moved to Roanoke, VA. He was the oldest grandson of a very large family. When he was young, he started playing with airplanes, including building models. Around the age of 12, he would ride his bike to the local airport to see the planes. He was eventually picked up by the chief mechanic and instructor at the airport and was taught to fly at the age of 17. He could actually fly before he learned to drive.

After finishing high school, Tom worked as a civilian for the Navy for a couple of years. At the age of 20, he decided to join the Army Air Corps. He was sent to Keesler Field in Biloxi, MS to attend aircraft and engine tech school. He was supposed to go to enlisted flight school but could not due to poor eyesight. Instead, they kept Tom as an aircraft electrical systems instructor and sent him to Gulfport Army Air Base. The school where he taught specialized in cargo aircraft like the C-47 and C-54. Staying at this school, he became an area supervisor and then got promoted to the rank of staff sergeant. While stationed on the Gulf Coast, he met a "pretty girl" named Esther from DeLisle, MS. They married in Gulfport in 1943. Meanwhile, he had been selected for a B-29 combat crew as a flight engineer. After a year of training, his crew joined the 19th Bombardment Group and was sent to Guam. His crew flew 26

bombing missions against Japan in 1945. Next, Tom was promoted to flight officer.

After WWII, Tom had to reenlist because his status as flight officer was only temporary. He reenlisted as a master sergeant and went to fly with the Manhattan Project in Albuquerque. His next transfer was to a bomb group that flew training missions out of Roswell, NM. In 1947, Keesler AFB had lost most of its high school and college instructors and supervisors. Since Keesler had Tom's name on file, they requested that he become an electrical branch supervisor. His next deployment was to Shepherd, TX where he worked as an Air Mechanic Technician. While stationed in Albuquerque, Tom and Esther had their first daughter, Jeanne Gabrielle. After a stint in Wichita Falls, he transferred to Clark Field in the Philippines to fly on a B-29. However the Korean War broke out so he was assigned to a fighter squadron and sent to Korea as a maintenance superintendent. After a year in Korea, he was transferred back to the Philippines and promoted to warrant officer. After his time was up in the Philippines, he was sent to an air defense command and began as a jet fighter squadron maintenance officer. This is where Tom found his niche. After serving about ten years with the air defense command, he and his wife had a son, Thomas Dewey III. The family ended up in Newfoundland where they spent three years and had their youngest child, Tina Marie.

Tom and his family came to Louisiana in 1960 and he started back in tactical air command as maintenance control officer for the 401st Tactical Fighter Wing. He worked here for six years and decided to retire from the military. He and his family relocated to Pass Christian where he worked for a NASA contractor at Stennis Space Center. He worked at Stennis for about 20 years and decided to retire altogether.

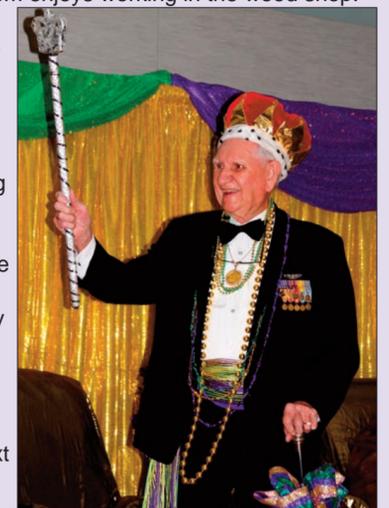
Enjoying his retirement, Tom and Esther spent a lot of time fishing, travelling, and being involved with the Pass Christian Carnival Association. He and his family also became involved with a group that did ballroom dancing.

This group spent time together performing at dances and traveling.

In 2004, Tom and his family lost Tina Marie at the young age of 45. His son had moved off to work as an engineer with Gulf Stream. His oldest daughter also moved away to open an amateur theater group and academy. Sadly, his wife became ill. Giving up his hobbies, he stayed close to home doing house work and other tasks so that he could take care of his wife. Esther passed away in 2010. About a year later, he was at Biloxi National Cemetery putting flowers on her grave and saw a lady, Kathy, at the cemetery. Kathy became his friend, companion, and helper. Enjoying each other's company, Tom and Kathy now travel frequently.

Tom had always known about AFRH-G since he lived a good bit of his life on the Gulf Coast. A couple of years ago, he got his room at the home but health reasons kept him from moving in. Last December, he finally moved in. Living at the home, Tom enjoys working in the wood shop.

One of the reason he appreciates the home is that he no longer has to purchase food or take care of a house. AFRH-G had the pleasure of having Tom reign as the home's 2016 King of the Mardi Gras parade and ball. An appointment he gladly accepted due to his love for Mardi Gras. As a matter of fact, Tom said he would "gladly do it again next year!"



AFRH welcomes new Chief Operating Officer, Dr. Timothy Kangas

The Residents and staff of AFRH would like to welcome Dr. Timothy Kangas, a member of the Senior Executive Service, assigned to the Armed Forces Retirement Home (AFRH), serving as the Chief Operating Officer, effective April 18, 2016.

Dr. Kangas' first article will appear in next month's Communicator.



Dr. Kangas welcomes Miss America 2016, Betty Cantrell to AFRH-W

Miss America and Miss District of Columbia visit D.C.

Rebecca Newton, AFRH-W Public Affairs

April 16, 2016 is Miss America Serves Day in DC. Betty Cantrell, Miss America 2016 and Haely Jardas, Miss District of Columbia were all smiles as they entertained and interacted with Residents. Haely, a vocalist sang her version of Taylor Swift's, "Blank Space" with a 1920's flare. Several Miss DC hopefuls performed various talents for residents. The idea was to give the contestants practice in front of a "friendly audience" before the big day, happening in June. The winner will go on to represent the District of Columbia at the Miss America Pageant!

Residents were entertained by various acts: monologue, baton thrower, Traditional vocalist, Pop vocalist, piano player. Miss America sang, "America," and received a thunderous applause from the audience. Miss DC, along with several other ladies visited AFRH-W last year, and were well-received by the Residents. At the conclusion of the show, Residents and guests enjoyed juice and cookies outside the theater. The ladies posed for photos and signed autographs for Residents.



Miss America is delighted to hold hands with Resident Keith Van Doren.



Resident Dave Pauling impresses Miss America with his muscles.



Miss America and Resident Gerald "Ivan" Saucier have fun taking selfies.

Ability Works receives award for outstanding overall performance

By Becki Zschiedrich, AFRH-G Public Affairs

The Ability Works employees are known at AFRH-G for keeping this building so clean that it still looks brand new five and a half years later. Visitors are always astonished at how immaculate this building is. And not only do they make sure the inside of the building is pristine, they are also the reason the grounds and the landscaping are so meticulously manicured and flourishing with flowers, plants and trees. Let us all show our appreciation and thank the employees of Ability Works for giving our veterans such a clean and beautiful building to live, work and thrive in.

It's no wonder that Ability Works received the SourceAmerica Certificate of Achievement for 2015. This certificate was presented in recognition of the high standards of performance they maintained throughout the past year in providing a products and services for the Federal government under the Ability One Program. In evaluating the Non Profit Agency's eligibility for the award, Source America has confirmed that Ability Works has excelled in all areas.

This recognition symbolizes a "job well-done". Outstanding overall performance in the Ability One program proves that persons with significant disabilities can be productive contributing members of society.

Congratulations to the Ability Works Custodial Supervisor Susie Baumunk, and to all the hard working Ability Works employees on your outstanding performance.



Congratulations to Ability Works and thank you for all your hard work and dedication to the Armed Forces Retirement Home. You all are the reason this five and a half year old building still looks brand new.

From the AFRH-W Administrator



Dear Residents, Employees, and Families: Washington weather in April has been stupendous! I am thrilled to see Residents taking advantage of the beautiful grounds – walking, biking, golfing and simply enjoying life in our Nation's Capital. This month we had a change of command, planted 50 donated trees, hosted a Vietnam War Commemoration, presented a report to our Advisory Council, and made progress on our accreditation preparation. Phew; a lot of work!

On April 15th, Dr. Timothy Kangas PhD was given the Keys to the Home as he assumed duty as our new Chief Operating Officer. He is also the newest on-campus tenant of the historic quarters making the Home his home in more ways than one. I enjoyed two full days with Dr. Kangas, showing him the facilities and grounds. He has been impressed with our buildings and the evidence of person-centered care here at work. I look forward to working with him and

supporting the Mission at the Washington Campus. Welcome aboard!

This April 2nd marked the 3rd Annual Casey Trees Planting. Volunteers and workers from Casey Trees were here to plant approximately 50 young trees on our grounds. The impact this organization has had restoring our Washington Canopy is already visible. The company's Executive Director, Mark Buscaino was here to support the team and I gave him the Administrator's coin as a token of our appreciation for the event. It was also a great opportunity for residents to interact with the arborists and volunteers.

On April 3rd, the campus hosted a commemorative ceremony, recognizing Veterans from the Vietnam War, which began 60 years ago this past November. Here at our Washington campus, we have exactly 200 Vietnam Veterans who served during the war. The Daughters of the American Revolution, Quantico National Cemetery and Rolling Thunder Motorcycle Club all participated in the event. It was my honor to address the crowd on a cold and windy day. I thanked the Veterans of the Vietnam War era for being strong advocates for men and women in uniform today. Their efforts enable today's Veteran to stand proudly on their shoulders.

The AFRH Advisory Council convened April 21st to review organization goals and progress. There was lengthy

discussion about the \$0.50/month pay contribution being raised to \$1.00, a topic most important to our Resident body at both campuses. Despite the discussion, an increase has yet to be approved and implemented. However, the good news is Congressional support for our agency has been demonstrated which ensures the continued solvency of the AFRH Trust. I walked away from the meeting feeling very confident and assured of the Home's perpetual operations. Our mission to support Veteran Residents is never ending! As administrator for the Washington Home, I will do my best to remain a responsible steward of our resources.

With stewardship comes the commitment to providing Residents with a high standard of service. Our legislation requires private-sector industry experts to review and consider the Home for accreditation in programs which we operate. One example of an accreditation forthcoming is the Commission on Accreditation of Rehabilitation Facilities (CARF) and our aim to re-accredit our Continuing Care Retirement Community (CCRC). We have made progress with CARF pre-survey work to prep ourselves for the forthcoming survey. There is, however, even

more work to be done before it kicks off this July or August. Another private sector accrediting body is The Joint Commission (TJC is formerly known as JCAHO). TJC will be on site to review our Independent Living Plus (ILP) program this September, and given a positive outcome, will award us our accreditation as a Home Healthcare operation.

So, a busy summer ahead for both campuses. We have our work cut out for us and remain confident that our commitment to being a premier retirement community with exceptional residential care and extensive support services will shine through.

Shaun Servais



Administrator Shaun Servais spoke about the great sacrifice of Vietnam Veterans during the 50th Anniversary commemoration.

Casey Trees plants Cherry Blossoms at AFRH-W

Story by Rebecca Newton, AFRH-W Public Affairs
Photo by Shaun Servais, Administrator



April 2nd was a busy day at AFRH-W, as more than one hundred volunteers assembled in the rain to plant three National Cherry Blossom Festival-donated trees, as well as fifty additional trees throughout the campus grounds.

Casey Trees, a Washington, D.C.-based non-profit, offered its gracious staff of planters, arborists, foresters, conservationists and volunteers who will continue their efforts

throughout the season, all over our campus, by providing monthly or bi-monthly pruning, watering and planting visits.

The team also removed a hazard tree east of Stanley Chapel. Carol Herwig, Casey Trees Certified Arborist adds, "I will be on-site to continue cutting back grasses on the golf course." Many residents have commented on the recent beautification and sincerely appreciate the time and efforts of the volunteers.

Petworth library visit

By Christine Baldwin, AFRH-W Librarian

Towards the end of April, AFRH-W residents had a special treat, along with their monthly ice-cream social. Chris Stevenson from the Petworth Branch of the D.C. Public Library came to talk about the services, programs and events at their library. He also issued on-the-spot library cards to several interested Residents. Along with books, e-books, audiobooks, music and DVD's, the D.C. Library now has a 3-D printer to help preserve various artifacts. Chris was also able to assist Residents with their questions. He will be keeping us posted of the events they have at their library.

AFRH wants to hear your military stories. Please contact the Public Affairs Office.

**AFRH-G
228-897-4429
AFRH-W
202-541-7551**

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



Spring has finally come to AFRH-W. The flowers are starting to blossom and birds are chirping all around us. The warmth of the sun is brightening our spirits, so try to go outside and enjoy the sights and sounds of this fresh new season.

AFRH-W "welcomes" our new Chief Operating Officer, Dr. Tim Kangas who comes to us from Michigan. As we are welcoming our new COO, we bid a fond farewell to Mr. Steve McManus who is retiring after many years of exemplary service to AFRH-W. We take this time to wish Mr. McManus and his family the very best that retirement has to offer. Thank you, from the residents and staff for all that you have done. You will most definitely be missed around the campus.

The golf course opened on the first of

April. This is the final season and we are hoping it can be back in operation in the near future. Come on out to enjoy playing a round of golf or two with your friends. It will be good a good opportunity to enjoy the camaraderie and get some good exercise as well.

Bus trip participation is holding steady. We are using smaller buses based upon the number of residents who sign up for various activities. Larger buses are still being used for the more popular trips, such as the Base Exchanges, Commissaries and Shopping Malls. We still need more diversity on our selection of trips and encourage more residents to attend the Trip Selection meetings.

Don't forget the upcoming "Spring Fling" on May 7th. Everyone enjoys this social event. Mark the date on your calendars and come out and enjoy the company of your fellow residents. Of further interest, there will be an Art Show of local artists around the middle of May. This function will be held on the grounds around the gazebo and Lincoln Cottage.

Historical Events Happening in April include:

-1513 – Ponce De Leon discovered present day St. Augustine, Florida.

-1789 – George Washington became the first President of the United States of America.

-1792 – The first U.S. Mint was established in Philadelphia.

-1861 – The Civil War began at Fort Sumter, South Carolina.

-1865 – President Abraham Lincoln was

assassinated at Ford's Theater by John Wilkes Booth.

-1945 – President Franklin D. Roosevelt died in Warm Springs, Georgia.

-1968 – The Reverend, Dr. Martin Luther King was assassinated at the Lorraine Motel in Memphis, Tennessee.

-1970 – Apollo 13 was launched at Cape Kennedy in Florida.

-1981 – The first Space Shuttle flight of Columbia.

Please Note: Residents, please

promptly remove your clothes from the washers and dryers so that others may use the machines.

Marvin Archer



RAC Chair Marvin Archer participates in the ceremony to commemorate Vietnam Veterans.

AFRH-G Administrator



This month we celebrated all the volunteers who dedicate their time to support the veterans at the Armed Forces Retirement Home-Gulfport and we recognized all the Resident volunteers who put in countless hours working, even though they are retired. I have always said, "The next best thing to a Resident is a volunteer." And to discover we have numerous Residents who volunteer to make the AFRH-Gulfport excites me tremendously. We appreciate all of the Resident volunteers and all who come to volunteer from out in the community. We cannot thank you enough for your time.

I would like to congratulate LaRoy Briscoe for receiving the Employee of the Quarter and to Miranda Turner for receiving honorable mention. I have just been fascinated and amazed at the loyalty, dedication, and enthusiasm, displayed by all of the employees here and I am extremely proud to be a part of

the team at AFRH-Gulfport.

On April 15th we bid farewell to our Chief Operating Officer, Steve McManus. I would like to personally thank him for giving me the opportunity to work at such an incredible home. I knew as soon as I walked in the door in November of 2015 that this is where I was meant to be. I want to wish Steve and his wife Maryann the best

in the new chapter of their lives.

On behalf of the Residents and employees I would like to welcome our new Chief Operating Officer, Dr. Timothy Kangas. We are looking forward to showing you the Gulfport Home. I know you will be impressed by the Home, but after you meet the Residents and staff you will see why some folks refer this as, "Heaven on earth."

I would like to add my appreciation to all the Residents in D.C. and Gulfport for their service to our country and for choosing to live at the Armed Forces Retirement Home.

God bless,

Jeff Eads



Administrator Jeff Eads presents Miranda Turner her certificate for Honorable Mention.



Administrator Jeff Eads announces LeRoy Briscoe as Employee of the Quarter at the recent Quarterly Employee Meeting.

Hooters supports America's Heroes at AFRH-G

By Becki Zschiedrich, AFRH-G Public Affairs

Hooters has always been a loyal advocate of the AFRH-G. Many Hooters employees were here for the grand opening of the new AFRH-G in 2010 and they continue to support our Residents by attending several events throughout the year at the Home. The manager of the Hooters in Gulfport, Melvin Ray, along with several Hooters girls, have attended every Army Navy Football game at AFRH-G, which is held every year in the Community Center. Hooters donates their delicious chicken wings, and they give away door prizes during the game. They also come to the Home for the Mardi Gras Ball, Memorial Day Ceremony, Veteran's Day Ceremony, and Christmas to visit with the Residents. Hooters contributes an abundance of delicious food and hors d'oeuvres for the Residents to enjoy, and have even donated a beautiful and rare large neon lighted clock which is displayed in The Fiddler's Green.

On the monthly Resident bus trip to the WWII museum in New Orleans, three Hooters girls recently joined the Residents on the trip so they could improve their knowledge of WWII. They got to see the movie "Beyond All Bounds" and were enthralled by the exhibit "The Road to Berlin". They really enjoyed the history lesson they received from the WWII Museum and from the Residents. They then had lunch with the Residents at the Stage Canteen, where the Victory Belles perform, at the museum.

A big Thank You goes out to Hooters for their dedication, and support to America's Heroes at the Armed Forces Retirement Home.



Pictured in their WWII sailor covers are Hooters girls Shelby Konczal, Sara Smith, and Megan Sullivan with Residents Tony Langdon and Charlie Jenkins.

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



Ah, spring is here. Today is the 18th of April and it sunny and cool outside today but alas it was cool and rainy most of last week. It's acting almost like spring somewhere up North. At this time last year

we were in the 80's and I was enjoying the beach, and this year we are barely in the 70's. Well anyway Hurricane Season is just around the corner so we need to enjoy the nice weather we are having on the Gulf Coast. It just goes to show you one Man's Mansion is another Man's Cave (excuse me ladies).

We've had budgetary constraints the past few years and Resident Services has experienced fee increases as a result, which the Residents understood. While the enlisted contribution remains at 50 cents per month, the Residents would like to see that increased to \$1.00.

Now is the time that we need to work together to ensure the greater good of the Home and the Residents who reside here. The Semi-Annual Resident Advisory Council Meeting was held on April 21st and I brought up these issues. Next month our new COO is coming to Gulfport and I plan to meet with

him to discuss the Residents' concerns, such as cuts in Resident Services and cuts in personnel.

Now, I'm winding down to my final months in office and I do not intend to run again. I need a rest because if this job is done right, one cannot sit by and let things happen. One has to be proactive and not reactive, so I hope whoever is elected in September will keep the pressure on. The RAC Chair position is not a figure head position but is vital to the operation of the Home and the wellbeing of us, the Residents.

Lastly, on April 15th I had to say goodbye to our Chief Operating Officer, Steve McManus, who is a very good friend to me and the Home. I have known Steve and his wife Maryann, since 2008 when I arrived at the Home in D.C., and became active in the RAC. He once gave me a compliment by saying I was a "square shooter". So now I want to return the compliment. Steve, you have been a "real" square shooter. You wore the white hat and rode on the side of truth and justice. You always treated the Residents with the greatest respect and honesty. To me, you were and are an "American Fighting Man." I wish you and your wife Maryann the best in your travels and may the road ahead be smooth with no pot holes, or detours.

Henri Gibson



RAC Chair Henri Gibson receives a Certificate of Appreciation from Resident Services Chief Christopher Alexander at the Volunteer Recognition Ceremony on April 14, 2016.



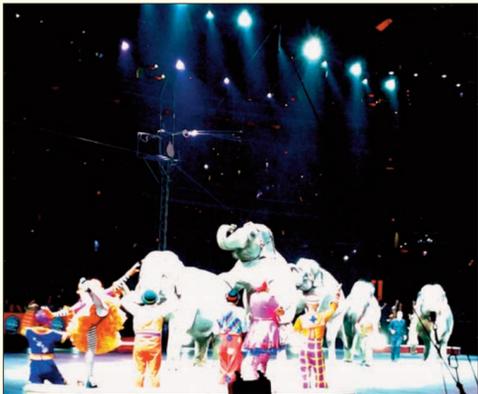
Henri wishes Steve McManus well at his retirement ceremony which was broadcast via video cast live from D.C.

AFRH-W Activities

Recreation Therapy goes to the circus

By Amanda Jensema, CTRS

The Ringling Bros. & Barnum & Bailey Circus is always a trip the Residents look forward to every year, thanks to the Fenwick Foundation. This year's theme was Circus XTREME, and it was full of excitement. This year also marks the last year the circus will have the elephants. We had the best seats in the house, up close and personal with all the action! The Healthcare Residents had front row seats, and even had to walk through the Washington Capitals locker room to get to their seats! Throughout the entire show we never knew where to look because there was so much happening all over. We definitely witnessed some extreme performances. One woman was shot out of a cannon and safely landed 119 feet away! There were several acrobats who not only walked a tight rope, but they also played a game similar to leap frog, and balanced on each other's shoulders. This was all done at over 30 feet in the air. Other acrobats were flipping on large trampolines and jumping through openings in a wall. We thought for sure someone might miss, but they never missed one beat, flip, or jump. Then the bicycles came out. They too were doing flips over ramps and even jumping over one another. These were truly EXTREME performances. What would a circus be without its animals, especially the wild cats? A trainer was in the center of the ring surrounded by 16 tigers who all obeyed his commands, but not without a little "talking back". The Residents all had such a wonderful time. When Resident Edith Ellington was asked if she was having fun, she stated, "I feel like a kid again!" Resident volunteer Sheldon Shorthouse assisted us on the trip, and we found out this was his first circus experience ever. From the time we arrived until the time we said goodnight, he had a smile on his face. He was also our star photographer for the evening! Thank you again to Alex Gorny with Fenwick Foundation for the tickets!



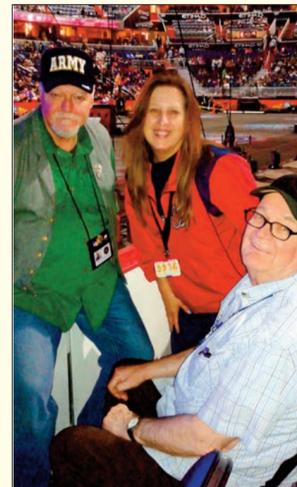
The dancing elephants delighted the Residents.



Residents and staff enjoy the Barnum and Bailey Circus.



A trainer was in the center of the ring surrounded by 16 tigers.



Residents Sheldon Shorthouse and Ernest James pose at the circus with Carol Mitchell, Rec Therapy.

Recreation Therapy White Elephant Auction

By Amanda Jensema, CTRS, & Carol Mitchell, Recreation Therapy Specialist

Going ONCE...Going TWICE...SOLD! That was the sound at the annual Recreational Therapy White Elephant Auction. At 10:00 a.m. the Scott Auction House opened its doors for viewing to allow Residents to preview items for the official event that started at 1:30 p.m. At that time, Resident volunteer Bill Jenterra greeted the Residents and reviewed the rules and regulations stipulating that there is NO SHARING of money, no jumping bids, and what the auctioneer says, goes. They were then handed their numbered paddle and \$150.00 in "funny" money, as well as candy and a notepad. The afternoon began with a "Buy It Now" table with items ranging from \$2.00-\$10.00 such as pens, stationary, backpacks, toiletries, purses, as well as unusual nick-knacks. Residents were also able to purchase items from the Concession Stand. We had homemade Twinkie Cake, and Chocolate Peanut Butter Brownies made by RT's very own Sarah Kenan, pies from Food Services, as well as beer, soda, wine, and water. The auction soon began with a crowd of 100 all bidding on new and slightly used items. To officially kick-off the auction, Chief of Resident Services Ron Kartz, aka Rhonda, returned in the role as our very own "Vanna White" throughout the auction! There were several items that sold for \$150.00, such as an iPad and carrying bag with various office supplies, and a 32" TV with cables and remote. Other big ticket items included a four foot tall topiary, clocks, portable radios, tablets, and the "\$5 Buy it Now" blanket table.

Special auction packages were created to include a bathroom set, bedding set, as well as themed items like cats, golf, fishing, Christmas, and seascape wall decor. All Residents who attended had a great experience and walked away with smiles on their faces. Items were donated by Residents, employees, family and friends. Tyler Stallings, who is the four year old cousin of Lynn Holt, Director of Rehabilitation Services, organized one of the donation drives for the Auction. This event was truly a team effort. Thank you to employees Nicole Chappel, Carolyn Haug, Chris Baldwin, Brenda Samuels, and Resident Sheldon Shorthouse who helped at the "Buy it Now" and the concessions stand. We would also like to send a special shout out to

Resident Bill Jenterra who worked tirelessly behind the scenes to help us prepare by organizing all the donations, creating the extra bidding paddles, setting up and breaking down, and everything in between. We look forward to seeing you all next year at the auction!



Ron Kartz aka "Rhonda" models items during the auction.



William Jenterra hands Dave Kaetzel his auction money.



Residents use their money to purchase donated items.

Local artist presents portraits to residents

By Lori Thompson, Art Specialist

On March 30th, local artist, Helen Gallagher, presented oil portraits to Residents. Two years ago, Helen contacted AFRH-W and offered to paint Residents portraits, free of charge. Helen has worked diligently with Residents, interviewing them, sketching and taking photographs as references for her final paintings. The portraits were enjoyed by all and Residents were delighted to speak with Helen and her visiting artist friends. A small reception was held in the Artist Colony for the presentation of the portraits. Thank you Helen!



Residents Sandra Intorre, Michael Martinez, and Gerald "Ivan" Saucier receive their portraits from artist Helen Gallagher.

AFRH-G Activities

"Beau Rivage makes an MPACT with bingo!"

By Susan Bergman, MT-BC, Recreation Therapy Services

On Thursday, March 31, 2016, volunteers from MPACT joined residents from Valor, Allegiance & Loyalty Halls for some outstanding bingo games! MPACT is the MGM Resorts Beau Rivage employee volunteer program in which employees provide community outreach and service to others to make a difference in Mississippi. MPACT volunteers Johnnie Mae Applewhite, and Peggy Harvin paired up with Residents to double their odds of winning.

As a community partnership, MPACT returns every 4th Thursday to assist with bingo games and visiting with Residents. These monthly experiences have truly made an MPACT on our veteran Residents and volunteers!



It was a winning afternoon with MPACT's Bingo! MPACT is the MGM Resorts Beau Rivage employee program. Employees of the Beau Rivage provide community outreach and service to others to make a difference in Mississippi.



Bingo Caller Johnnie Mae Applewhite and volunteer Peggy Harvin are all smiles with Resident Dwyght Shelby.

Minnesota musicians entertain Veterans

By Sean Campbell, Lead Recreation Therapist

Music filled the air at AFRH Gulfport as students from Minnesota stopped by the Armed Forces Retirement Home to perform. The High School Band and Orchestra Ensembles from Robinsdale Cooper High School in New Hope, Minnesota and East Duluth High School from Duluth, Minnesota converged on the Home in a two day span. Both groups had been studying music history, while on their trip to New Orleans, and were compelled to swing over to Gulfport, Mississippi to show their appreciation for our Veterans. On Friday April 1st, the Robinsdale Cooper High School performed and featured various jazz pieces that had Residents tapping their feet. On Saturday, April 2nd, the East Duluth High School put on an awe-inspiring orchestral concert featuring strings and brass. The students participating in the music programs take a southern tour every few years. AFRH-G was very fortunate to be selected as one of their primary performance destinations. Students and Veterans mingled after the performances and shared stories. It is safe to say AFRH residents are ready for another visit from both of these schools in two years.



East Duluth High School from Duluth, Minnesota put on an awe-inspiring orchestral concert featuring strings and brass.



Robinsdale Cooper High School in New Hope, Minnesota performed and featured various jazz pieces that had Residents tapping their feet.

What is it?

By Milton Williams, Art Specialist

Hi Folks! For those of you who participate in our art and craft classes, AKA "School of Arts and Science" know that "Art is an Adventure," both for the artist and the viewer. Well, we would like to invite you to a new series that will show a photo of an item or scene and you can guess what or where it is...Hmmm!

Our first mystery item photo of "What Is It?" was found on the grounds of our Gulfport Campus. The answer will be in next month's issue. Enjoy the Adventure...



Can you guess what this is? Stay tuned for the answer in May's Communicator.

The Adventures in Wonderland Tea Party

By Jennifer L. Briley, AFRH-G Volunteer Coordinator

A grand time was had on March 22nd 2016 at 2:00 p.m. in the AFRH Community Center for an Adventure in Wonderland Tea. As you walked into the room it felt like you had just stepped "Through the Looking Glass" and fell down the rabbit hole into Wonderland. Stephanie Livermore from Dining prepared a wondrous spread of scones and cakes that were gobbled up in record time. Sean Campbell prepared our movie "Alice in Wonderland", Disney's live action version with Johnnie Depp. I played the Mad Hatter and recited Lewis Carroll's poem "Fairytale" from his acclaimed book "Through the Looking Glass", and Recreation Assistant Kimberly Clothier helped Tower D ladies make whimsical hats to wear to the Tea.

The tables were adorned with colorful whimsical flower displays and candies guarded by the Queen of Hearts minions holding white roses, (which did not make the Queen happy I assure you). White washcloth bunnies were on the tables too, because what is an Adventure in Wonderland Tea Party without the White Rabbit?

The AFRH-G Ladies had a wonderful time and even a few of the gentleman residents showed up and joined the festivities. We would like to give a great big "Shout Out" to Mr. McManus' mother, Mrs. Anna Robertson and her friend, Ms. Sharon Lungaro of the South Harbor Woman's Knitting Group for donating several knitted lap blankets that were given out during the Tea. Military volunteers from Naval Mobil Construction Battalion 11 handed out tickets as Residents came into the Tea and during the opening festivities a drawing was held to give out all the blankets.

Thank you everyone who participated and made our Adventures in Wonderland Tea Part and whimsical and fanciful time.



Ms. Goldie was happy to win a blanket made by Mr. McManus' mom, Anna Robertson and her friend, Sharon Lungaro.



Ms. Mildred Sobierajski receives her gift from volunteers.



Resident Tom McNamara even stopped by.

GULFPORT

AFRH-G Residents give back to enlisted members

Story & Photos by Ray Ross, AFRH-G Resident

The members of the Resident Advisory Committee (RAC) made being away from home on Easter just a little bit more bearable. Residents of AFRH-G purchased, at their own cost, tickets to be able to be used for the retirement home Easter meal. Approximately 20 Airmen, Navy, Marines, Army, and Coast Guard enlisted members were treated to the Easter meal at the Home. The young enlisted members were asked to sit at different tables with the Residents of the Home. Lively conversation and a lot of war stories filled the air in the Dining Hall. The Resident Advisory Committee started this program where Residents can purchase these tickets for numerous holidays to give back to today's enlisted members.



Gulfport Residents attend ship christening

By Becki Zschiedrich, AFRH-G Public Affairs

On April 2nd eighteen Residents attended the Christening of the USS Ralph Johnson (DDG 114) at Ingalls Shipbuilding in Pascagoula, Mississippi.

Resident Tony Langdon said with all the dignitaries that were there, it was the AFRH-G Residents who received the standing ovation from the audience when they were introduced by the President of Ingalls Shipbuilding, Brian Cuccias.

Langdon said, "It made me really proud to be a Resident of the Armed Forces Retirement Home when Generals and Admirals stood up to give us a standing ovation."

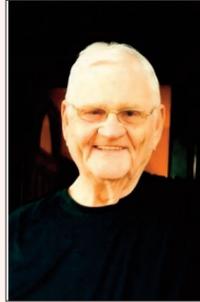


Pictures of the Residents attending the Christening of the USS Johnson at Ingalls Shipbuilding yard Pascagoula, Mississippi 2 April 2016.



An Ode to the AFRH

By Gulfport Resident Len Raley



I WAS CHOSEN TO COME TO ARMED FORCES RETIREMENT HOME
TO NEVER EVER AGAIN TO ROAM
AN AWESOME PLACE REACHING TO THE SKY
A GREAT PLACE TO LIVE A GOOD PLACE TO DIE

THE BRAVE MEN AND WOMEN WHO HAVE SERVED THEIR TIME
EACH DID THEIR ASSIGNED DUTIES SO DIVINE
WE ALL FOUGHT THE BATTLES SO ALL COULD BE FREE
FOR EACH AND EVERY SERVICE PERSON ARE HEROS YOU SEE

NAVY ARMY MARINES COAST GUARD SEABEES AND AIR FORCE
ALL ARE HERE BECAUSE THEY EARNED IT OF COURSE
THE FOLKS IN ADMINISTRATION SO EAGERLY SEE TO OUR NEEDS
WE ARE WELCOME TO SEE THEM ANYTIME WE PLEASE

THE WELLNESS CENTER TAKES GOOD CARE OF OUR HEALTH
THEY DO IT WILLINGLY REGARDLESS OF OUR WEALTH
SPECIMENS BLOOD TEST PILLS AND NEEDLES GALORE
AND IF WE DONT GET BETTER IT IS KEESLER FOR MORE

WE HAVE A BANK POSTAL GYM BOWLING ALLEY WALKING PATH AND EVEN A POOL
AND A MASTER MENU THAT MAKES SOME OF US DROOL
FRIENDLY ADVISERS WHO DO THEIR VERY BEST
IT IS UP TO EACH ONE OF US TO DO THE REST

SECURITY PROTECTS US 24 HOURS EVERY DAY
MAINTENANCE WILL FIX ANY PROBLEM COME WHAT MAY
ABILITY VACCUMS CLEANS AND MOPS THE FLOOR
AND IF WE PAY EXTRA THEY WILL CLEAN EVEN MORE

RELAX WITH A FEW BEERS AND KARAOKE AT FIDDLERS GREEN
SOME OF THE STRANGEST SINGING I HAVE EVER SEEN
USUALLY I JUST SIT THERE CLAPPING MY HANDS
WITH ENOUGH BEERS COULD I DO THIS OH MAN

SINCE I HAVE BEEN HERE I HAVE TRIED TO SLEEP IN VAIN
PLEASE SOMEBODY DO SOMETHING ABOUT THAT DARN TRAIN
TWO MONTHS LATER I AM CLEANING MY ROOM
BECAUSE A QUARTERLY INSPECTION IS COMING SOON

I SAY THIS WITH HUMOR AND DONT WANT TO BE MEAN
BUT HOW IN THE WORLD DO YOU KEEP THAT RUG CLEAN
ALL BROWN GREY AND SPECKLED A LOT
I THINK IT WAS DESIGNED TO SHOW EVERY SPOT

GUEST ROOMS FOR FAMILY AND FRIENDS WHO EAT LIKE A GLUTTON
THEY DO NOT HAVE TO WORRY ABOUT PUSHING THAT BUTTON
A KNOCK ON THE DOOR WHAT NEWS DOES THIS BRING
OH MY GOSH I MUST HAVE PULLED THAT STRING

MY TV AND COMPUTER ARE HOOKED UP AND WORKING GOOD AS CAN BE
BUT SOMETHING IS WRONG I CAN NOT RECORD SENIOR TV
CABLE PROVIDERS BOAST ABOUT EXCELLANCE AND ZOOM
OH BY THE WAY THEY CAN NOT SERVICE MY ROOM

IN CLOSING THIS ODE I AM SETTLED AND HAPPY AS CAN BE
I WHOLE HEARTEDLY INVITE RELATIVES AND VISITORS TO COME HERE TO SEE
THE WEATHER IS RAINY HOT AND HUMID BUT THE HOME IS NOT TO BLAME
ARMED FORCES RETIREMENT HOME I AM SURE GLAD I CAME

WASHINGTON

CPOC's clean sweep

By Carolyn Haug, Volunteer Services Coordinator

Happy 123rd birthday to our Chief Petty Officers of the United States Navy! During the 123rd birthday week, the Chief Petty Officers Association of Naval District Washington and Bethesda joined our Veterans and staff at the Armed Forces Retirement Home for volunteer work and lunch. The morning was kicked off with a brief about the Armed Forces Retirement Home and the contributions made by our active duty military by Chief of Resident Services, Ron Kartz.

Afterwards, the sailors went to work cleaning up the gardens around our Resident plots, dusting and cleaning the Ceramics Room and Woodshop and washing the windows surrounding the Dining Hall. Several volunteers even got behind the serving line and served lunch. The day of service was an opportunity to honor the military heritage of the greatest Navy on Earth! Happy Birthday Chiefs!



"Fair Winds and Following Seas Steve McManus!" You made a difference at AFRH and we all thank you for your service.

Photos by Rebecca Newton, AFRH-W Public Affairs



Ms. Stephanie Barna, Principal Deputy Under Secretary (PNR) presents Mr. McManus a certificate for thirteen years of service.



President Lincoln's Cottage Executive Director Erin Carlson-Mast presents a PLC ornament to Mr. McManus.



Mr. McManus receives an autographed portrait of the Sherman Building from his Direct Reports.



Steve and his family.