



New Resident Fees Effective October 1, 2018

On April 9, AFRH leaders announced a new resident fee structure to take effect October 1, 2018. This action is one of a number of steps being taken to address AFRH's long-term solvency.

While the steep decline in fines and forfeitures income had the greatest impact on AFRH finances, no particular event is the singular cause of our financial woes. Construction projects depleted the trust fund, legal issues prevented action on developing the Washington campus, and healthcare costs continue to rise well above inflation. Some were the result of management decisions while others were beyond anyone's ability to control or predict. We can't change history; we can try to set AFRH on solid footing for the long run.

Rightly or wrongly, the current resident fee structure contributes to AFRH's financial difficulties. Residents pay a maximum rate or a percentage of their gross income, whichever is less. Over 75 percent of AFRH residents are in independent living where fees today are capped at less than \$1,500 per month, although AFRH's cost exceeds \$3,000 per month. This means AFRH subsidizes every independent living resident no less than \$1,500 per month and over \$1,800 on average. The difference between cost and what residents pay in fees must be raised elsewhere, whether from the pay of active duty enlisted members, from operations, or in recent years from taxpayers. Over 25 percent of residents have gross incomes of \$4,500 or more per month, well above AFRH's \$3,000 cost, yet fees are capped below \$1,500. That is one, but not the only, factor which has kept DOD from increasing the active duty withhold.

AFRH's mission is to care for our veteran residents regardless of their ability to pay. That is not changing. If a resident's income is \$10 per month or \$10,000, today or in the future, AFRH will cover the difference between the cost of its services and a reasonable proportion of resident income. By tying maximum fees to cost, it ensures AFRH is still

non-profit—no resident will pay more than cost—and it creates incentives for all stakeholders to keep costs down.

It is difficult to compare AFRH with other homes since every home has different service offerings and fee structures. AFRH is distinct from typical private sector homes by subsidizing far more residents, including many more services in a single fee, and not charging entry or termination fees. We are distinct from most V.A. and Medicare/Medicaid homes by offering lower levels of care, allowing longer stays in upper levels, and not requiring divestment of personal assets.

An important point: the levels of care are separate financially. Independent living residents are not financing the upper levels. This means long-term care insurance is essentially included for free in independent living fees. With the new fee structure in October, the difference in fees for residents who need to move to upper levels will be much lower than under the current fee schedule. If a resident leaves AFRH and later desires to return, they may face a waiting list and will have to qualify for admission to independent living.

AFRH leaders know this change is tough for residents. Each person is affected differently: while the average fee increases 36 percent, individual changes range from a 100 percent decrease to a 127 percent increase. Many residents are comparing options to live at other communities or with family members. Most will continue to live at AFRH but are facing difficult money management decisions. Suggestions have been made to grandfather current residents on the existing fee structure. It's a well-meaning idea, but the new fee structure will benefit many residents. A better path is to understand each resident's personal situation by making sure their income calculation is as accurate as possible and that individual circumstances are considered. The business centers and managers at each campus stand ready to work with each resident as October approaches.

AFRH-GULFPORT

NASCAR personalities sign autographs for residents at AFRH-G

By Becki L. Zschiedrich | Public Affairs

Photos by Tom Peeks | Resident Photographer

Retired race car driver Harry Gant, better known as "Handsome Harry", and Jeff Hammond, an American NASCAR personality signed autographs on March 30 for the Gulfport residents. Harry is best known for driving the No. 33 Skoal Bandit car on the NASCAR Winston Cup (now Monster Energy NASCAR Cup Series) circuit during the 1980s and 1990s and his 4-race win streak in 1991. Jeff Hammond is a commentator for NASCAR's coverage on Fox Sports, as well as a partial owner of Red Horse Racing. The residents were thrilled to meet them both and some brought their own items for Harry and Jeff to sign. Handsome Harry and Jeff Hammond also enjoyed a tour given by resident Jay Johnson.



AFRH-WASHINGTON

Beauty pageant queens show up, show out for military veterans

By Robert W. Mitchell | Volunteer Coordinator

Photos by Jack Beck | Resident Photographer



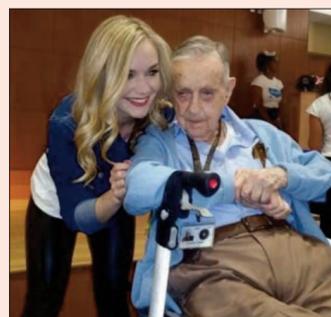
Residents and staff at the Armed Forces Retirement Home, Washington, D.C. (AFRH-W) enjoyed a visit by several beauty pageant women who stopped by recently to give back to the military veteran community.

Ladies from the Miss America Organization, including the reigning 2017 Miss District of Columbia Briana Kensley, showed up in white tee-shirts and jeans to rehearse their singing and dance routines before a modest audience in the Scott Theater. Many sang well-known songs and danced across the stage with style and grace. There was also a masterful performance by a violinist within the talented group.

Visiting AFRH-W is part the annual Miss America Serves Day where local contestants competing for the 2018 Miss DC crown volunteer their time and talent throughout the District. Their service starts at the Children's National Medical Center and then onto the VA Medical Center and concludes at AFRH-W.

Prior to the arrival of the Miss America Organization, a smaller contingent of their married counterparts, led by the reigning Mrs. DC America 2017 Julie Cangiolisi, socialized and performed for residents in the Scott lobby and theater.

Residents, staff and volunteers from the Roosevelt High School JROTC group applauded the pageant "queens" for their dedication, time and service to our military veteran community.



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 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, #584

3700 N. Capitol St. NW, Washington, DC 20011-8400

Visit us on the web at: <http://www.AFRH.gov>



<http://www.facebook.com/AFRH.gov>

**AFRH-Gulfport and AFRH-Washington
currently have no waiting time for residency.**



The Joint Commission

<http://www.jointcommission.org>

A CARF-CCAC Five-Year Term of Accreditation was awarded to the Armed Forces Retirement Home.

<http://www.carf.org>



AFRH-W Veteran Highlight – William Fowler

By Christine Baldwin | Librarian

Photo by Carolyn Haug | Public Affairs



William Fowler was born in Stamford, Connecticut but moved to Brooklyn, New York as a child and considers it home. He has two sisters and came from a military family. His father was in the U.S. Army and wanted Bill to join it, but he didn't want to carry the rifle or walk the long marches. He felt that the U.S. Air Force would be a good fit and his long career proves he made the right choice. So at the age of seventeen in 1950, Bill was off to Lackland AFB, Texas for basic training. He began in a duty soldier position, helping wherever needed and was transferred to California. He then went to Okinawa and was in the munitions field transporting tons of bombs from the field to the flight line. This job uses mentoring of senior personnel with the new, because there are tricks to learn to move heavy things easily. Also, one mistake could be your last. Once when Bill was loading 500 pound bombs, a loud explosion happened behind him. An airman had slammed the door to the munitions room, detonating the room. Unfortunately, the airman did not survive, not even his belt buckle! As Bill moved up in rank, he became the mentor, helping others learn the field.

When he returned to California, Bill was discharged and tried various jobs, but he didn't care for them. So he reenlisted and was assigned to air rescue MOS at Travis AFB, California. He then went to technical school in Panama, where one of the tests was to leave him in the jungle for three days. All he had were the clothes on his back and a knife. Bill felt that he had learned from his years in Brooklyn on how to survive and indeed, he passed this test. One of the toughest air rescues Bill helped with was a plane that went down in the jungles of Bolivia. The plane had been located and coordinates had been charted, but going through the jungle with all the strange sounds, was eerie to say the very least. They located the plane and the pilot was sitting in the cockpit, smoking a cigarette, waiting for their rescue. Other tours included South Dakota, Guam, Kwajalein and the Philippines. Bill always put in for Europe, since he is of Irish descent, but was never sent there.

Bill retired in 1971 from New Jersey and traveled for several years. He then returned to California for a permanent retirement. But he was bored. So in 2005, a friend asked him, "Why don't you go to the Old Soldiers' Home?" Bill thought that he would go and see if he would like it. When he got to the gate, Bill said "This is home!" He has been at AFRH-W ever since. Another thing Bill says is that everyone should enlist in the military, even for just one tour. "It will make you grow up," he said.

AFRH-G Resident Highlight – Frank Andrew George

By Lori Kerns | Librarian

Photos by Becki L. Zschiedrich | Public Affairs



Frank George was born in 1937 and raised in Bridgeport, Connecticut. His father was an Italian immigrant who worked as a salesman. Frank, an only child, was raised by his father and grandmother. Growing up, he enjoyed playing football and basketball. He also ran cross country throughout high school.

After graduating high school, Frank held different jobs to help him get by. When he was 21, he realized that he had never made any plans for his future. One beautiful day, he was in downtown Bridgeport when he made the snap decision to join the military. He went straight over to the Navy recruitment office and enlisted. His father was very proud of his decision.

He was sent to Great Lakes Recruit Training Center in Illinois for boot camp. He went through more training in Norman, Oklahoma before he received orders for Guantanamo Bay Cuba where he began working in the mess hall. Before too long he was transferred to work with the crash crew. He stayed with the crew for over two years before his chief asked if he wanted to become the duty driver for the base. He worked this

assignment until he was finally sent out to sea to work on an aircraft carrier. On the carrier, he trained to work for the weather service by taking observations. He stayed for a couple of years and decided to leave the Navy once his enlistment was up.

Frank went back home and began working odd jobs. After some encouragement from his father, he decided to reenlist after being out for six years. He was sent back to the work in weather service aboard the USS Franklin D. Roosevelt. He stayed for two years before deciding to leave the Navy again and head back to civilian life. He was only out for 18 months before realizing he was ready to go back to sea. Back in the Navy for the third and final time, he was sent to work in weather service again on the USS Midway. He boarded in June of 1972 for the Philippines and left in February 1973 with orders for Alameda, California. His new shore duty took him to the Naval Weather Service Facility where he stayed for five months before

finally leaving his Navy career behind him.

Frank went back home to Bridgeport to begin working again. He worked different jobs, including a stint with the USPS until completely retiring in 1999. In 2014, he made the decision to move into the VA in White City, Oregon. He stayed for ten months until he made the move to AFRH-W. He enjoyed living there and volunteering in the bowling alley and Chaplain's office. After living in D.C. for almost three years, he decided to leave the big city hustle and bustle and relocate to AFRH-G. He has been on the Gulf Coast for only a few months but has already settled in by volunteering in the library and singing karaoke in the evenings. AFRH-G would like to welcome Frank as one of its newest residents.



REPORT FRAUD, WASTE & ABUSE (FWA)

One of the core missions of the Armed Forces Retirement Home Inspector General is to prevent fraud, waste, abuse and mismanagement. You can report concerns in several ways:

Call and leave a message on the AFRH Inspector General Hotline: 202-541-7503

Fax the AFRH Inspector General: 202-541-0662

Write the AFRH Inspector General:
 AFRH Inspector General
 3700 N. Capitol St NW
 P.O. Box 535
 Washington, D.C. 20011-8400

Email the AFRH Inspector General Hotline: afrh.ig@afrh.gov

Visit the AFRH IG office located on the AFRH Washington D.C. campus in Sherman Hall (Room 302) during normal duty hours (appointments preferred please call 202-541-0667).

The AFRH IG is committed to addressing FWA matters. When providing information please be as detailed as possible.

Complainants are permitted to lodge anonymous complaints however, anonymous complaints may hinder action on the part of the AFRH IG if more or follow-up complaint data is deemed necessary.

Employee shares artistic talents

By Michael Bayles | Chief Healthcare Services

Ms. Mae McQueen, who works at the front desk in the Wellness Center, continues to shine by providing assistance cheerfully to residents. She has been nominated for employee of the quarter a few times, and genuinely loves her residents. For Black History Month, she assembled a display featuring many of our residents who have served honorably, to include the Tuskegee Airmen, and the Montford Point Marines. During World War II alone, over 2.5 million African-American men registered for the draft; African-American women also volunteered in large numbers. While serving in the Army, Army Air Forces, Navy, Marine Corps, and Coast Guard, they experienced discrimination and segregation but met the challenge and persevered. Among the residents whose stories are displayed, for Montford Point Marines, are Messrs. Gillis, Ferguson, Montgomery, and both Mathews (Mark and Clifton). For the Tuskegee Airmen, there are articles on Messrs. Palmer, Melton, Dryden, and Custis. Ms. McQueen donated her own time and resources for this effort, something she has done before. Mae is quite talented with needlepoint and shared her artistic talent at the workplace that she loves by working diligently with the public affairs team to develop a banner that could be used for marketing purposes. Thank you Mae for your dedication to the residents and the AFRH.



Spring into action

By Corinn Burton | BSN, RN Supervisory Clinical Nurse Manager

The Valor Hall Staff in Gulfport presented their Performance Improvement (PI) boards to the Defense Health Agency (DHA) team during the DHA visit on April 4. The PI board is labeled "Spring into Action for Patient Centered Care!" The board focuses on the areas we are monitoring which are: recognizing pain, discomfort, and desire to move; call lights within reach; providing hydration; offer toileting; proper working wheelchairs with proper seating; updated closet care plans; using proper protective gear; promote exercise; addressing syncope; clean use spills immediately; use visual and environment factors; and, safety rounds (R-Respond/React, O-Observe, U-Understand, N-Needs/Negotiate, D-Delegate/Designate, S-Satisfy/Solution).



AFRH thanks Maurice Swinton and Shaun Servais for their leadership and service to our Veterans

Story & Photos by Carolyn Haug | Public Affairs Specialist

The Armed Forces Retirement Home bid a fond farewell this month to Maurice Swinton and Shaun Servais who served as a part of the Home's leadership over the years. Maurice Swinton has been the agency's Chief Information Officer and Chief Compliance Officer since 2008. Most recently, Mr. Swinton served as Acting Chief Operating Officer from September 2017 to February 2018. Mr. Swinton retired after 30 years of federal service and was presented with the Office of the Secretary of Defense Award for Excellence for his leadership and dedication to the Home, its residents and staff.

Shaun Servais served as AFRH-W's Administrator since October 2014. During his tenure, he led the Home through Joint Commission, CARF Accreditation and most recent DOD Inspection. As the Administrator, Shaun Servais represented the Home during a number of VIP visits including President Obama and First Lady Michelle Obama, Prince Charles of Wales and Camilla Duchess of Cornwall and the Korean Delegation as well as supported a number of volunteer landscaping projects that have taken root on the grounds at AFRH-W.

We thank Maurice Swinton and Shaun Servais for their leadership and dedicated service to our nation's veterans at the Armed Forces Retirement Home!



From the AFRH-W Acting Administrator



Greetings, the tremendous amount of transition and change continues to occur here at the Washington campus. Mr. Servais has moved on to his next challenge, providing needed leadership at Thrive at Home, a home health agency in Northern Virginia. He will be sorely missed, and we wish him the best.

We continue to welcome new residents and staff here at the Washington campus. Now that winter seems to be moving on, and the cherry blossoms are blooming, hopefully, people are getting out enjoying this beautiful city and some of the activities that our nation's capital has to offer.

On Thursday, April 19, it was announced that the Washington campus' Employee of the Quarter is Mr. Robert Mitchell, our volunteer services coordinator. As a result of his efforts, a wide variety of people from the community (both AFRH and the surrounding community) have provided a tremendous number of volunteer hours in a wide variety of activities. They have enriched the lives of our veterans, and saved the Home approximately \$43,000 for this quarter alone. Robert has even worked on his days off to ensure that the Home's needs were met. As a result of his efforts, the first-ever Chinese dragon dance performance was held here in conjunction with our annual Chinese New Year luncheon. He recruited a couple of technical support volunteers to assist our residents with computer/cell phone issues, a sorely needed service. So this is well-deserved recognition of his dedication and service. Thank you, Robert!

I would also like to acknowledge the efforts of Christine Baldwin, our librarian, who continues to provide a tremendous variety of materials. Her support of the resident book club (with Glenna Orr) has been wonderful. We have approximately a dozen residents who participate, and each month they select a new book to read. The theme varies, but the book selected has to be available in all formats, to include large print and audio, so that all can participate. They just finished the great depression (the book was *The Forgotten Man*, by Amity Shlaes), and are now moving on to *The Associate* by John Grisham. This is a resident-driven activity; the residents are the ones who pick the theme. On April 25th residents Emmy Lu Daly and Joe Nesnow did a live theater performance from the book "Love Letters" by A. R. Gurney.

Healthcare Services continues to promote national health observances, and for April, it is Alcohol Awareness Month. The misuse and abuse of alcohol in older adults present unique challenges for recognizing the problem and determining the most appropriate treatment interventions. Alcohol use problems in this age group often go unrecognized and, if they are recognized, are generally undertreated. The National Institute on Alcohol Abuse and Alcoholism Administration has recommended levels of alcohol consumption to minimize risky or problem drinking and to prevent alcohol-related problems. Older individuals should not drink any alcohol if they:

- Are taking certain prescription medications, especially psychoactive prescription medications (e.g., opioid analgesics and benzodiazepines),
- Have medical conditions that can be made worse by alcohol (e.g., diabetes, heart disease),
- Are planning to drive a car or engage in other activities requiring alertness and skill,
- Are recovering from alcohol dependence.

It is recommended that all adults ages 60 and older be screened once a year and rescreened with any major changes or major life events (e.g. retirement, loss of partner/ spouse). Some of the typical indicators that drinking might be a problem:

- If you felt you ever needed to cut down on your drinking.
- If you have ever been annoyed by people criticizing your drinking.
- If you ever have felt guilty about your drinking.
- If you ever felt you needed a drink first thing in the morning (an "eye-opener") to steady your nerves or get rid of a hangover.

Anyone who would like to speak with a healthcare provider about their alcohol use is encouraged to come into the wellness center and make an appointment.

Michael Bayles



Congratulations to the Washington campus' Employee of the Quarter Robert Mitchell (pictured in the middle).

Notes from the AFRH-W Resident Advisory Committee Chairman



Greetings from the RAC Chairman!

This month at AFRH-W, we started off April with a White Elephant Sale and Auction, which turned out to be a lot of fun for all of the residents. Residents had a chance to browse the tables and later bid on items such as a pair of pajamas to a flat screen TV. All items were donated by the residents and outside organizations. Thank you to all who participated.

Next was the U.S. Navy's Submarine Service Birthday with a cake cutting ceremony held in the Defender's Inn. Doing the honors of cutting the cake were Navy veterans Charles Holmes, Ron Kartz, Ken Faller, Warren Pospisil and James Hunnicutt. This was the 118th anniversary of the Submarine Service.

Last a group of 60 volunteers from the North America's Building Trades Unions came by to help with a little spring cleaning up of our golf course and fishing ponds. I would like to thank all the volunteers who give their time and effort to supporting the Armed Forces Retirement Home-Washington D.C. Thank you for a job well done, and keep up the good work!

This Month in History

- 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 5th - Celebrated in Mexico as Cinco de Mayo, a national holiday in remembrance of the Battle of Puebla in 1862, in which Mexican troops under General Ignacio Zaragoza, outnumbered three to one, defeated the invading French forces of Napoleon III.
- May 5, 1865 - Decoration Day was first observed in the U.S., with the tradition of decorating soldiers' graves from the Civil War with flowers. The observance date was later moved to May 30th and included American graves from World War I and World War II, and became better known as Memorial Day. In 1971, Congress moved Memorial Day to the last Monday in May, thus creating a three-day holiday weekend.
- 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, 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 in divided in half at the 17th parallel, with South Vietnam created in 1955.
- 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 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 12, 1949 - Soviet Russia lifted its blockade of Berlin. The blockade began on June 24, 1948 and resulted in the Berlin airlift. For 462 days - from June 26, 1948, until September 30, 1949, American and British planes flew about 278,000 flights, delivering 2.3 million tons of food, coal and medical supplies to two million isolated West Berliners. A plane landed in Berlin every minute from 11 Allied staging areas in West Germany. The planes

were nicknamed "candy bombers" after pilots began tossing sweets to children. They also flew out millions of dollars worth of products manufactured in West Berlin.

- 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 13, 1943 - During World War II in North Africa, over 250,000 Germans and Italians surrendered in the last few days of the Tunis campaign. British General Harold Alexander then telegraphed news of the victory to Winston Churchill, who was in Washington attending a war conference. The victory re-opened Allied shipping lanes in the Mediterranean.
- May 14, 1607 - The first permanent English settlement in America was established at Jamestown, Virginia, by a group of royally chartered Virginia Company settlers from Plymouth, England.
- 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 noncombat 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 17, 1875 - The first Kentucky Derby horse race took place at Churchill Downs in Louisville.
- May 17, 1954 - In *Brown v. Board of Education*, the U.S. Supreme Court unanimously ruled that segregation of public schools "solely on the basis of race" denies black children "equal educational opportunity" even though "physical facilities and other 'tangible' factors may have been equal. Separate educational facilities are inherently unequal." Thurgood Marshall had argued the case before the Court. He went to become the first African American appointed to the Supreme Court.
- 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, 1862 - President Abraham Lincoln signed the Homestead Act opening millions of acres of government owned land in the West to "homesteaders" who could acquire up to 160 acres by living on the land and cultivating it for five years, paying just \$1.25 per acre.
- 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 21, 1881 - The American Red Cross was founded by Clara Barton. The organization today provides volunteer disaster relief in the U.S. and abroad. Community services include collecting and distributing donated blood, and teaching health and safety classes.
- 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 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.

Sheldon Shorthouse



Cutting the cake for the U.S. Navy Submarine Service Birthday from left to right are Navy veterans Charles Holmes, Ron Kartz, Ken Faller, Warren Pospisil and James Hunnicutt.

From the AFRH-G Administrator



Henry Ford once said, "When everything seems to be going against you, remember that the airplane takes off against the wind, not with it." I know many of you are upset about the rate increase and that is very understandable. However, in order for the Armed Forces Retirement Home to survive, changes have to be made. Keep in mind that the user fees are still based on a percentage of your income. I ask all residents to remember why you decided to become a resident of the Home before making a quick decision to move out because of the increase. Why are we here? We are here because we are committed to excellence, fostering independence, vitality and wellness for our veterans making it a vibrant place to live and thrive. Our core mission is to be able to continue serving eligible veterans. Residents will not pay more than the cost for their given care level, and most will pay less. AFRH will still be a great value. This has been a difficult month for all of us and it is not an action we take lightly. It is one of a number of steps we are taking to address recent funding shortfalls, which have threatened the future of the Home. The combination of leadership, revenue, expense, legislative, and other changes being pursued by AFRH and DOD are all necessary to put AFRH on solid footing. We would like to continue to fulfill our nation's commitment to our veterans by providing a premier retirement community with exceptional residential care and extensive support services. Keep your head up. Remember God gives his hardest battles to the strongest soldiers.

I would like to congratulate Recreation Therapy Assistant Jen Biernacki for the Employee of the Quarter award for her exceptional service to the AFRH-G during January, February and March 2018. Jennifer "Jen" Biernacki personifies the AFRH mission and vision statement: Excellence, wellness for residents, exceptional care and extensive support services. To help upper level of care residents maintain a sense of independence and allow them to maintain friendships, she takes a resident from Loyalty Hall down to the main dining hall to eat. While keeping an eye on the resident, and being there to

assist if needed, this resident gets to dine with close friends. This simple and generous act has a big effect allowing the resident to acclimate to their new home and still feel connected with friends. Jen's actions demonstrate how much she cares about the resident's quality of life and her caring demeanor and goodness of heart shows us all she sees the vision and lives the mission of the home. Her dedication is commendable and reflects great credit upon herself and the Armed Forces Retirement Home. Thank you so much Jen for everything you do. I would also like to congratulate the honorable mentions: Lisa Hall, Melodie Menke and Milt Williams. We really do have incredible employees at the AFRH.

Our Chief Operating Officer Jim Branham will visit Gulfport on April 30th and will hold a Town Hall meeting in the community center at 1000 on Wednesday, May 2nd.

I know these are hard times right now but we're all in this together. Keep in mind that tough times never last but tough people do.

God bless you and God bless America!

Jeff Eads



Congratulations to the Gulfport campus' Employee of the Quarter Jen Biernacki.

AFRH-G is wild at heart

By Lori Kerns | Librarian

Story & Photos by Becki L. Zschiedrich | Public Affairs



Wild at Heart Rescue visited to provide residents with information about how their program rescues and rehabilitates Mississippi wildlife that have been injured or orphaned. Missy Dubuisson, the group's Founder, Director, and self-proclaimed "Possum Queen," used pictures and visual aids to educate residents and staff about the different species of animals they rehabilitate to release back into the wild. She also explained how important all animals, including the snakes and possums, have an important role in our ecosystem. The residents were most excited about to see the animal ambassadors brought to help educate. Two turtles and one gopher tortoise, a threatened species, were carried around the room for residents to get a close look at or touch, if they preferred. Then Domino, the rat snake, was introduced and taken around for everyone to pet. Throughout the program, residents and staff were encouraged to ask questions. Wild at Heart gave a fun-filled, yet informative, presentation. When it was over, those who dared were able to hold Domino for photo ops. Much appreciation goes to Missy, the Possum Queen, and Jamie, aka Cinderella, for the smiles you left on our faces and for the charitable work that you do!



Notes from the AFRH-G Resident Advisory Committee Chairman



Greetings,

I receive a fair amount of support from many different sources as I go about representing you to the AFRH management regarding your recommendations for the improvement of operations that affect the morale, safety and health of the residents. One such source is the:

"OLD NAVAL HOME" BRANCH 307 which was instituted in October 2004, after Shipmate/resident Elmer Miller petitioned the National Office of Fleet Reserve Association in July 2004. With the help of Shipmate/resident Bob Rutherford enough new members/transfers were signed up and the charter was granted. Since then "Old Naval Home" Branch 307 has been off and running, as an active branch of FRA, working with school children (04/05), collecting cash/food donations for the NCBC Chapel "Food Pantry" (have donated over 4 tons for the past 6

years).

Around AFRH-G the shipmates have raised funds to purchase the "blood pressure" machine (by the fitness center), and two of the memorial "Dog Tags frames." For the past four years, the branch has made annual donations to the MCJROTC Gulfport/AFJROTC Biloxi and a Boy Scout Troop in Biloxi.

This past February, the branch presented a check to the Harrison County Sheriff's K-9 unit to purchase an "armored" vest for one of their K-9's. The branch has been (and remains) responsible for the raising of the "State" flag each week and purchasing/caring for the POW/MIA flag.

The branch started with 35 members, was at 83 when we went to D.C. and are now at 102. They meet in the theater on the second Thursday of each month at 1400, all residents are welcome to attend. The branch thanks all the residents for their support of our fund raising activities. (Contact "Pete" Petersen, President or Bob Rutherford, Secretary if you'd like to become a member, or have any questions about the FRA.) Hang on as I switch gears.

Having received no suggestions of topics or direct questions to answer, I thought it would be of interest if I listed the two that have actually been posed to me the most, during the past month, by residents that have gone unanswered. Please know that I rewrote the entire section of the column below following the Town Hall of April 9, 2018. The two items are: What should I do now and what am I going to do about the fee increase?

What should I do now? I did not, cannot, and will not, make a blanket statement about what a resident should do as a result of the pending fee increase. The individual circumstances of each person have to be what they base their decision on. Are changes to life style and items important going to result - most likely yes. Some may have no choice but to forgo having an automobile and the insurance payment therewith. Some will be unable to send the kids or grandkids birthday checks, provide financial assistance to others, continue a life insurance policy and the list can go on ad infinitum. I wholeheartedly understand the 'pain and suffering' (which is probably a much too impactful phrase, but seems to be appropriate as I write this) but it is the new reality for many. Change will have to occur to your individual desires and life style based on what will be your new financial reality as you absorb the fee increase, OR you will decide to relocate and make other arrangements for your long term care if your personal medical situation calls for that need. Absolutely, neither option would be something anybody wanted to be put in the position of having to make; however, it is what it is.

What am I going to do about it (which tacitly means 'single handedly change the fee

increase')? This is definitely a "WE" question. No reasonable person would expect a Chairman of a Resident Advisory Committee to be able to single handedly cause a change to a management decision of this magnitude. Were your thoughts expressed? YES. I absolutely 100% understand and agree a fee increase is necessary. I have said and written for well over two years that changes are coming. More so I have specifically said a fee increase would occur and the question was how much and when. Now we know; for independent residents as of October 1, 2018 from 40 to 60 % of gross income with a maximum of \$3,054 per month from a maximum of \$1,458 per month. In my personal (and probably most everyone else's) opinion this is draconian. I have expressed that for current residents it should be phased in over a period of two, three or more years. For applicants it is reasonable to tell them what to expect so they can make an informed decision whether to even become a resident. Yes, it would be a two-tiered system for a few years as it gets phased in for current residents. To me, reasonable advice from your RAC Chairman. I do not disagree with anything said by management (agency) regarding the fact it is still one of the best deals for veterans. I do wholeheartedly feel one of the best options for people to consider to live here now becomes just something to be put into the plus or minus column as they decide where to spend their retirement years. Yes, a magnificent deal for the money is going to become a decent deal for the money.

As for what I am going to do about it. I will stand by my advice to phase it in over a period of years and have a two tiered fee system; one for current residents as of the date of the announcement (April 9, 2018) and one for residents moving in after knowing what they should expect to occur come October 1, 2018. The other I am going to do is what everyone currently a resident should be doing. Carefully analyze my personal financial situation, future (or present) needs or wants, and make a decision if I want to continue to be a resident or relocate. For some they may decide to relocate now and reapply later. I hope they keep in mind, as I am, to seriously consider that option as you will (as of now) have to be able to live independently to be granted readmission. With an average age of 83 as of 1 April 2018 for an AFRH-G resident, in my humble opinion, it is an absolute serious question to ponder as you make your personal decision.

As always, 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.

Till next month I wish you all the best,

Phil Ford

This month's Meeting Highlights will be sent to anyone upon request. Space limitations do not allow for inclusion. (another REASONABLE decision).



Phil Ford wishes Frederick "Pete" Petersen a Happy 97th Birthday during the monthly birthday dinner on April 17th.

AFRH-Washington

Recreation Therapy Basilica trip

By Carol Mitchell & Amanda Jensema | Recreation Therapy
Photos by Recreation Therapy Staff



It was a blustery but beautiful day for the Recreation Therapy off-station resident trip to the Basilica of the National Shrine of the Immaculate Conception in Washington, D.C. The shrine is magnificent in its beauty. It is a prominent Roman Catholic basilica and national shrine. Bishop Thomas J. Shahan, rector of The Catholic University of America presented his plan to Pope Pius X in 1913 suggesting a National Shrine to honor the Blessed Virgin Mary. The groundbreaking of the basilica was held in 1920 and in 2017 the completion of the Trinity Dome completed the building. The shrine is the largest Catholic Church in the United States and the second largest in North America. The basilica contains more than 70 chapels and oratories. We were honored to have our AFRH-W Catholic priest Father Carlos Roman join us in touring the basilica. He was able to provide some insight about the basilica and the different saints of the chapels we visited. Following the tour we all enjoyed lunch and fellowship in the shrine's cafeteria. Special thanks to our resident volunteers, Dave and John, for coming along and assisting to the trips success.



Building Trades Unions give back to veterans at AFRH-W

Story & Photos by Robert W. Mitchell | Volunteer Coordinator



With several veterans among their ranks, workers from the building trades industry gathered at the Armed Forces Retirement Home here in Washington, D.C. to donate their time, skills, energy and effort to improving the quality of life for our distinguished veteran population.

"We are here helping out at the veterans' home, it's a great organization that takes care of our old soldiers, sailors and airmen (marines and coast guardsmen) and we want to be a part of helping them out," said Brendan Loftus, director of member assistance/education program at the International Union of Elevator Constructors Local No. 1.

Loftus, and five other volunteers affiliated with North America's Building Trades Unions (NABTU) combed large clumps of brown leaves, branches and debris from the upper pond (one of two ponds here at AFRH-W), clearing the waters from the upcoming fishing season for our residents.

International Brotherhood of Electrical Workers member Doug Tansy traveled a long way to give back to the veterans here at AFRH.

"I came down 2500 miles from Alaska and love the opportunity to volunteer at the Armed Forces Retirement Home, do a good thing for some folks that served our country," he said.

NABTU dropped off about 60 volunteers to clean up the campus in advance of the spring season activities. AFRH staff and resident volunteers divided the group into smaller, manageable teams and assigned them to certain sections of the campus with an immediate need.

Teams cut, cleared and hauled away heavy branches from the golf course and driving ranges, and raked pounds of foliage as they cleared clogged culverts near the golf course and the garden plots.

Other teams put their efforts into collecting and dumping filled trash bags and bulk items into a nearby dumpster, while another group overhauled the golf shack by removing debris in and around the structure before adding a fresh new coat of paint to the floor.

Helmet to Hardhats (H2H), a national nonprofit program that connects transitioning military personnel with skilled career opportunities, first approached AFRH-W about volunteering here for the veterans here early last month. H2H is affiliated with NABTU.



Without music, life would b-flat

By Marine Robbins | Recreation Therapy Assistant
Photo by Amanda Jensema | Recreation Therapist

On Tuesday, April 17th, AFRH-W welcomed the return of the Leisure World Chorale. They are a group of active senior citizens who love to sing, frequently performing at assisted living facilities and retirement communities in the D.C., Maryland, and Virginia area. This was their fifth time visiting the AFRH-Washington location, much to the glee of everyone here! They performed a number of traditional choral songs, but also dazzled us with some Broadway-esque duets. One of their performers proved a true entertainer when she broke into tap dancing! Needless to say, they were a topic of conversation for multiple days among many of the residents here.



Youth Music Academy performance

Story & Photo by Amanda Jensema, CTRS | Recreation Therapist

The residents at AFRH-Washington started their Wednesday with beautiful music provided by talented middle and high school age students. There was a full chorus, with orchestra and band, about 70 students in total. They played and sang a variety of styles of music, from classical Mozart, popular, and silly songs. One of the big hits was an Irish Jig which featured a solo violinist. By the end of the performance you would have thought their fingers would have caught on fire how quickly they were moving! This was their second year in a row coming to perform for the residents.

Last year resident Roger Polhemus asked if they knew "Ode to Joy", which they did not. He challenged them to learn it for their next performance. Not only did they learn it, but their very own orchestra director, Todd Morrison, arranged a beautiful piece, which they debuted for the first time for our residents as their closing number. Afterwards they asked Roger what he thought, and he gave them two thumbs up, and challenged them to learn a new song for next year!



Balance in your life

Story & Photo by Linda Bailey CTRS | Recreation Specialist

Everyone says you need balance in your life. They are usually talking about work life balance. This article is about balance, as in an even distribution of weight enabling someone to remain upright and steady. As you age, it is very important to do what you can to avoid falls. For people over the age of 65, unintentional falls are the most common cause of non-fatal injury, and of accidental death. Good balance is important as you age. Improvements can be made in your ability to balance through exercise.

We have a fun way to work on your balance here at the AFRH-W. We have recently had a donation of additional Wii equipment, including a Wii Fit balance board. The Wii Fit board can measure your ability to balance, and help you work on both your posture and your ability to balance well. A study in the publication Geriatric Rehabilitation found that the Wii Fit did help improve balance with participants over the course of four weeks use. Most importantly, the Wii Fit uses games to help you reach these goals. In order to use the Wii Fit system, you do need to be able to stand independently on the Wii Fit board. You start by creating a character called a Mii, and do some balance tests. One unintended consequence of my using the board was the computer decided my Mii did not match my statistics, as measured by the equipment, and changed the look of my Mii to a much more realistic looking version. And it gave me a Wii Fit age 13 years older than my chronological age. But that is just one more way to motivate me to use the Wii Fit board regularly. I have one at home I need to dust off and hook up to my TV.

Moving from one side to another on the Wii Fit board allows you to be a penguin attempting to stay on an ice floe, or to try to get marbles to drop through holes in a board without them falling off the edge of the board. You can hula hoop or hit virtual soccer balls with your head back at your opponents. It feels like fun, but it is in fact exercise. The machine also keeps track of the amount of exercise you complete, and your progress toward your goals. During May look for Wii Fit on the general recreation calendar, come create a Mii, and have fun while working on your balance and fitness goals.



Roberta Spangler uses the Wii Fit Balance Board to play a game testing her balance.

AFRH-Gulfport

Avery Island - a peppery hot place to visit

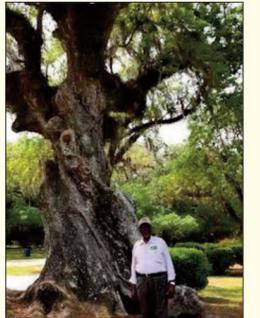
Story & Photos by Jen Biernacki | Recreation Therapy Assistant



On Monday March 26, 2018, the independent living residents set out on an adventure to Avery Island, the home of the worlds famous Tabasco pepper sauce. I was lucky enough to jump aboard the bus that day to visit as well. This was very exciting for me as for all those that know me, I love an adventure. The bus trip alone was interesting as we viewed cities, swamps, farmlands and houses built in many interesting fashions. Once we arrived, we toured the museum, read the history, watched the process of making the famous sauce, smelled the aromas, tasted the hot and delicious flavors and wandered around the main buildings where I saw a "ribbon" snake slithering through the grass... which definitely creeped me out but I wanted an adventure... and I snapped a picture of a crawfish swimming in the ditch while I hung over a bridge.

After the museum spot, we loaded the bus again to view the gardens. There we drove through the most absolutely beautiful scenery called Jungle Gardens- a nature sanctuary. There were old oak trees housing long segments of moss hanging down for the true swamp feel, flowers blooming in many colors and varieties, green and deep green plants and shrubs. There was water in what I think were large ponds, rivers and tributaries. We saw alligators, snowy egrets and birds. The bus made two stops along the way around the road through the gardens. On the first stop, called the Chinese Gardens, we hiked down a path to view the Buddha statue, which is over 100 years old, and the beautiful gardens surrounding the statue. As we hiked through the landscape, I kept my eyes wide open looking for anything that moved as well as "ahhhing" at the views of the picturesque landscapes. We walked around the Buddha statue on a narrow path at the water's edge. There we saw our first alligator just hiding out in the green lush floating on top of the water. I stopped to point out the alligator to the residents behind me on the narrow path. We loaded the bus again to continue down the road through the gardens to the next spot called the nesting area of the Snow Egrets. Jack Horsley, Doris Jones and I disembarked the bus to take pictures. Jack and I walked over to the viewing stand to view the hundreds of birds nesting on the platforms while Doris Jones took pictures of the blooming flowers. What a sight to see- hundreds of birds and glimpses of fussy small heads of birds through my camera lens.

After pulling me into the bus, not really, but I just didn't want to leave, we traveled through the remaining gardens and viewed acres and acres of just remarkable landscape as if we were in a fairyland. We stopped for dinner on the way home to top off the day with true Cajun cookin'. Yum Yum! What a fantastic day! I would like to send a sincere thank you to the residents for allowing me to share in a really memorable adventure on my day off.



A matter of balance

Story & Photo by Carol Davis | Recreation Assistant

Falling is the leading cause of injury in the senior population. Mississippi Department of Health personnel, Brad Williams and Ashley Mackenzie-Skipper, are leading a falls-management program at AFRH-Gulfport.

A Matter of Balance is an 8-week class that teaches residents practical ways to help reduce their fear of falling and increase activity levels. Participants learn ways to alter their surroundings to be able to reduce the risk of falling. They also are learning multiple stretches and exercises to increase strength and balance. Thank you to Brad and Ashley for taking their time to help our residents!



Swimmingly delicious trip to The Reef

By Susan Bergman | MT-BC, Recreation Services

Photos by Jen Biernacki & Susan Bergman

On Friday, March 23, 2018, residents from Valor, Loyalty & Allegiance Hall took a bus trip to The Reef in Biloxi for local seafood and a wonderful beach front view. Independent Living resident, Stan Harrell jumped on the trip, got to know everyone, and is now a new resident volunteer - hooray! Residents enjoyed a variety of local favorites such as catfish, red beans and rice, Catfish Monica (topped with shrimp in a creole sauce), and fried shrimp just to name a few. We thank our resident volunteers - Doris Hopper, Phil Ford and Chuck Pinney along with community (now resident) volunteer - Pauline Larson, and Coast Guard military volunteer - Nick Shepardson. After lunch, the group ventured on to Keesler Air Force Base for shopping and more goodies. It was a swimmingly delicious day!



Palette knife painting

Story & Photo by Milton Williams | Art Specialist



Andy Anderson, has been a patron of the arts for many years and practicing his skills with a knife was new and different for him.

He came through with a nice blended landscape of sky and mountains, always eager to take on a new challenge. Thanks, Andy.

Yum Yum order out in Health Care

Story & Photo by Jen Biernacki | Recreation Therapy Assistant

On Friday April 13, 2018, the residents of Valor and Allegiance Halls enjoyed a new activity called "Yum Yum Order Out." The residents now have an opportunity to enjoy the local cuisine in the comforts of the Home. The Half Shell Oyster House was the first restaurant chosen for the kick off of a now once a month activity. Residents gave their order to staff while Roy Cook, an independent living resident, collected their money and paid. The dinners were then brought into the piano room that was set up for a social dining atmosphere. "This was excellent," stated James Brogan. The new restaurant Felix's has been voted for April's Yum Yum lunch day. A special thank you to Roy Cook!!



Cooking with Recreation

Story & Photos by Dennis Crabtree | Recreation Specialist

On April 17, 2018 Recreation had its fourth activity called Cooking with Recreation. The recipe was Caramel Apple Chex Bars. The two main ingredients were melted caramel and melted marshmallows. All ingredients were combined and pressed on a pan. Vanilla baking chips were melted and drizzled on top of the bars. Debra Smith presented the finished dish for the day. The best thing about this dish it - was microwaved. Stay tuned for next month's dish with Cooking with Recreation.



A day of choosing a Crayola creation or not....

Story & Photo by Jen Biernacki | Recreation Therapy Assistant

On National Crayon Day, Saturday March 31, 2018, the residents of Valor Hall and Loyalty Hall enjoyed an art day by melting crayons and creating art from them. Some residents created an original design; some used an already created design while others just listened to a multitude of trivia questions about the World of Crayola. "That turned out pretty good," stated Dorothy Mizak who joined the activity on Valor Hall. This was a very nice leisure activity on a laid back Saturday.



Putting Tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On Tuesday March 26, 2018 residents competed in the Outdoor Putting Tournament on an overcast day. Jim Hayden took his time aiming for that beautiful shot to make that hole in one. The rest of the players took mental notes on how to master the form from Jim Hayden. Ernie Fowler and Wayland Webb had a shootout for 2nd and 3rd place. Fredi Van Pelt and Steve Crews had a shootout for 4th place. Frank Baker took 1st place, Ernie Fowler took 2nd place, Wayland Webb took 3rd place and Steve Crews took 4th place.



GULFPORT

Easter events spring in a hoppy April

By Susan Bergman | MT-BC, Recreation Therapy Services
Photographs by Renee Brown | AFRH Volunteer & Susan Bergman

The Easter Bunny hopped around the AFRH-Gulfport campus to surprise residents, staff, family and visitors on Wednesday, March 21. Brightened eyes gleamed as residents on Valor, Loyalty, and Allegiance Hall smiled for their annual Easter picture and expressed joy when receiving their candy bags filled with sweets. On Thursday, March 22, residents gathered for the annual Easter Service with Pastor Gibson and Father Uko in the morning and concluded the afternoon with a piano lounge social with pianist, Ruth Surratt. Here's to a Hoppy April and picture perfect Easter joy!



AFRH-G first bad bunny scavenger hunt

Story & Photos by Melodie Menke | Volunteer Coordinator

What do you do when you want to have a scavenger hunt but it is near Easter – call it the Bad Bunny Scavenger Hunt and hop to it? We set off on a fast paced hunt (think Amazing Race and an Escape Room) throughout AFRH-G with 15 brave residents, four staff and three community volunteers. It was great to work together in teams of three, solve clues and learn a little history of the Home and the people before us. Each clue led the teams to nine areas with three clues to be answered, some were easy, some were challenging but all were fun! Our chief of security was almost cited for speeding with resident Ms. Marion Wolke, but after finding it out it was Ms. Wolke who was telling him to go faster, they were let off with a good laugh. The Bad Bunny got away this time but he did hop back in to deliver candy filled Easter eggs to the participating residents' apartments. So till next year...or maybe a cutie cupid scavenger hunt?



Ice Cream Social heads west!

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

On Monday, April 16, 2018, residents traveled west for a theme filled ice cream social in the community center. Surrounded by western décor and a variety of ice cream selections, cowgirls and cowboys arrived ready for a showdown of fun. Light-up shoes, cowboy boots, bandanas, and cowboy hats were seen wrangled around the room. The idea was proposed to Recreation by resident Tom Butler. Sean Campbell, DJ on the record player, kept the records spinning. Rawhide played on the front screen of the room while Country and Western tunes sounded from behind. Mr. Butler's record collection and record player brought it all to life. A great big "yeehaw" to Tom Butler and our many volunteers – resident, community, and military from Keesler Air Force Base – along with family, friends and residents who came out for a rootin' tootin' grand ole' time.



Mystery tournament

Story & Photo by Dennis Crabtree | Recreation Specialist

On April 12, 2018 Recreation held its fourth Mystery Tournament. There were 13 residents who participated. The Mystery was Cutthroat Scrabble. Residents were given instructions on how to play. The way to win was to get through the double elimination bracket with the highest score on the words that were created. There could only be three winners for this Mystery Tournament. First place was Doris Hopper, second place was Diana Dopp, third place was Carol Harmes and fourth place was Doris Denton.



Osher Lifelong Learning Institute visits AFRH-G

Story & Photo by Becki L. Zschiedrich | Public Affairs

Members of the Osher Lifelong Learning Institute (OLLI) at The University of Southern Mississippi Gulf Park campus in Long Beach, Mississippi visited the AFRH-G for a tour. Members of the OLLI are active adults who share a love of learning. Members enjoy innovative and enriching programs in an inclusive environment with others who share the same interests. Many members are retired, but it is not a requirement to join, nor do you need to be a graduate or otherwise affiliated with Southern Mississippi. OLLI is for all people of all educational backgrounds and members come from a wide range of backgrounds, vocations and connections to local community.

After going on a tour given by residents Robert "Kitt" Kittinger, Ben Ward and Clifford "Smitty" Smith, the members of OLLI had lunch with the residents. Thank you to the University of Southern Mississippi for your support and interest in the AFRH.



WASHINGTON

Going once, going twice... SOLD!

By Carol Mitchell | Recreation Therapist & Marine Robbins | Recreation Therapy Assistant
Photographs by Carolyn Haug | Public Affairs

On Friday, April 6th, a long anticipated day finally arrived! The annual Recreation Therapy White Elephant Auction took place. Throughout the past year, residents, employees, and volunteers provided donations, both new and gently used, for the auction. Some of the items included televisions, DVD players, WiFi routers, clothing, lamps, knickknacks, coffee makers, sports gear, jewelry, as well as amazing pieces of resident artwork to include three hot bidding item pieces from Mimi Rivkin, creative bundles provided by the Anna Maria Fitzhugh Chapter of the Daughters of the American Revolution, and Costco winter coats. Approximately a hundred residents from all levels of care enjoyed attending this exciting event, with many leaving happily burdened with their loot. The event kicked off at 10:00 am in the AFRH-W Scott community center for residents to view the plethora of items on display for later purchase. Not only was there an auction, but there were items provided for residents to buy for set prices prior to the auction. Viewing closed at 12:00 noon and doors re-opened at 1:00 pm for resident registration where the residents were provided with 125 dollars in funny money by resident Bill Jenterra to spend however they wished. Bill played a vital role in the success of this event, contributing to the collection of auction items, organization, registration, promotion of the event, and so much more. At 1:30 pm, residents were able to purchase buy-it-now items and refreshments which included beer, wine, soda, water, cake pops, pies, and cake. RT staff Amanda Jensema and Carol Mitchell were our auctioneers for the event, with new RT assistant Marine Robbins serving as our very own Vanna White in presenting the auction items. The main event kicked off at 2:00 pm with our first item: a mini refrigerator bought for a full 125 dollars by resident Margaret Jirak! Another full bid auction item was the bar bundle which included a bottle of Jack Daniels and a whiskey decanter set, won by Sheldon Shorthouse. It was a close win against fellow resident David Pauling decided by a coin toss. A number of bidding wars were decided in this fashion which contributed to the suspense! All residents winning an auction bid were also provided with lovely blankets as an extra prize.

Many thanks to all the volunteers who assisted our healthcare residents in bidding and various other areas of the event. And a special shoutout to the following residents and staff: Sheldon Shorthouse, Bill Jenterra, Christine Baldwin, Constance Maziel, Kayla Bennett, Linda Bailey, Steven Briefs, and the CNA/nursing staff. With their help, the event went off without a hitch!



Atlantic fury

By Patrick Cavanagh | Chief of Security & Elaine Frye | Performance Improvement Integrator

Our AFRH-W Emergency Management Team is a participating member of the Washington D.C. Healthcare Coalition. On May 7th, AFRH-W will participate with the D.C. Coalition, which will include D.C. healthcare hospitals, other healthcare facilities and the Washington, D.C. Fire and Police Department in this year's drill entitled the "Atlantic Fury." The scenario involves a major hurricane that makes landfall near Hampton Roads, Virginia causing severe damage throughout the Mid-Atlantic. AFRH-W's Incident Command System will coordinate this drill throughout the day with the various service providers, including Security, and Safety, to reinforce our preparedness in advance of the Atlantic hurricane season which begins on June 1st. Upon completion of this drill, AFRH-W will debrief with other organizations involved in the D.C. Coalition. Discussion will focus on what we did well, what we need to improve and the resources that we found were needed throughout the emergency management phases. Ideas and suggestions are shared between the D.C. Coalition members in working together to insure the safety of our community residents. Our AFRH-W employees have been training all year and will no doubt excel above our benchmark and make us proud.

Don't judge a book by its cover... Except during Library Week!

By Marine Robbins | Recreation Therapy Assistant
Photo by Carol Mitchell | Recreation Therapist

During National Library Week, we left no page unturned at AFRH-W. The national designation fell between April 8th and 14th so AFRH-W Recreation Therapy staff celebrated on April 12th with a library-themed fun booth! Residents stopped by to pick up free movies and books, play some book-themed games, and get to know their staff and local library better. Residents were challenged by guessing games which required recollection of book cover art and knowledge of classic previously-banned fiction. AFRH-W's librarian, Christine Baldwin, joined the Recreation Therapy team to remind everyone of the value of our local library and give visibility to the amazing work that she does keeping our library stocked with fun and interesting materials.



Afternoon poetry

By Christine Baldwin | Librarian

To celebrate Poetry Month, a group of AFRH-W residents enjoyed light refreshments of punch and cookies, while they listened to a wide range of poetry and recitations. The afternoon started with an upbeat poem written by resident William Sorince titled "Hope." Next, Linda Bailey read "It Isn't the Home, It's You." Dressing accordingly, a wonderful recital of "The Raggedy Man" read by Norma Rambow followed. To go hand in hand with the month of April, Bill Opferman read "Paul Revere's Ride." Following were three dramatic poems written by resident Mike Martinez: "Morning Friends," "The Other Self," and "The Other." Emmy Lu Daly then chose three of her own works, the humorous "Ode to Feet," "Enough" and "Be Careful What You Wish For." With colorful illustrations portrayed in the background, Ernest Janes recited several "Cassius Clay Couplets," which had everyone laughing. Rick Walk had us thinking of spring as he read "Blueberries," which was very appropriate for the season. Christine Baldwin then read a poem for resident George Markow Totevy titled "Ash Wednesday." Paul Grimes finished the official program with a heartfelt rendition of the poem "The Shooting of Dan McGrew." A special thanks to the residents who participated; Linda Bailey, with graphics and ideas; and Amanda Jensema and Marine Roberts.



AFRH-W resident receives VA Volunteer Award

By Robert Mitchell | Volunteer Coordinator

"Look what I got," Armed Forces Retirement Home resident Corrine Robinson said while she smiled brightly, holding up her new certificate. Robinson serves double duty by volunteering here at AFRH-W and at the DC Veterans Affairs Medical Center. Congratulations, Corrine! Your service to your fellow veterans is highly commendable!



SC3 McDonald's day luncheon

Story & Photo by Carol Mitchell | Recreation Therapy

On March 28, 2018 the residents of AFRH-W Scott 3 enjoyed an afternoon McDonald's-themed luncheon. The residents were treated to the ever-famous hamburgers, cheeseburgers, Big Macs, French fries, fresh fruit, apple pies, soda pops, and ice cream. They also listened to a lecture on the history of McDonald's, some fun facts and trivia. Did you know...

- In 1940 brothers Maurice and Richard McDonald moved to San Bernardino, California and renamed their restaurant "McDonald's Bar-B-Que". They had 25 menu items which were mostly barbecue.
- McDonald's is one of the largest in the world, known for its hamburgers, selling 75 hamburgers every second.
- McDonald's \$27 billion in revenue makes it the 90th largest economy in the world.

The event was enhanced by the awesome McDonald's day decorations created by the Messiah United Methodist Church mission students from Springfield, Virginia. The students were on a four day mission trip called "Urban Plunge." The students also enjoyed mixing and mingling with the residents of Scott 3 while working on the decorations.

