



AFRH-GULFPORT

Vietnam Veterans Pinning Ceremony

Story & Photos by Becki Zschiedrich, Public Affairs



In honor of the noble men and women that served courageously during the Vietnam War, the AFRH-G held a Pinning Ceremony on March 30, 2017. These men and women made great sacrifices when our nation called, and this tribute and homage to the Vietnam Veterans is long overdue. We are proud to say that the Armed Forces Retirement Home in Gulfport is home to 309 Vietnam Veterans. We honored thirty-eight of our residents, who attended the ceremony, for their service during the Vietnam War. This ceremony was designed to thank and honor our Vietnam Veterans and their families.

Administrator Jeff Eads was the emcee for the ceremony and the Biloxi High School JROTC presented and retired the Colors. After the National Anthem and the Pledge of Allegiance, AFRH Chaplain Michael Gibson gave the invocation.

Julia Encalade, who is the Harrison County Veteran Services Officer, gave a heartwarming speech about the importance and purpose of the Pinning Ceremon. She then distributed the lapel pins as Ombudsman Master Chief Paul Wise called the names of the veterans who were recognized and each was thanked for their sacrifice.

The AFRH-G would like to extend our thanks to Veteran Services Officer Julia Encalade, The Harrison County Veterans Services Office and The Harrison County Board of Supervisors for the pins and ceremonial support. We would also like to thank the Long Beach VFW Post 3937 for the special bags and items for the veterans and for making the Vietnam Veteran Pinning Ceremony a reality.



Steve Crews, who is a published author and has written four books, was recognized and thanked for his service in Vietnam.



The Biloxi High School JROTC presented and retired the Colors.



Bob Moberly receives his lapel pin for his service in Vietnam.



Tony Langdon receives his lapel pin as Julia Encalade thanks him for his service.



Ed Majcher receives his pin from Julia Encalade.

AFRH-WASHINGTON

Air Force volunteers beautify AFRH-W golf course and ponds

Story and Photos by Robert W. Mitchell, AFRH-W Volunteer/Activities Coordinator

Veteran residents at the Armed Forces Retirement Home (AFRH-W) here in Washington are starting to see a crisper golf course and clearer fishing waters thanks to the landscaping work and debris removal by military volunteers.

About 60 Airmen volunteers from the Chief Master Sergeant of the Air Force Donald A. Harlow Airman Leadership School, Joint Base Andrews Air Force Base, Md., spent a few hours clearing wet leaves and broken branches from the golf course, raking large clumps of brown and orange leaves out of a drainage ditch near the eighth hole, and dredging even more leaves and sticks and stuff from one of two fishing ponds on campus.

Sheldon Shorthouse, a 20-year retired U.S. Army Veteran and AFRH-W resident who supervised some of the work at the drainage ditch, said he was pleased with the volunteers' work.

"Basically, we just wanted to clean out the leaves from the water. It was a hard job, but they did well," he said.

Afterwards, the volunteers ate lunch with in the dining facility and listened to amazing stories about military life from some of the veterans living here who served their country so long ago.

"Every time we have a military group here, and they have a chance to sit down with the residents, the residents enjoy it," Shorthouse said. "Especially if they (the volunteers) are from the same branch of service."



Military volunteers from the U.S. Air Force CMSAF Donald A. Harlow Airman Leadership School, Joint Base Andrews Air Force, Base, Md., beautify the golf course grounds at AFRH-W.

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AFRH COMMUNICATOR

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

Serving 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 & 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, #584

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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>



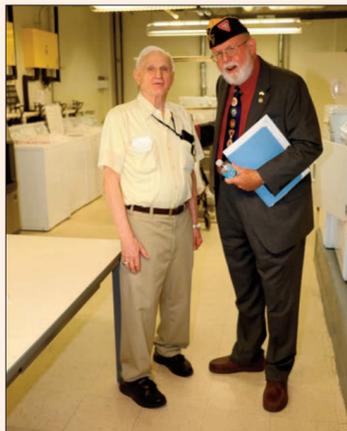
Fleet Reserve Association visits D.C.

By Chris Kelly, Public Affairs Officer
Photos by Necilia Jones, Public Affairs

On April 20, 2017 AFRH-Washington hosted the National Board of Directors of the Fleet Reserve Association (FRA) for a briefing, tour and visit with residents. Chief Operating Officer Dr. Timothy Kangas offered welcoming remarks via video-conference from Gulfport. Also taking part in the briefing were AFRH-W Administrator Shaun Servais and AFRH-W Chief of Resident Services Ronald Kartz.

The eleven FRA directors, led by National President Donald E. Larson, then toured AFRH-W's Scott and Sheridan Buildings and took time to greet residents and staff. They finished their visit with session in the Scott Theater, where they honored AFRH-W residents who are also FRA members. AFRH-W Ombudsman Robb Webb concluded the morning with a surprise presentation to the FRA directors of Vietnam veteran lapel pins, commemorating the 50th anniversary of the Vietnam War.

AFRH-W would like to especially thank Ms. Penny Collins, director of FRA membership development, for arranging the visit and for her continued outstanding support for the Home.



AFRH-G Veteran Highlight – Bura Bruner “B.B.” Breland, Jr.

By Lori Kerns, AFRH-G Librarian



Bura Bruner “B.B.” Breland, Jr. was born in Carson County, TX in the year 1926. He is one of eight children born to his Mississippi-native father, who was an oil field worker, and his mother, who stayed at home to raise the children. The family eventually moved to West Texas for their father to begin working for an oil company that would eventually become Exxon. In school, B.B. was always top of his class. He enjoyed playing football and running track.

At the age of 17, B.B. decided to join the Navy right as WWII was beginning. He was sent to boot camp in San Diego, CA. After boot camp, he was chosen to become a Corpsman on one of the first groups of Medical Corps to serve the Marines. He was sent along with the corps to San Francisco, CA.

As soon as the news hit that Pearl Harbor had been attacked, B.B. was sent, along with his group, on a troop ship to the South Pacific. They made their way to Pearl Harbor to see the devastation that had occurred. They got back on their ship to move to the other side of the island. He and his group were assigned to an airstrip on the east side of the Guadalcanal where they saw their first action. Here, the Corpsman took care of the victims of the Pearl Harbor attack. B.B. remembers watching airplanes coming in and worrying because he could not tell whether they were U.S. or Japanese planes. On one eventful day, a Japanese plane crashed and set the runway on fire. B.B. suffered injuries when his feet were burned from the fire. He was taken to another island where his burns were treated. Once he recovered, he was transferred back to San Francisco. Because of his injuries, he was given the option to get out of the military. He gladly took the offer.

B.B. went back to Texas to live with his family. His father decided to return to his home state with his family. B.B. finished his high school education graduating with honors in Perry County, MS. Around this time, he met a girl named Frankie. The couple got married and eventually had two daughters, Vicky and Tina.

After high school, B.B. decided to further his education by attending Perkinson Jr. College. Soon after, an opportunity came around for him to work for his father's oil company so he went back to Texas. His position with the oil company moved him around between Texas, Louisiana, and Mississippi. While working in Mississippi, he decided to finish his college degree in Business by attending University of Southern Mississippi in Hattiesburg. B.B. ended up staying with the oil company, which was now Exxon, for many years and finally retired.

When AFRH-G reopened after Hurricane Katrina, B.B. was one of the first residents to arrive. These days, he enjoys his retirement by eating with his friends and watching TV. He also enjoys frequent visits from his daughters. Most days you will catch him talking to his best friend, Jimmy, and his brother, D.C., who are also residents at the Home.



B.B. Breland (middle) celebrates his 90th birthday with his best friend Jimmy Windham (left) and his brother D.C. Breland (right).



B.B.'s daughters Tina and Vicki visit him often at the AFRH-G.

Message from the Chief Operating Officer

Reflecting on one year at the helm



April marked my first anniversary as your Chief Operating Officer, and the time certainly has flown by! What a privilege it continues to be – getting to know our veteran residents and dedicated staff.

I'm proud to be part of an organization that's had a year of accomplishments – which I've witnessed first-hand. This includes receiving re-accreditation from The Joint Commission and from the Commission on Accreditation of Rehabilitation Facilities. It's a visible sign from the top accrediting organizations in the nation that we are meeting and exceeding their high standards.

And it shows - we've received very high satisfaction ratings from our customers – you, our veteran residents!

My first year has also not been without challenges, which have provided me with new perspectives on how together we will make AFRH an even better place to live.

We are working closely with DoD leadership to address the solvency of the AFRH Trust Fund, to ensure our fiscal house remains in order, and that our services meet your needs.

We have filled and continue to fill key staff positions at both Homes.

We are "getting the word out" about availability for new residents, particularly at AFRH-Washington.

And we are grateful to our volunteers, including our partners from the military, government and the community. But the largest number of volunteer hours comes from our veteran residents. In fact, 70% of the hours donated by volunteers to benefit the Home comes from our veteran residents. A very big "thank you" to all!

I ask that our residents and staff continue to have patience and work through your chain of command to address issues and concerns. As I've said before, communication is key. I'm certainly here to listen to you and to help in any way I can, but be sure to talk to your leadership first. Thank you for a great first year!

Dr. Timothy Kangas



Dr. Kangas, BettyLu Dennis, Jeff Eads and Christopher Alexander at the April Birthday Dinner Celebration.

Miss America visits veterans at the Armed Forces Retirement Home in D.C.

Story and Photos by Robert W. Mitchell, AFRH-W Volunteer/Activities Coordinator

The reigning Miss America 2017, Savvy Shields, stopped by the Armed Forces Retirement Home (AFRH-W) here in Washington, D.C., to meet, greet and socialize with distinguished military veteran residents.

The visit was part of the 3rd Annual Miss America Serves Day where Miss America along with state titleholders, contestants and volunteers touch lives by reaching out to communities with acts of kindness and dedication.

AFRH-W Administrator Shaun Servais welcomed the Miss America team to the Home and applauded their efforts to perform and interact with military veterans who have sacrificed so much for their country.

"We were excited to host Miss America, Miss District of Columbia, and contestants for Miss DC 2017 during the Miss America Day of Service," Servais said. "Residents got to witness the many talents of the contestants as they prepare for pageant competition this June. The charm, grace, and energy brought by our guests was a big boost to the Residents' day!"

Shields and 16 performers, including Miss DC 2016 Cierra Jackson, put on an hour-long show in the Scott Theater. The performances featured a variety of songs, dances, a violinist and a science project presentation.

Afterwards, the group mixed and mingled with veteran residents and posed for photos in and just outside of the theater.

Shields, a Fayetteville, Arkansas native, champions healthy living through her "Eat Better, Live Better" message. Jackson, a Bowling Green, Kentucky native, advocates for military children and is a founding member of Saluting Our Armed Services, a student group that helps military veterans and families.



Miss America 2017, Miss DC 2016 and contestants pose for a photo with AFRH-W Administrator Shaun Servais (left) during a visit to the Home on Miss America Serves Day.

Girl Scouts give back to the veterans of AFRH-G

Story and Photos By Becki Zschiedrich, Public Affairs

On April 5, local Girl Scouts showed their appreciation to the veterans at the Gulfport Armed Forces Retirement Home by bringing them donations of the popular Girl Scout cookies. Donations have poured in for the "Cookies for Heroes" campaign in Mississippi since the start of cookie sale season in January.

Natalie Bell, Cookie Chair for the Girl Scouts of Greater Mississippi, located in Jackson, Mississippi, delivered 1,452 boxes of Girl Scout Cookies to the residents of AFRH-G. Many customers, who purchased cookies, donated \$4.00 per box for the "Cookies for Heroes" program.

Eleven-year-old junior Girl Scout, Gracie Walker said she encourages people who buy boxes of cookies to donate to their Cookies for Heroes campaign.

AFRH-G resident Tom Lynch said he appreciates getting to visit with the Girl Scouts each year during their special delivery. "They're great to do that. We like to support them too, all the time," said Lynch.

Residents said they're glad to see the young scouts show gratitude for the sacrifices veterans made for their country.



Rear Admiral Bret J. Muilenburg visits AFRH-G

Photos by Becki Zschiedrich, Public Affairs

Rear Admiral Bret J. Muilenburg, Commander, Naval Facilities Engineering Command and Chief of Civil Engineers visited the AFRH-G on April 3. Muilenburg was on the Gulf Coast visiting local organizations throughout the week for the Mississippi Gulf Coast Navy Week April 1-8. It was quite an honor for RADM Muilenburg to visit and tour the AFRH-G. He also enjoyed lunch with retired Seabees who reside at the Armed Forces Retirement Home.



WWI Memorial design winner visits Gulfport

By Sean Campbell, Lead Recreation Specialist



Joe Weishaar, a 27 year old graduate from the University of Arkansas School of Architecture, stopped by the Armed Forces Retirement Home in Gulfport Friday, March 31st to share his designs for the WWI Memorial in Washington D.C. Weishaar has entered and has been recognized in three national and international architecture competitions. Most recently he was selected to design the National WWI Memorial as part of the Centennial Remembrance of WWI by the WWI Centennial Commission.

The memorial design, entitled "The Weight of Sacrifice" is slated to be completed in 2018 on Pennsylvania Avenue near the White House. Weishaar shared his thoughts and reasonings for his design with AFRH residents. Many AFRH residents congratulated Weishaar and thanked him for their parents, many who served in WWI. Mr. Weishaar was on the coast as part of the Mississippi Centennial Celebration and graciously visited AFRH-G to share his vision with the veterans courtesy of support from the Lynn Meadows Discovery Center.



From the AFRH-W Administrator



April showers have brought fantastic grass growing conditions to our historic 272-acre property in Washington! Anyone for golf?

As always, we have been keeping very busy continuing the Mission at the AFRH-Washington. A special thank you to all the dedicated care givers making life easier for residents, bonus points to those employees reading this article! As your administrator, I am happy to take this opportunity (and real estate in The Communicator) to recap activities in April, 2017.

Miss America Savvy Shields and Miss District of Columbia Cierra Jackson paid a social visit to Residents on April 8th. Contestants for this year's Miss DC pageant were also here to showcase their talents before the real competition begins in June. It was a lot of fun!

A competitive table tennis tournament was hosted April 14th in the Community Center. Residents and employees battled head-to-head to encourage vitality in life and in sport. Ping Pong is a great way to keep active. Congrats to both Marvin Archer and Van Hayes for keeping me humble by taking wins off me. Everyone who participated was a winner!

The endeavor to save our historic Golf Course made significant headway during the month of April. Through teamwork, planning, and leveraging stakeholders, an operations plan is coming together to continue to enable residents to hit the links. I'm

very happy to announce there will be golf again this season! A big credit to Ron Kartz for mobilizing the volunteer crew to cut the grass on the course, removing a heavy burden on our appropriated funding and still allowing the resident Non Appropriated Fund Instrumentality the ability to collect much needed revenue. This coordinated effort is a wonderful example of responsible stewardship of the Home's resources. Preserving the legacy of this vibrantly green community is paramount to the future of this campus.

On April 25th, the campus conducted a disaster preparedness table top exercise led by Safety Officer Laura Fogarty. No question, our most valuable resource at the Home is the people. Obtaining perspectives from our diverse workforce helped us to consider the "what ifs" in disaster planning so we can be better prepared in case of an emergency. Congratulations to Nathan Bennett Jr, the Home's steady pharmacy technician, on his selection as the Employee of the Quarter! Nathan has been a fixture of service and professionalism in our Wellness Center Dispensary. As winner of EOQ, Nate received public recognition at the Employee Appreciation Breakfast and was awarded eight hours leave. Congrats to Nate and all the nominees!

Last but not least, our Senior Medical Advisor from Defense Health Agency visited April 27th. The Home benefits greatly from the expertise and support of DHA and our military health installations. DHA Deputy Director Guy Kiyakowa, Col William Malloy, and Command SGT Major Luciano touched base while providing their support for the Home's health care arena.

Shaun Servais

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



Greetings from the RAC Chairman!

-May 1, 1960 - An American U-2 spy plane flying at 60,000 feet was shot down over Sverdlovsk in central Russia on the eve of a summit meeting between President Dwight D. Eisenhower and Soviet Russia's Premier Nikita Khrushchev. The sensational incident caused a cancellation of the meeting and heightened existing Cold War tensions. The pilot, CIA agent Francis Gary Powers, survived the crash, and was tried, convicted and sentenced to 10 years in prison by a Russian court. Two years later he was released to America in exchange for an imprisoned Soviet spy. On his return to America, Powers encountered a hostile public which apparently believed he should not have allowed himself to be captured alive. He died in a helicopter crash in 1977.

-May 2, 2011 - U.S. Special Operations Forces killed Osama bin Laden during a raid on his secret compound in Abbottabad, Pakistan.

The raid marked the culmination of a decade-long manhunt for the elusive leader of the al-Qaeda terrorist organization based in the Middle East. Bin Laden had ordered the coordinated aerial attacks of September 11th, 2001, in which four American passenger jets were hijacked then crashed, killing nearly 3,000 persons. Two jets had struck and subsequently collapsed the 110-story Twin Towers of the World Trade Center in New York, while another struck the Pentagon building in Washington, D.C. A fourth jet also headed toward Washington had crashed into a field in Pennsylvania as passengers attempted to overpower the hijackers on board.

-May 4, 1886 - The Haymarket Square Riot occurred in Chicago after 180 police officers advanced on 1,300 persons gathered in the square listening to speeches of labor activists and anarchists. A bomb was thrown. Seven policemen were killed and over 50 wounded. Four anarchists were then charged with conspiracy to kill, convicted and hanged while another committed suicide in jail. Three others were given lengthy jail terms.

-May 5, 1961 - Alan Shepard became the first American in space. He piloted the spacecraft Freedom 7 during a 15-minute 28-second suborbital flight that reached an altitude of 116 miles (186 kilometers) above the earth. Shepard's success occurred 23 days after the Russians had launched the first-ever human in space, cosmonaut Yuri Gagarin, during an era of intense technological competition between the Russians and Americans called the Space Race.

-May 6, 1937 - The German airship Hindenburg burst into flames at 7:20 p.m. as it neared the mooring mast at Lakehurst, New Jersey, following a trans-Atlantic voyage. Thirty six of the 97 passengers and crew were killed. The inferno was caught on film and also witnessed by a commentator who broke down amid the emotional impact and exclaimed, "Oh, the humanity!" The accident effectively ended commercial airship traffic.

-May 7, 1945 - In a small red brick schoolhouse in Reims, Germany, General Alfred Jodl signed the unconditional surrender of all German fighting forces thus ending World War II in Europe. Russian, American, British and French ranking officers observed the signing of the document which became effective at one minute past midnight on May 9th. Jodl was then ushered in to see Supreme Allied Commander, General Dwight D. Eisenhower, who curtly asked Jodl if he fully understood the document. Eisenhower then informed Jodl that he would be held personally responsible for any deviation from the terms of the surrender. Jodl was then ushered away.

-May 7, 1915 - The British passenger ship Lusitania was torpedoed by a German submarine off the coast of Ireland, losing 1,198 of its 1,924 passengers, including 114 Americans. The attack hastened neutral America's entry into World War I.

-May 7, 1954 - The French Indochina War ended with the fall of Dien Bien Phu, in a stunning victory by the Vietnamese over French colonial forces in northern Vietnam. The country was then divided in half at the 17th parallel, with South Vietnam created in 1955.

-May 8, 1942 - During World War II in the Pacific, the Battle of the Coral Sea began in which Japan would suffer its first defeat of the war. The battle, fought off New Guinea, marked the first time in history that two opposing naval forces fought by only using aircraft without the opposing ships ever sighting each other.

-May 8, 1884 Birthday - Harry S. Truman (1884-1972) the 33rd U.S. President was born in Lamar, Missouri. He became president upon the death of Franklin D. Roosevelt in April 1945. Two weeks after becoming president he was informed of the top secret Atomic bomb project. In the war against Japan, an Allied invasion of Japan was being planned which would cost a minimum of 250,000 American lives. Truman then authorized the dropping of the bomb. On August 6, 1945, the first bomb exploded over Hiroshima, followed by a second bomb dropped on Nagasaki on August 9th. The next day, Japan sued for peace. Truman served as President until January of 1953. He was the last of only nine U.S. Presidents who did not attend college. His straightforward, honest, no-nonsense style earned him the nickname, "Give 'em hell, Harry."

-May 9, 1862 - During the American Civil War, General David Hunter, Union commander of the Department of the South, issued orders freeing the slaves in South Carolina, Florida and Georgia. He did so without congressional or presidential approval. The orders were countermanded by President Abraham Lincoln ten days later.

-May 9, 1800 Birthday - Abolitionist leader John Brown (1800-1859) was born in Torrington, Connecticut. He led an attack on the federal arsenal at Harpers Ferry in October of 1859, to secure weapons for his "army of emancipation" to liberate slaves. Inside the arsenal, Brown and his followers held 60 hostages and managed to hold out against the local militia but finally surrendered to U.S. Marines under the command of Colonel Robert E. Lee. Ten of Brown's men, including two of his sons, were killed. Brown was taken prisoner. He was convicted by the Commonwealth of Virginia of treason, murder, and inciting slaves to rebellion, and hanged on December 2, 1859.

-May 10, 1869 - The newly constructed tracks of the Union Pacific and Central Pacific railways were first linked at Promontory Point, Utah. A golden spike was driven by Leland Stanford, president of the Central Pacific, to celebrate the linkage. It is said that he missed the spike on his first

swing which brought roars of laughter from men who had driven thousands upon thousands of spikes themselves.

-May 13, 1846 - At the request of President James K. Polk, Congress declared war on Mexico. The controversial struggle eventually cost the lives of 11,300 U.S. soldiers and resulted in the annexation of lands that became parts of Oklahoma, New Mexico, Arizona, Nevada, California, Utah and Colorado. The war ended in 1848 with the Treaty of Guadalupe Hidalgo.

-May 14, 1804 - Meriwether Lewis and William Clark departed St. Louis on their expedition to explore the Northwest. They arrived at the Pacific coast of Oregon in November of 1805 and returned to St. Louis in September of 1806, completing a journey of about 6,000 miles.

-May 14, 1942 - During World War II, an Act of Congress allowed women to enlist for non-combat duties in the Women's Auxiliary Army Corps (WAAC), the Women Appointed for Voluntary Emergency Service (WAVES), Women's Auxiliary Ferrying Squadron (WAFS), and Semper Paratus Always Ready Service (SPARS), the Women's Reserve of the Marine Corp.

-May 16, 1862 - During the American Civil War, Union General Benjamin Butler, military governor of New Orleans, issued his "Woman Order" declaring that any Southern woman showing disrespect for Union soldiers or the U.S. would be regarded as a woman of the town, or prostitute. This and other controversial acts by Butler set the stage for his dismissal as military governor in December 1862.

-May 18, 1980 - Mount St. Helens volcano erupted in southwestern Washington State spewing steam and ash over 11 miles into the sky. This was the first major eruption since 1857.

-May 20, 1927 - Charles Lindbergh, a 25-year-old aviator, took off at 7:52 a.m. from Roosevelt Field, Long Island, in the Spirit of St. Louis attempting to win a \$25,000 prize for the first solo nonstop flight between New York City and Paris. Thirty-three hours later, after a 3,600 mile journey, he landed at Le Bourget, Paris, earning the nickname "Lucky Lindy" and becoming an instant worldwide hero.

-May 20, 1932 - Amelia Earhart became the first woman to fly solo across the Atlantic. She departed Newfoundland, Canada, at 7 p.m. and landed near Londonderry, Ireland, completing a 2,026-mile flight in about 13 hours. Five years later, along with her navigator Fred Noonan, she disappeared while trying to fly her twin-engine plane around the equator.

-May 24, 1844 - Telegraph inventor Samuel Morse sent the first official telegraph message, "What hath God wrought?" from the Capitol building in Washington, D.C., to Baltimore.

-May 26, 1940 - The Dunkirk evacuation began in order to save the British Expeditionary Force trapped by advancing German armies on the northern coast of France. Boats and vessels of all shapes and sizes ferried 200,000 British and 140,000 French and Belgian soldiers across the English Channel by June 2nd.

-May 27, 1937 - In San Francisco, 200,000 people celebrated the grand opening of the Golden Gate Bridge by strolling across it.

-May 27, 1837 Birthday - Legendary Wild West figure Wild Bill Hickok (1837-1876) was born in Troy Grove, Illinois. He was a frontiersman, lawman, legendary marksman, army scout and gambler. On August 2, 1876, he was shot dead during a poker game by a drunk in the Number Ten saloon in Deadwood, in the Dakota Territory. In his hand he held a pair of eights and a pair of aces which became known as the 'dead man's hand.'

-May 29, 1917 Birthday - John Fitzgerald Kennedy (1917-1963) the 35th U.S. President was born in Brookline, Massachusetts. He was the youngest man ever elected to the presidency and the first Roman Catholic. He was assassinated in Dallas, November 22, 1963, the fourth President to be killed by an assassin.

-May 30, 1922 - The Lincoln Memorial in Washington, D.C., was dedicated. The Memorial was designed by architect Henry Bacon and features a compelling statue of "Seated Lincoln" by sculptor Daniel Chester French.

-May 30, 1943 - During World War II in the Pacific, the Aleutian Islands off the coast of Alaska were retaken by the U.S. 7th Infantry Division. The battle began on May 12 when an American force of 11,000 landed on Attu. In three weeks of fighting U.S. casualties numbered 552 killed and 1,140 wounded. Japanese killed numbered 2,352, with only 28 taken prisoner, as 500 chose suicide rather than be captured.

-May 31, 1862 - During the American Civil War, the Battle of Seven Pines occurred as Confederate General Joseph E. Johnston's Army attacked Union General George McClellan's troops in front of Richmond Virginia and nearly defeated them. Johnston was badly wounded. Confederate General Robert E. Lee then assumed command, replacing the wounded Johnston. Lee renamed his force the Army of Northern Virginia.

And now just something to think about!

The Clock of Life is wound but once and no man has the power to tell just when the hands will stop, at late or early hour. Now is the only time you own. Live, Love and Toil with a will.

Place no faith in tomorrow, for the clock then be still.

This profound statement was given to me by a resident, who would like to remain anonymous.

To all AFRH-W residents have a safe and happy May and if you can, please volunteer. See your volunteer coordinator for more details.

Sheldon Shorthouse

From the AFRH-G Administrator



Greetings!

How exciting it is to be a part of the Armed Forces Retirement Home. The grass looks greener, the flowers are prettier, and the blessings from above keep raining down upon us. I cannot think of any place I would rather be than here at the Home in Gulfport, Mississippi.

April has been a delightful and busy month along the Gulf Coast. On April 3rd the U.S. Navy Band came and performed for the residents in honor of Navy week and the Community Center was packed. That same day Rear Admiral Bret J. Muilenburg, Commander, Naval Facilities Engineering Command and Chief of Civil Engineers came and toured the AFRH-G. He was in town to celebrate Navy week and we were glad he chose to stop by and have lunch with residents and retired Seabees. Thank you to the Girl Scouts who delivered 1,452 boxes of Girl Scout Cookies to the residents on April 5th. On April 19th I had the pleasure of meeting with Senator Wicker's (R-MS) new Legislative Director Theda Khrestin and Dr. Kangas. She then toured the Home and expressed interest in being of assistance in the future. The National President for the American Legion Auxiliary Mary Davis and eighteen members stopped by the AFRH-G on April 28th and took a tour of our beautiful facility. Their tour guide was AFRH-G resident Doris Jones, who used to be a Commander for the American Legion.

I have been in long-term care and senior housing for twenty (20) years and I can honestly say the residents we have are absolutely the best. One reason I can say this is they served our country to protect our freedoms, and two, they are very appreciative of the staff. The residents recognize that the staff cares and loves one and all, no matter the level of care the resident receives. The staff here is also exceptional. Each employee not only tells me how much they love working here, but they demonstrate it by their daily actions.

Nineteen months ago I had no idea a wonderful place like the Armed Forces Retirement Home existed. Now, I get to work at one of the two premiere retirement homes in this great land of ours and it is still hard to believe.

Jeff Eads



Jeff Eads and resident Louise Fravell at the Vietnam Pinning Ceremony on March 30, 2017.

Drum it up!

By Susan Bergman, MT-BC, Recreation Therapy Services
 Summation by Leslie Smith, IL Resident
 Photos by Becki Zschiedrich, Public Affairs

On Thursday, April 20, 2017, residents from Allegiance, Valor, Loyalty, and Independent Living enjoyed a morning filled with rhythm and drums. After various hand held percussion instruments and djembe (African) drums were explained, residents jumped right in to find a beat. Rhythms were added to "When the Saints Go Marching In," "The Crawfish Song," "Mardi Gras Second Line," and "You Are My Sunshine." Residents explored playing softer, louder, and even a rumble to finish each song. The group concluded with a relaxing beach improvisation including ocean drums, rainsticks, thunder tubes, drums, tick-tock block, claves, and Native American Flute. Each resident responded with one word to sum up their morning – "Exhilarating, Superb, Hallelujah, Amen, Calming, Peaceful, Relaxing, Happy, Fun..."

The idea for starting a more regular drumming group was brought up by Leslie Smith, a three-year resident of AFRH-G Independent Living. She wanted to share the drum she made with the help of another IL resident, Rick Eyman. The drum pictured is made from a 5 gallon black plastic bucket with pvc pipe base. The base is attached with wood cut to Leslie's specifications and a Remo Rhythm Pal Bucket Drum Head acts as a lid for the top. Leslie shared her story of how drumming found its way into her life as she was diagnosed with chronic PTSD in 1996 as a result of service in the Vietnam War. She has only recently discovered the benefits of hand drumming. "Sure", she says, "I suppose medication and therapy can help, but when it comes to being able to get over my fear of being around new people, honest emotions and all the other dark alleys of PTSD, there is no comparison to drumming. Besides, it's good exercise and just plain fun, something I thought I could never have." Thank you, Leslie for adding your talent and encouraging us to grow our drumming. We also want to express our appreciation to an anonymous IL resident who donated the hand percussion instruments that started this journey last April.

We look forward to drumming it up again on **Thursday, May 25 at 1000 in the Valor Hall Piano Lounge (2nd Floor D Tower)**. Please stop by to check it out and drop a beat!



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



The April RAC meeting was cancelled after consulting with all of the floor representatives due to a conflict in scheduling when members of the DCMO (Deputy Chief Management Office at the Department of Defense) were on site. I was asked to meet with them at 3 different time periods during the day of the 11th and unfortunately could not be in two places at once.

I am unaware of any real burning issues that absolutely necessitated a RAC meeting and that thought was concurred with the by the floor representatives. There were some floor issues here and there that I was notified about, and I do believe all those issues were resolved timely and to the satisfaction of the residents.

Primarily I learned that the DCMO is the oversight entity for the AFRH. As such they have spent considerable time visiting the Agency offices, and also both campuses. They want to ensure they have a very solid understanding of what the mission of the AFRH is and how the AFRH goes about fulfilling that mission on a daily basis. I believe one of the things I heard was "We're from the Pentagon and we are here to help you." My initial reaction was most likely akin to many of your first reactions, - "Oh no, more bureaucracy for us to jump through to keep us as the premiere veteran's retirement facility that we are."

I found the candor coming from the two members of the DCMO that were on site to be seemingly honest, forthright, and believable. As the day progressed I believe many others felt the same way. There will be a town hall or focus group in the near future in order for us, the residents, to become familiar with what the DCMO is and how they function. I did not get the sense that they were here to cut and slash and take no mercy on how the AFRH becomes solvent again. Quite the contrary they seemed to be genuinely concerned about the trust fund's solvency, and how they could help AFRH find a way forward with minimal to no impact on resident services; a pretty impressive undertaking in the best of times, let alone during these lean years.

When you see strangers in your Home, and they appear lost, or confused which hallway to take, or which elevator goes where, it would perfectly appropriate to say hello and ask if you can be of assistance. It gives them a much better impression of us and allows us (you) to know who is here at any given moment.

I am open to any suggestions of topics you would like me to discuss, or to answer questions in this column that may be of importance to you. If it is on your mind it must be important to you, and chances are it is also of importance, or at least informative, to other residents to know the answer.

Til next month,

Phil Ford



Phil Ford shows RADM Muilenburg his Home on the Gulf Coast.



Charlie Farrell (left) appreciated the Girl Scouts bringing the residents over 1,000 boxes of cookies.

AFRH-W Activities

U.S. Coast Guard volunteer applauds community service at AFRH

By Robert W. Mitchell, AFRH-W Volunteer/Activities Coordinator

U.S. Coast Guard Yeoman 1st Class James Lesko is passionate about performing community service and he has pursued a strong desire to “give back” to people in the military and civilian community, particularly those who live and work at the Armed Forces Retirement Home (AFRH-W) here in Washington, D.C.

“One thing I really thrive on is volunteering,” Lesko said. “Most folks just work their normal shift and then go home and watch Netflix, or do whatever they want to do, nothing wrong with that, but that’s just not me. I look for stuff to do, I try to help out my shipmates, our veterans, our kids and our teens in the area.”

Lesko and other volunteers from the Coast Guard, the U.S. Navy and the local community came to AFRH-W to participate in an ice cream social held just outside of the dining hall. Veteran residents were delighted as the volunteers served up scoops of strawberry, rocky road, vanilla and chocolate ice cream with a smile.

Lesko, a young military member with a long career ahead of him expressed appreciation for what AFRH is doing for its distinguished veteran population. “This facility is something else,” he said. “I tell some of my people in uniform this could be us in 40 years, we are really doing something special here.”



Volunteers from the U.S. Coast Guard, the U.S. Navy Ceremonial Guard and the local community pose for a photo at the Armed Forces Retirement Home, Washington, D.C. (photo by Robert W. Mitchell)

Grand Cities Children’s Chorus Performance

By Amanda Jensema, CTRS

The Grand Cities Children’s Chorus traveled from North Dakota to perform for the AFRH residents here in Washington, D.C. During their time in D.C. they went to see the different monuments, museums, and had a tour of the Capitol Building. After the performance several of the students, teachers and adults approached me to say that performing for the veterans at Armed Forces Retirement Home was the highlight of their trip. Their performance ended with “The Star Spangled Banner” and “God Bless America.” There was not a dry eye in the group of singers as they performed those final songs.

Prior to the performance they socialized with the residents. One resident in particular, Catharine Deitch, shared a story about Mother Teresa and Calcutta, not knowing that one of the songs they would be performing were lyrics were made up from quotes by Mother Teresa. The residents enjoyed the performance very much, and we hope to have them return the next time they come to Washington, D.C.!



At ease with Stockton High School choir and band

By Marcus Wheeler, Recreation Specialist

On Friday April 14, The Stockton High School choir and band, placed the residents of Armed Forces Retirement Home—W at ease. This group of high school students traveled all the way from Stockton Illinois. This is a trip they make every four years to perform for the D.C.residents. Over twenty-five residents relaxed and enjoyed the music selected specifically for our veterans.

After the performance, Constance Maziel, Lead Recreation Specialist thanked the group, while the residents showed their appreciation with a thunderous applause. Afterwards many of the students mingled with the residents before saying their goodbyes and promises of making the trip again in four years.



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

AFRH-G
228-897-4429

AFRH-W
202-541-7550

Recreation Therapy afternoon lunch trip at the VFW

By Carol Mitchell, Recreation Therapy
Photos by Carol Mitchell and Ralph Bell

Residents of AFRH-W Healthcare enjoyed an afternoon trip to the VFW Post 8950 in Lanham, Maryland. The residents boarded the bus on a beautiful sunny day, looking forward to a lovely lunch, fun and fellowship. Upon arriving, the residents were greeted by the members of the VFW and were also joined by Veterans from the VA in Washington, D.C. It was a wonderful lunch which included lasagna, string beans, salad, garlic bread, fresh fruit, beverages and desserts. Residents were also treated to a visit by member Dick Esper, who played some toe-tapping tunes and also brought his pet therapy rescue dog "Gemma" to visit. Special thanks to member Doris Burroughs from VFW Post 8950 for organizing this event!



AFRH-G Activities

Craaawwwfish are in season!

By Jen Biernacki, Recreation Therapy Assistant



On Friday April 14, 2017 the residents of Valor Hall “pinched da tails” and “peeled da crawfish” while they slurped down cold beer. They enjoyed sharing seafood stories of good friends and food experienced here along the coast. The crawfish were boiled with just the right seasonings making those mudbugs absolutely delicious! Danyell, Stacy and Tamillam, from the Nursing staff, helped pinch and peel to ensure all residents had a spicy good afternoon. Crawfish season is usually from January until the end of May each year.



Regular exercise can reduce the risk of falling

By Carol Davis, Recreation Assistant



The number one cause of injury in senior adults is related to falling. Billions of dollars are spent annually as a result of falls. There are many different reasons that people fall, but mostly in the elderly population it's a result of weak muscles and poor balance. Regular stretching and exercising can reduce the risk of falling and are the best ways to improve strength, mobility, balance, and coordination. Adding any amount of movement to your daily routine can have great benefits. Here are a few ways to get moving:

1. **Walking** - it doesn't have to be a 5k to be beneficial. If you're not active at all, just walking down the hallway and back helps. Just keep doing it!
2. **Weight Training** - you can do this at home with water bottles or cans of soup. A little bit of weight goes a long way.
3. **Dancing** - this gets the muscles moving and the heart pumping. If you aren't comfortable standing, you can sit in a chair and move around. Music is great therapy!
4. **Attend Classes** - Chair Exercise classes are available Monday, Wednesday, and Friday every week at 0900. Stretch Classes are also offered every Tuesday and Thursday at 0900. Both are held in the Exercise Room #1211. Making slight changes in your activity level can help you reduce your risk of falling. Stretching and light exercising can be done at home or the classes provided for you daily. As always, get your doctor's OK.



(photos by Becki Zschiedrich)

An informal poetry reading

By Lori Kerns, Librarian

On Monday, April 17, residents at AFRH-G enjoyed an informal poetry reading. The reading was held in the quaint Reception Room near the Front Lobby. The residents relaxed in comfortable armchairs and sofas while listening to several poems. Published poems written by poets such as Robert Frost, Shel Silverstein and Edgar Allen Poe were shared. In addition, a few original poems written by residents were recited. A nice time was enjoyed by all attending the event.



New RAC computer group website

By Lori Kerns, Librarian

The RAC Computer Group at AFRH-G has created a website for residents to access information presented at the group's monthly meeting. Minutes from past meetings are posted on the site. In addition, articles addressing computer, TV, phone, and other electronic issues are accessible.

The RAC Computer Group was formed to address subjects such as security and malware removal and reference sites. The group also provides tips for Windows, Apple, and WOW/Telikin users. They also offer information for electronic resources, social media, and other electronic devices/services.

The RAC Computer Group web address is

rac-computergroup.org

The site is password protected.

For the password, please see the postings on the bulletin boards located in the Library, Computer Learning Center, and 24-Hour Computer Zone.

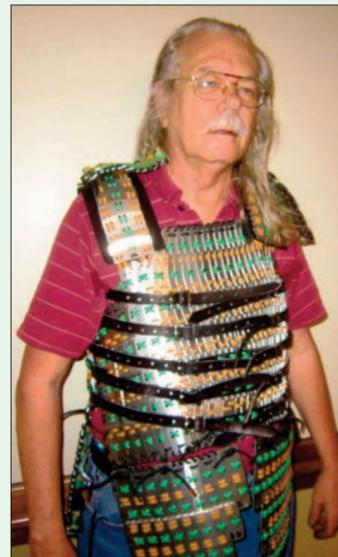
You can also ask your Librarian.

Society for Creative Anachronism (SCA) Charles Stietenroth, aka Charles of Shepardswell

Story and Photos by Milton Williams, Art Specialist

AFRH-G resident Charles Stietenroth has been a member of the Society for Creative Anachronism (SCA), a medieval re-enactment group since the 1970's. He specializes in recreating weapons fighting styles. His son is also currently doing the same.

Since retiring, he has produced period clothing, weapons and armor to wear in competition events. Since coming to AFRH-G, he has used the sewing room to make tunics, caps, trousers and has designed Heraldic devices. In the last two years he has used the wood shop to make two suits of armor, six shields, three pole-arms and numerous swords. Each item is made to re-create the feel of medieval warfare and the clothing worn in that period. Charles said "The SCA holds gatherings around the country to test our combat and other skills." To give an idea for the scope of these events, this past March in Lumberton, Mississippi, 4,500 people gathered for ten days of feasting, fighting and telling tall tales.



Easter basket cupcakes

By Jen Biernacki, Recreation Therapy Assistant

On Saturday April 15th, some Valor Hall residents baked cupcakes, then decorated each cupcake as an Easter basket filled with eggs! After the cupcakes cooled, residents strategically placed the icing, green dyed coconut, malted milk ball eggs and other small candies on top of the cupcake to create the look of an Easter basket with eggs. The cupcakes were done just in time to properly spoil their lunch. "This is the best part," said Hobert Wood as he ate his cupcake. A nice special treat made with care.



Resident Kitty Gill dyed and strategically placed the coconut on the cupcakes.

WASHINGTON

Recreation Therapy White Elephant Auction

Story and Photos by Carol Mitchell, Recreation Therapist

Residents have been looking forward to this annual Recreation Therapy (RT) hosted event all year! The RT White Elephant is an event in which all residents attending receive \$100 in funny money to spend any way they would like at the auction. The items for auction are provided by donations from fellow residents, the community, and employees. The items included: televisions, DVD players, fans, paintings, bedding, bathroom items, toiletries, coats/jackets, electronics, lamps, knick knacks, concessions and so much more! The event took place on Friday, April 7th in the AFRH-W Scott Community Center. It kicked off with the auction preview at 10:00 a.m. where residents were able to come in and check out all the items that would be available at the "Buy It Now" table and the "Auction Item" table. The doors closed for lunch and then the line to register for the event started at 1:00 p.m. The line ran out the door and down the hall! Special thanks to resident Bill Jentarra for helping Recreation Therapy put it all together and all thirty volunteers, who came out to help the day of the auction. When 1:30 p.m. came about residents were able to purchase "Buy It Now" items and "Concession" stand items and at 2:00 p.m., 94 residents held their bidding paddles high and the auction started! Resident Richard Heinrich out bid fellow resident Chuck Felder for a new floor lamp, Catharine Deitch won the bid on a full length mirror, and other residents won bids for new and gently used items. Everyone left happy and is looking forward to next year's auction!



GULFPORT

March into April – a picture collage review

By Susan Bergman, MT-BC, Recreation Services

Take a peek at this picture collage of residents as they March into April with spring days bringing happy days! In March, the "Luck of the Irish" was shared by pet Poodle visitor, Lucy while Golden Retriever, Mickey Mouse snuggled up for some lovin'. On Sunday, March 26, Rockford, Minnesota Band thrilled residents with a band and choir performance leading into the US Navy Band on Monday, April 3. On April 11, residents received visits from the Easter Bunny followed by the annual healthcare Easter Service with Pastor Gibson and Father Uko on Thursday, April 13. April concludes with a fishing trip and the start of the Spring Games - see you next month for more joyful memories!



Residents enjoy the Rockford, Minnesota Band and choir concert.



Hovert Wood enjoys the U.S. Navy Band!



Lucy's pet visit.



The Easter Bunny hopped in to see Wendell Ward.



Don Ober receives treats from the Easter Bunny!



Pastor Gibson and Father Uko lead the Healthcare Easter Service.



Les Welch visits with Mickey Mouse.