



**AFRH-GULFPORT**

## Deputy Director for the Defense Health Agency visits Gulfport

Photos by Becki Zschiedrich, Public Affairs

Mr. Guy Kiyokawa, who is the Deputy Director of the Defense Health Agency (DHA) Defense Health Headquarters, Falls Church, VA visited the AFRH in Gulfport on August 10, 2016. The DHA is a joint, integrated Combat Support Agency enabling the Army, Navy, Air Force, and Marine Corps medical services to provide a medically ready force and ready medical force to Combatant Commands in both peacetime and wartime. In support of an integrated, affordable, and high quality military health service, the DHA directs the execution of ten joint shared services to include the health plan (TRICARE), pharmacy, health Information technology, research & acquisition, education & training, public health, medical logistics, facility management, budget resource management, and contracting. The DHA administers the TRICARE Health Plan providing worldwide medical, dental and pharmacy programs to more than 9.4 million uniformed service members, retirees and their families.

During Mr. Kiyokawa's 29-year career in the United States Army, he demonstrated visionary leadership across a spectrum of experience from aeromedical evacuation pilot to health facility engineering and management to healthcare administration. Mr. Kiyokawa ascended to the rank of Colonel and retired from the United States Army in 2015.

Mr. Kiyokawa's health care administration experience spans many levels of care including clinics, community hospitals, regional medical centers, and regional medical commands. Mr. Kiyokawa took a through tour of the AFRH-G, met with Healthcare employees, Ombudsman, RAC Chair, VA Director, and Keesler AFB 81st Medical Group Commander.



Mr. Kiyokawa signs the guest register in the Art Display Room.



The "Sawdust Man" PJ Johnson shows Mr. Kiyokawa some of the many items he creates out of wood.



Resident Donald Johnston was happy to show Mr. Kiyokawa (not pictured) and LCDR Karen Ortolani (right) his apartment at the AFRH-G.

**AFRH-WASHINGTON**

## Deputy Assistant Secretary of Defense visits DC

Story & Photos by Chris Kelly, Public Affairs Officer

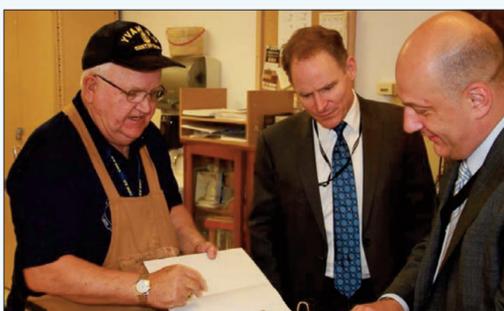
Mr. Ronald T. Keohane, Deputy Assistant Secretary of Defense for Military Community and Family Policy (MC&FP), toured AFRH-W on August 18th to learn more about the Home and its services. Mr. Keohane visited with Residents, observed in-house recreation activities, and stopped by the state-of-the-art fitness center - a core part of the Home's wellness and rehabilitation programs. MC&FP is directly responsible for programs and policies that establish and support community quality of life programs for service members and their families worldwide, including at AFRH.



Mr. Keohane met and spoke with numerous Residents, including Francis Conley (left).



Mr. Keohane greets Resident Josephine Soboleski in her room during his visit to the Armed Forces Retirement Home in Washington, DC.



There are multiple in-house recreation activities, including a bowling alley, ceramic shop and wood shop. Here Mr. Keohane greets Resident Ivan Saucier in the wood shop.



Mr. Keohane greets Resident Ken Faller in the wood shop.

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# AFRH COMMUNICATOR

Phone: 1-800-422-9988 Web site: [www.AFRH.gov](http://www.AFRH.gov) Email: [Public.Affairs@AFRH.gov](mailto:Public.Affairs@AFRH.gov)

Christopher Kelly - Public Affairs Officer

Rebecca Newton - Washington Public Affairs

Becki Zschiedrich - Gulfport Public Affairs

*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, #1305  
3700 N. Capitol St. NW, Washington DC 20011-8400.  
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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.



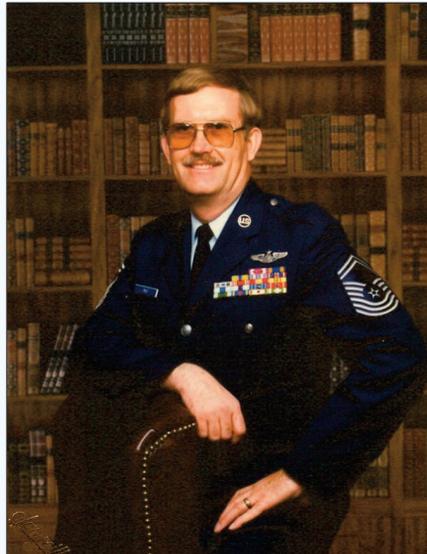
The Joint Commission  
[www.jointcommission.org](http://www.jointcommission.org)

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



## AFRH-W Veteran Highlight - Clarence Vold

By Christine Baldwin, AFRH-W Librarian



Clarence Vold was born in South Dakota; the only one of his three siblings that was born in a hospital. He was raised on a farm by a father that encouraged his children to follow their dreams. Clarence enjoyed his experiences growing up on the plains of South Dakota, which included completing grade school in a one-room school and

surviving winter blizzards. On one occasion, he even got lost in his own yard! His father planned on Clarence taking his place on the farm, but Clarence saw a different future that did not include farming. He went to college, but it wasn't for him at the time.

Clarence was then inspired by John Kennedy, and he answered the challenge for America by joining the U.S. Air Force. Clarence would have the opportunity to travel and this led to an assignment in the Northern Honshu region of Japan.

Love was in the air for him, but it was cut short by the death of his father. Further assignments came and then came marriage. With 8 years of service, a critical decision had to be made; either become a civilian or stay in the Air Force. Clarence's choice was to stay in and he made the Air Force a 30-year career that culminated in the promotion to the highest enlisted rank. His career included assignments as an electronics technician, a military training instructor and instructor supervisor, a KC & EC-135 boom operator, until he was grounded medically. Clarence also scheduled alert and flight training, missile crew alert duty and administrative airlift missions for the 5th Air Force. He then went into aircraft operations management. His boom operator experience included 43 combat missions. This included one mission that was very frightening in retrospect – he was in a KC-135 Stratotanker, following a flight of F-4s towards Hanoi during Linebacker II and at one point was only about two miles ahead of a B-52 bomb strike! Clarence served at Headquarters 5th Air Force, where he was involved in the KAL Flight 007 recovery operations in 1983.

Clarence retired in 1989 and his second attempt at college was a success. He worked for the Hertz Corporation for five years. In 2015, Clarence had his book

"Farmer's Son, Military Career," published, which details his life from rural America to his Air Force career. A copy of this book is at the library. He came to AFRH-W in 2016.



Clarence is a member of the Crazy Artists' Club at AFRH-W.  
(Photo by Rebecca Newton, Public Affairs)

## AFRH-G Veteran Highlight - Bertha "Marion Wolke"

By Lori Kerns, AFRH-G Librarian



Bertha "Marion" Wolke was the first child and only daughter born to an electrician and housewife in Frostproof, FL. The family later grew as her two brothers were born. Most know the running joke of the WWII generation and older having to walk five miles, uphill both ways, to get to school. Well, Marion's commute to school was quite the opposite. She said she would walk out her back door, cross a stream, and would be right on school property. As a child, she enjoyed playing baseball and touch football.

Living in a small town meant that jobs were scarce. As Marion graduated high school, she had heard about the Navy and decided to join to earn a living. At the time, young women were required to be 20 years old to join. At 19, she lied about her age and persuaded her father to sign the papers. She was sent to New York City for boot camp. The Navy found her best suited to work as a data processor and stationed her in Alameda, CA.

One of Marion's most memorable experiences while in the Navy was on V-J Day. She remembers everyone in the middle of the street dancing and yelling. She had to take a ferry from Alameda to San Francisco and was excited when she was allowed to pilot the ferry on the way home. While stationed in Alameda, Marion met her husband, Leonard. He was a sailor aboard a ship that came to port in San Francisco. They met in the Pepsi Building in San Francisco, which was a complex for active duty only.

When the couple got out of the Navy, they moved back to Leonard's home state of Oregon. Soon, their family grew as their four children, three sons and one daughter, were born. Marion continued to work as a data processor but in a civilian setting. The couple moved and ended up working where the first atomic bomb was built. As part of their job, they had to be examined each day to see if they had been exposed to radiation. Marion remembers one day when security escorted her home so that she could shower and give

them her clothes and shoes because she had too much radiation exposure. Leonard and Marion had a passion for riding motorcycles. They had a pickup truck with a trailer that would tow their "his and hers" motorcycles. They enjoyed riding around Washington, Arizona, California, and Florida.

The couple found out about the Naval Home from friends who were a married couple. The wife brought Leonard and Marion to the Home to look around and meet staff, while the husband was living in Long Term Care. Sadly, Marion's husband passed away in 1997 so she moved into the Naval Home on January 1, 1998. When Hurricane Katrina hit, she was relocated to AFRH-W. When AFRH-G reopened, Marion flew back home with her fellow Residents. She was delighted when she found that they had their own plane and buses to make the trip "home." She also recalls the ride on the way to the Home as they passed the schools. She said all the students were outside cheering and waving for the Residents. She said it was something she'll never forget.

Marion has held many volunteer positions while living at the Home. These days, she's most likely to be found socializing in the halls or in the Art and Sewing Rooms. On occasion, she has had the opportunity to get in a little motorcycle ride when some of the motorcycle groups make a visit to the Home. She is also an avid collector of odds and ends. Her room, almost every square inch decorated with trinkets and memorabilia, could probably be classified as a museum. Seeing Marion in the halls is also a treat because she's always got her rollator decorated and trimmed from top to bottom for each holiday or happening.



Marion today at the AFRH-G.  
Photo by Becki Zschiedrich, Public Affairs)

# Message from the Chief Operating Officer



In a recent Town Hall, a question came up... "what is CARF?" You have seen the signs in the elevators referring to CARF, and probably heard staff members allude to the CARF surveys. The Commission on Accreditation of Rehabilitation Facilities, better known as CARF, is an independent, non-profit accreditor of a multitude of health and human services to include aging services, behavioral health, and opioid treatment programs. As their website denotes "CARF accredits more than 50,000 programs and services at 23,000 locations. More than 8 million persons of all ages are served annually by 6,800 CARF-accredited service providers."

Among providers with CARF accreditation are the Virginia Beach Department of Human Services, Goodwill of Central/Coastal Virginia, Central Fairfax Services, DC Veteran's Affairs Medical Center, Goodwill Industries of South Mississippi, Baptist Memorial Hospital, and North Mississippi Medical Center.

The CARF accreditation team was at AFRH-W, 17-18 August, and I'm proud to say they got through with flying colors. As with any/all inspections there were minor findings but overall the team was impressed with the level of care being provided by the AFRH-W team. There is significant risk involved in singling out folks, so let me say this, AFRH-W could not have been as successful without the contributions of all staff, but especially noteworthy is the leadership of their Administrator, Shaun Servais, and the Corporate Performance Improvement Officer, Dr. Karen Tillman-McCombs. Thanks very much to both!

As I type, AFRH-G is going through their accreditation and I have no doubts that they will do equally as well.

Last month I ended with a farewell to our Corporate Medical Director, this month I would like to end with a hearty welcome to our new Public Affairs Officer, Christopher Kelly.

Chris has been with us for a few weeks now and has hit the ground running! Welcome him aboard when you see him.

Would like for everyone to ponder this thought as I close; our greatness lies in our differences, you fought to preserve all of our rights, not those of a chosen few. I ask that we embrace our differences and are tolerant of our uniqueness. Hope everyone has a magnificent holiday weekend, talk to you soon....

*Dr. Timothy Kangas*



During the visit by Defense Health Agency Deputy Director, Guy Kiyokawa, the name of Wellness Clinic Nurse Supervisor, Brandon Kinchen, came up on multiple occasions. Residents were very laudatory and appreciative of his dedication and professionalism. As a result, the Chief Operating Officer "coined" him in front of peers and supervisors. (Photo by Chuck Hollings)

## AFRH – W Celebrates Retirement of AVI3 William "Ernie" Ernestburg and U.S. Coast Guard's 226th Birthday

*By Constance Maziel, Lead Recreation Specialist  
Photos by Chris Kelly, Public Affairs Officer*



On Friday, July 29, AFRH-W hosted the retirement ceremony for Chief Warrant Officer William "Ernie" Ernestburg, USCG, and followed with a celebration of the Coast Guard's 226th Birthday. The ceremony began with the National Anthem followed by a heartfelt invocation given by Chaplain John Goodloe. Before a standing-room audience in the Hall of Honors, Ernie received accolades for his 30 years of service to the Coast Guard. A familiar face to AFRH-W residents and staff, Ernie has for many years led USCG volunteers in conducting regular clean-up projects on ponds and other areas at AFRH-W. During the retirement ceremony, Ron Kartz, Chief of Resident Services, and Carolyn Haug, Administrative Specialist, Resident Services, presented Ernie with a custom blanket from AFRH-W staff that reflected the time, hard work and dedication he provided to help improve the grounds of the Home. Following the retirement ceremony, residents and guests joined together in celebrating 226 years of the United States Coast Guard. CDR Steve Burdian led the ceremony, and provided humorous reflections of his own experiences in the Coast Guard. The event acknowledged the youngest and oldest Coast Guard members present while leading into the traditional cake cutting ceremony. AVI3 William Ernestburg joined the Home's oldest Coast Guard veteran Resident, Bob Devaney, and the youngest Coast Guard member, YN1 Lawren

Kanaeas, as they cut the cake to celebrate the Coast Guard's 226th Birthday. Mr. Devaney served in the Coast Guard during WWII, as a seaman and gunner's mate aboard ships conducting escort duty for convoys throughout the Caribbean and North Atlantic. The ceremony concluded with admiration towards those who served as all guests departed. Until next year Coast Guard, Semper Paratus!!!



## Stained glass artist creates illuminating masterpiece

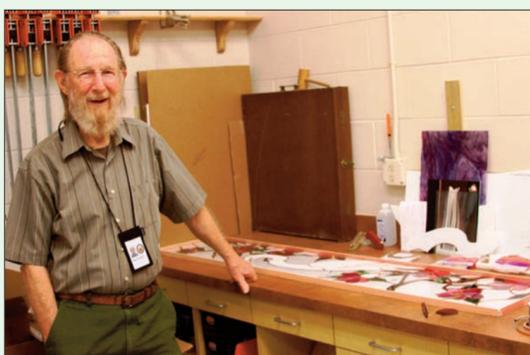
*Story & Photos by Becki Zschiedrich, Public Affairs*

In January 2016 Paul Kolb moved into the AFRH-G. As soon as he saw his apartment, he knew that he was going to make a stained glass piece to fit in the narrow window next to the balcony door in his apartment. A couple of months later he drew up the plans of an Egret and then cut the pattern. There are several steps that you have to go through and must be precise from the start. Stained glass, which is both art and craft, requires an artistic skill to visualize a workable design, select complimentary glass and engineering skills to cut, foil, and solder the pieces into the desired form.

Ever since Paul was eight years old he was learning wood working. In 1985 he got tired of breathing sawdust and decided to give stained glass a try. When he was in Europe, Paul used to visit the cathedrals and was fascinated by all the stained glass. After taking a beginners class, he signed up for a series of Master Classes at an Art Expo. Soon after, he opened Studio 203 in Kittery, Maine, where for fifteen years he produced works in everything from lamps, windows, mirrors, clocks and panels to ornate wine racks using only the Tiffany copper foil method. He accepted a commission for a pair of lamps that he learned later was a wedding gift for the granddaughter of Juan Carlos, the King of Spain. His favorite piece and the only one he ever made for himself, is a peacock scene of more than 400 pieces. At age 77 he decided to sell his business simply because his hands were no longer steady enough to produce quality work in sufficient quantity. Paul claimed, "It's all cut and paste. You make pieces and you assemble them. The only thing that varies is the method of assembly."

He also stated, "With any kind of artwork, you must enjoy the result. Stained glass is a nasty process with endless cuts and ruined fingernails, but every time I look at a finished piece, I forget about the process." Now, when Paul opens his door, the first thing he sees is this illuminating stained glass window that is never static. In the course of the day and evening the ever changing outside light mutes and alters colors and tones, almost giving life to the piece.

Paul was born in December of 1936 in St. Paul, Minnesota. He joined the Air Force in 1955 and was stationed 15 different places over 27 years. His first overseas assignment was Orly International Airport in Paris where he worked in the accounting department, which eventually led to a career in Data Automation. His last assignment was five years at the Air Force System Command Headquarters at Andrews Air Force Base where he was Deputy Chief of the Computer Operations Division.



## From the AFRH-W Administrator



As August and the dog days of summer conclude we look back to the happenings of the Washington Home for the month. Our main event most certainly was the re-accreditation as a CARF CCRC. The Commission on Accreditation of Rehabilitation Facilities (CARF) visited August 24th through 26th to review operations and program standards for our Continuing Care Retirement Community (CCRC). The surveyors reviewed programs and policies, interviewed Residents and staff, and participated in our operation during their visit. The surveyors' exit conference, attended by Residents, families, friends, and employees outlined the findings. The AFRH chooses to utilize CARF because of the industry best practices and their knowledge of operating CCRCs. This was a wonderful collaboration and we overall did very well during the quick snap shot. The few recommendations for improvement are in the works and we should receive the "official" accreditation in about 6-8 weeks.

I wish to thank all the dedicated staff and contracted personnel who made the CARF re-accreditation survey a huge success. It truly takes a village, as they say, to make everything function the way it should. Most, if not all, Residents understand the inspection process from their duty days in the military. To have the successful outcome was the direct result of hard work, understanding, and good strategy. It truly is an honor to be part of this historically significant place. My hat's off to the wonderful people who got it done!

Congratulations to Creative Minds International Public Charter School on their exciting start to year two on AFRH grounds. We look forward to another year of being good neighbors and encouraging intergenerational activities. Now, the road ahead.

In September, the Independent Living Plus (ILP) level of care will face its initial accreditation by The Joint Commission (TJC) for Home Care. The ILP program originally began as a pilot to identify how Residents' health care needs could be served in their independent-living rooms. The motivation is to prevent premature transitions through our

continuum of care for Residents who only need a minimal level of assistance to maintain independence. The most common reasons AFRH Residents have historically required transition is their failure to safely manage their medications and maintain a healthy living environment. Having ILP accredited by TJC gives us a framework to operate within and standards to deliver high quality care.

Please, mark your calendars now for the annual Fall Fest scheduled for October 2nd from 9:00 to 5:00. Fall Fest is the 3rd of three annual campus events when gates are open to the public. The Friends of the Old Soldier's Home (FOSH) is the main sponsor. An antique car show, whiskey tasting, food trucks, petting zoo, and military vehicle display are



During his visit to the Armed Forces Retirement Home on August 18, Mr. Keohane received a briefing and tour from administrator Shaun Servais (left). (Photo by Chris Kelly, Public Affairs Officer)

all in the works. It's a great time for families and friends to come visit Washington DC and take in the spectacular sites at the Home and in our Nation's Capital. See you there!

Shaun Servais

## The AFRH-W is accepting applications for residency

By Chris Kelly, Public Affairs Officer



The Armed Forces Retirement Home – Washington, DC – the premier retirement community for eligible American veterans - is now accepting applications. AFRH offers residents an affordable lifestyle on a scenic, wooded campus just minutes from downtown Washington, DC – home to museums, monuments, and a host of entertainment, sports and other cultural options. Many veterans choose to live at AFRH for the superior medical, dental and vision care offered, with amenities that include: private rooms with a shower, cable TV, three delicious daily meals prepared by licensed nutritionists in our modern dining facility, a wellness program and deluxe fitness center, movie theater, bowling center and hobby shops. Services include recreational activities, resident day trips, a full-service library, barber shop, 24 / 7 security, beauty salon, computer center, mailboxes, banking services, campus PX/BX and off-campus shuttle and public transportation.

**Persons are eligible to become AFRH residents 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 60 years of age or over; and were discharged or released under honorable conditions with 20 or more years of active service

–Are determined to be incapable of earning a livelihood because of a service-connected disability incurred in the line of duty in the Armed Forces.

–Served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay; were released from service in the Armed Forces under honorable conditions; and are determined to be incapable of earning a livelihood because of injuries, disease or disability.

–Served in a women's component of the Armed Forces before June 12, 1948; and are determined to be eligible for admission because of compelling personal circumstances.

**Persons ineligible to be residents:**

-A person who has been convicted of a felony or is not free of drug, alcohol, or psychiatric problems are ineligible to become a resident.

-Married couples are welcome, but both must be eligible in their own right

-Veterans must be able to live independently upon admission to the AFRH. This means being able to care for personal needs, attend a dining facility for meals, and keep all medical appointments.

-Fees for independent living are 40 % of total current income (not to exceed \$1,425 / month)

For further information or to request an application, visit: <https://www.afrh.gov/apply> or contact the Office of Public Affairs at: [public.affairs@afrh.gov](mailto:public.affairs@afrh.gov) 1-800-422-9988.



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



Summer is almost over and it seems as though it was just last week when it began. We enjoyed more "good" days than "not so good" days. There were many events scheduled for our enjoyment and we still

have many more exciting ones to look forward to. More activities are also being planned for the Defenders Inn. Don't forget to continuously check the "Events Calendar," and everyone is encouraged to participate in the discussions and planning of events.

We are once again in search of a Pharmacy Technician due to the resignation of our recently hired one. I know our

Wellness Center staff will continue to do everything possible to make sure our medications will be delivered and distributed to our residents in a timely manner.

There will be an "Unused Medicine" container located in the Wellness Center. Feel free to take your unused and out-of-date medications there for disposal. Please do not flush any medications down the toilet or sink in your bathroom.

Departments will have boards displayed in their area with pictures of their staff. It will include their titles, occupation and names. This is a being done to help the residents learn to better acquaint themselves with the staff.

Golf Shirts went on sale at both the Golf Course and the Thrift Shop. These shirts are being sold to help raise monies for the Resident's Fund. Come on out and support this worthwhile effort.

Elections for the Resident Advisory

Committee will be held during the month of September. To all candidates who participate in the elections, I wish you the best of luck. With that, I want to take this opportunity to thank each and every one of you. It was an honor and a privilege to represent you as your Resident Advisory Committee Chairman. Thank you all for your support.

### Historical Events in the month of August:

1776 – In Philadelphia, most of the 55 members of the Continental Congress signed the parchment copy of the Declaration of Independence.

1920 – The 19th Amendment to the United States Constitution was ratified, granting women the right to vote.

1935 – President Franklin D. Roosevelt signed the Social Security Act.

1945 – V-J Day – Japan surrendered to the Allies.

1959 – Hawaii became the 50th State of the Union.

1961 – The Berlin Wall came into existence.

1963 – The March on Washington during which Reverend, Dr. Martin Luther King, Jr. gave his historic "I Have A Dream" speech.

Marvin Archer



Mr. Ronald T. Keohane, Deputy Assistant Secretary of Defense for Military Community and Family Policy, speaks with Marvin Archer, Resident Advisory Council Chairman, during Mr. Keohane's tour of AFRH-W on August 19.

# From the AFRH-G Administrator



Greetings, The Commission on Accreditation of Rehabilitation Facilities (CARF) arrived on campus to survey us for re-accreditation as a Continuing Care Retirement Community on Monday, August 29th and left early in the afternoon on Wednesday the 31st. CARF is the leading accreditation

service and in the senior housing industry and considered an expert evaluating the day to day operations of Continuing Care Retirement Communities. The surveyors spent time reviewing our Standard Operating Procedures in addition to discussing life in the Home with numerous residents, family members of residents, as well as members of the staff.

This was my first experience working with CARF and I found them to be very professional, helpful, and most respectful of everyone's time. We still had to perform our daily duties to ensure we meet the needs of our residents. The consultative visit was very informative and I was pleased to know their trademark quote, "Aspire to greatness." is the goal they want us for us to achieve.

Words alone cannot express my appreciation to all the employees and the

contracted staffs, who are dedicated and committed to the residents and our mission. Everything you do makes a daily difference and you touch so many lives. As the old saying goes, "You are second to none."

During September, on the 13th and 14th, we will host The Joint Commission for Home Care as they conduct the initial survey for the Independent Living Plus care level. Previously, the Independent Living Plus (ILP) program was conducted as a pilot program to help us better serve resident's with minimal needs in the confines of the independent living rooms. With the large number of residents who have benefited from our pilot program we welcome The Joint Commission's visit with open arms.

I hope each of you has a great Labor Day weekend and stay safe. God bless

Jeff Eads



LCDR Karen Ortolani, Chuck Hollings, Guy Kiyokawa, Dr. Kangas, and Jeff Eads on August 10th. (Photo by Becki Zschiedrich)

# Freedom – Privilege or Obligation

By Resident William M. "Bill" Kyzer, USAF



In the beginning, man was made free; So you could have freedom as well as we.

We were given the option to choose between right and wrong; This, in itself, makes us feel secure and strong.

Although, not all believed God and the course of histories; Most everyone believed in conquering and victories. So it is today, when we try and do the best we can;

Freedom is precious and I am proud to be "An American".

The freedom which was fought for and protected then; Requires the same protection today in order that we win. Serving my country is a personal choice; A way in which we can express our voice.

Convinces me that my Air Force service obligation; Proves to be more than merely a sensation. When freedom is measured between a privilege and an obligation; I must choose privilege because it gives me such satisfaction.

The times of today have changed to a degree; The young and the old alike will agree. Our freedom is threatened day after day; By a minority of idiots who forget to pray.

The Government we have is not perfect, I know; But we have the best, and without it we would take a severe blow. My America offers me liberty and prestige; That is why I consider my freedom a privilege.

We servicemen, like civilians, have jobs to do; Many of which are above and beyond the call of duty. We differ from the majority of people this day; Because we are just manifested and molded that way.

We have given so much and ask for so little; It is distasteful to see our America so brittle. Our families remain behind to take care of children and chores; While we go to war and protect our doors.

The wars which have swept through periods of the past; Still leaves scars as we rush through life so fast. From Vietnam's dense jungles to the rugged mountain terrain; Our commitments are dangerous and sometimes hard to remain.

When our best and last friend has been wounded or killed; We wonder if our hearts have been completely filled. With the desire to fight on to the bitter end; In hopes of protecting our next best friend.

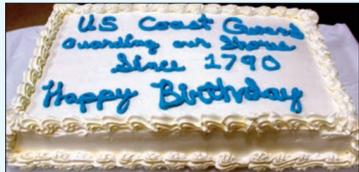
When the world seems dark and you have missed your lesson; Give thoughts of yesterday and count your blessings. Our America and freedom is not finished yet; Unless we lose our spunk and just sit.

We are America and we must choose our destiny; Count God in, our hope and inspiration for eternity. Our freedom is a privilege or an obligation, wherever we stand; Therefore, I am privileged to be free and "An American".

In 1970 Sergeant William M. "Bill" Kyzer, USAF won the George Washington Honor Medal Award for this poem for his outstanding accomplishment in helping to achieve a better understanding of the American Way of Life.

# Happy Birthday U.S. Coast Guard

Story & Photos by Becki Zschiedrich, Public Affairs



Happy 226th birthday to the U.S. Coast Guard! The Coast Guard is a multi-mission, maritime, military service and the smallest of the five Armed Services. Its mission is to protect the public, the environment and U.S. economic interests in the nation's waterways, along the coast, on international waters, or in any maritime region as

required to support national security.

On August 4th, 2016 the Armed Forces Retirement Home, along with members of the U.S. Coast Guard in Gulfport, Mississippi, celebrated the U.S. Coast Guard's 226th birthday. Administrator Jeff Eads was the emcee. A very moving Coast Guard tribute video was shown after the invocation was presented by Pastor Michael Gibson. Our guest speaker was BMCM Andrea Martynowski, USCG Officer in Charge USCGC RAZORBILL (WPB 87332). The cake was cut by Master Chief Andrea Martynowski, Charlie Chapin, the oldest Coast Guard Resident at AFRH, and the youngest Coast Guard member. To close the ceremony everyone sang along to "Semper Paratus." Semper Paratus is the motto of the United States Coast Guard and means "always prepared." An example of semper paratus is what the United States Coast Guard members will say is their motto and is the reason they are ready for any emergency.

Following the ceremony, a beautiful cake and refreshments were served in the Community Center.



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



At this month's RAC Meeting we passed the 2017 Resident Fund Budget. The budget is then sent to the Resident Fund Advisory Board and then it is sent on to D.C. for final approval.

On August 4th Residents attended the Coast Guard Birthday celebration in the Community Center where BMCM Andrea Martynowski, USCG Officer in Charge USCGC Razorbill, was the guest speaker. Everyone enjoyed her speech and hearing about the history of the Coast Guard. We were glad to see that many Residents and Coast Guard attended.

On August 10th the Deputy Director of the Defense Health Agency, Guy Kiyokawa, came to the Home for a visit. I had the honor of meeting and having lunch with him. We discussed the Residents feelings on the Wellness Center since most positions have become Federal. I assured him that this change has helped stability and we do not have much employee turnover. I also mentioned to Mr. Kiyokawa the interaction that the AFRH has with Keesler AFB and the Biloxi VA and how they support the AFRH.

Our Recreation Department coordinated three lunch bus trips to Pepe's Mexican Restaurant, Hooters, and Boomtown Casino. These are extremely fun trips so please don't forget to sign up. In addition to the lunch trips, we also had three bus trips to Avery Island Tabasco and Jungle Garden tour in Louisiana, New Orleans WWII Museum and the

Hyundai Motors Plant in Alabama.

The Commanding Officer for CO PCU PORTLAND (LPD 27) being constructed at Ingalls Shipyard in Pascagoula, CAPT J. R. Hill came for a tour and lunch this month. This was his first time here and he can't wait to come back. He said he will be bringing current Sailors from his ship who support America's heroes at the AFRH.

On September 1st the RAC candidates for election will be announced in the Community Center at 0900. They will discuss campaign procedures, absentee ballots and the questions that will be submitted by Residents for the Candidate Forum.

On September 8th the Candidate Forum will be in the Community Center from 0900 – 1100. Our Ombudsman, MC Wise, will read the questions that were submitted by the Residents, in which the candidates will answer. MC Wise will also moderate the forum.

On September 13th voting will start after breakfast in the Community Center until 1600.

On September 14th Administrator Jeff Eads will announce the RAC Chair winner and the Floor Rep winners at the Town Hall in the Community Center at 1000.

It has been an honor to serve as your Interim RAC Chair. If you have any questions, or concerns please feel free to contact me directly. I am here for you, the Residents of AFRH-G.

Roy Cook



Roy Cook (right) with Master Chief Wise at the Birthday Dinner Celebration.

# AFRH-W Activities

## Crazy Artists' Club: Creating without regard to perfection

By Lori Thompson, Art Specialist

Creativity is flooding the Artist Colony and lapping at our ankles! Our new "Crazy Artists' Club" opened the doors in late July with an Expressive Drawing session followed by members brainstorming for future club activities. However, if our second meeting on August 3rd is any indication of this group's creative synergy, we won't need any more brainstorming sessions! The only "plan" we had that day was Mimi Rivkin's Gesture Drawing presentation, which was thoroughly appreciated by all. Along with the gesture drawings, club members created "crazy" group photos on the computer. The photos had us laughing like a pack of wild hyenas, as we distorted ourselves silly on the web cam. We also experimented with thermal paper; "painting" with a hair dryer! To our delight, we found you can also use stencils with the dryer. Further experimentation waits. We are wrapping up the month with a color mixing and color theory session, but who knows what the cat may drag in! If you are interested in having unfiltered fun, you are welcome to join us every other Wednesday afternoon in the AC, where we create as if no one is watching...yeah, we dance like that too.



Members of the Crazy Artists' Club take a lesson in gesture drawings from resident MiMi Rivkin as Art Specialist Lori Thompson models. (Photo by Rebecca Newton)

## Strikes & spares with Kappa Epsilon Psi

By Amanda Jensema, CTRS, Recreation Therapist

One Saturday morning in August the Residents were treated to a bowling social with members from the local chapter of a military sorority, Kappa Epsilon Psi. It was a small gathering, but all who attended had a blast. There were several times throughout the morning that a Resident or sorority sister bowled a 9 because there was always one pin that just seemed to not want to go down. We did have the occasional spare and strikes to be sure, as well as several splits. The highest score was 118. We may not be strong enough to bowl on a league, but that did not matter. At the end of the event everyone had a smile on their faces. The sisters of Kappa Epsilon Psi look forward to a wonderful relationship with the Residents of AFRH and look forward to returning!



## AFRH-W centenarians

By Carol Mitchell, Lead Recreation Specialist



A centenarian is a person who lives to or beyond the age of 100 years. Because life expectancies worldwide are less than 100, the term is invariably associated with longevity. A supercentenarian is a person who has lived to the age of 110 or more, something only achieved by about one in 1,000 centenarians.

On June 3rd, Mr. Elgie Clark celebrated his 101st birthday with fellow Residents and staff. On June 5th, his actual birthday, he spent with family visiting for the occasion. Not to be outdone... Resident Faye Steele turned 100 on July 29th. Mr. Steele enjoyed having family, friends, staff, and other Residents helped him celebrate with a lovely luncheon topped off with cake and ice cream.

We look forward to future birthday celebrations with Mr. Clark and Mr. Steele... who knows they could be AFRH's super-centenarians.

## Recreational Therapy GEICO Bowling Challenge

By Carol Mitchell, Lead Recreation Specialist

Residents of AFRH enjoyed a morning and afternoon at the AFRH Bowling Center. The event was sponsored by GEICO which provided 1st, 2nd, and 3rd place prizes along with small gift prizes for all residents participating. Everyone was a winner! Residents bowled 1 game and then enjoyed a lunch of pizza, fruit, sodas, chips, and cake. The bowlers then continued with a second game. The bowler with the highest combined score became our 1st Recreational Therapy GEICO Challenge Champion.

1st Place - Herb Simmonds  
2nd Place - Edith Ellington  
3rd Place - Rogers Ferguson

Special shout-out to resident Sheldon Shorthouse for being the resident in need of the most improvement!



## Recreational Therapy Italian luncheon

By Carol Mitchell, Lead Recreation Specialist

On Friday, July 15th the Recreation Therapy Department hosted an Italian Luncheon in the Scott Community Center. The room was decorated in red, green, and white with pictures of famous Italian sights and scenes posted throughout the room. Colorful fresh flower table center pieces were placed on the tables. As residents entered the room they were greeted by volunteers and escorted to a table. Each table had a waiter or a waitress assigned to their table to take their orders and assist them throughout the meal. The menu consisted of red wines, sodas, and water, fresh strawberries, Italian wedding soup or tomato basil soup, Caesar salad, cheese ravioli or meat lasagna, garlic bread, and for dessert cannoli and Italian ice. Lively Italian tunes played in the background and also during lunch. Italian history and trivia was provided. Residents really enjoyed attending this event which gave them the feeling of being in an authentic Italian restaurant atmosphere and environment without leaving Home!



# AFRH-G Activities

## Indoor Shuffleboard Tournament

**By Dennis Crabtree, Recreation Specialist**

On Thursday July 21, 2016, Residents were competing in the Indoor Shuffleboard (Horse Collar) Tournament in the Bocce Center. Jim Bishop (new player) is seen looking for that perfect slide to get his points. Fred Ray (not in picture) is playing against Jim Bishop. Sitting on the sidelines is Wayland Webb, Glenn Yost, Wolf Kiessling, Jerry Anderson, Mike Longwell and Fredi Van Pelt. Not in picture was Bill Jossendal. Twelve Residents signed up and nine Residents played for three hours.

There could only be three winners that day. Fredi Van Pelt took 1st place, Michael Longwell took 2nd place and Jim Bishop took 3rd place.



## Outdoor Shuffleboard Tournament

**By Dennis Crabtree, Recreation Specialist**

On Friday July 29, 2016, Residents were competing in the Outdoor Shuffleboard Tournament at the Basketball Court. The morning was muggy and the bugs were biting. Gerry Gorsky is seen looking for that perfect slide to get her points. Bill Sanders is getting pointers from Gerry Gorsky to knock her disc off the court. Sitting on the sidelines is Mary German, Frank Baker and Glenn Yost. Not in picture was Bill Jossendal and Ernie Fowler. Eleven Residents signed up and Seven Residents played for one hour.

There could only be three winners that day. Frank Baker took 1st place, Gerry Gorsky took 2nd place and Bill Sanders took 3rd place.



## Pool Tournament

**By Dennis Crabtree, Recreation Specialist**

On Tuesday August 9, 2016 Residents were competing in the Pool (8-Ball) Tournament in the 2nd floor Club Room. Michael Longwell is looking to get that combination shot into the corner pocket. Steve Crews is chalking up his pool stick. Frank Baker is staking out the competition for the next tournament to be played.

Wayland Webb is waiting to see who he needs to play in the finals. Not in picture Glenn Yost, Harry Aman, Michael Busch, John Young and Jim Hannah.

There could only be three winners for that day. Wayland Webb took 1st place, Michael Longwell took 2nd place, Steve Crews took 3rd place.



## Washer Toss Tournament

**By Dennis Crabtree, Recreation Specialist**

On Thursday July 14, 2016 residents were competing in the Washer Toss Tournament in the Bocce Room. Fredi Van Pelt is seen throwing the washer with Glenn Yost (new player) taking notes on the competition. Frank Baker (sitting) playing against Jerry Anderson (not in picture) are waiting for their turn to get some points. Wayland Webb, Mary German, Mike Longwell, Fred Ray, Ernie Fowler and Harry Amen are trying to figure out how Fredi Van Pelt keeps making those points.

There were ten players that played in the tournament but there could only be three winners for that day. Fredi Van Pelt took 1st place, Mike Longwell took 2nd place, and Fred Ray took 3rd place.



## Horseshoe Tournament

**By Dennis Crabtree, Recreation Specialist**

On Friday July 15, 2016 Residents were competing in the first Horseshoe Tournament for the summer. It was a nice overcast day with rain coming in from the North. However, the game was still played. Ernie Fowler could not believe Fred Ray just made a ringer. There were a total of 38 ringers for the tournament. Fred Ray is thinking it was all skill. Jerry Masterson and Wayland Webb are still looking at the ringer. Not in picture Bill Jossendal, Wolf Kiessling (new player), Glenn Yost (new player) and Steve Crews.

There were eight players that played in the tournament but there could only be three winners for that day. Ernie Fowler took 1st place, Wayland Webb took 2nd place, and Fred Ray took 3rd place.



## Putting Tournament

**By Dennis Crabtree, Recreation Specialist**

On Monday August 22, 2016 Residents were competing in the Outdoor Putting Tournament. Wayland Webb is seen taking his time aiming for that beautiful shot to make that hole in one. The rest of the players are seen taking mental notes on how to master the form from Wayland Webb. In back ground from left to right Ernie Fowler, Harry Rhizor, Art Kelly, Frank Baker, Mike Longwell, Jerry Anderson, Fredi Van Pelt, and Franklin Rosenburgh. Not seen in the picture Carol Harmes. Wayland Webb and Frank Baker had a shootout for 1st and 2nd place. Franklin Rosenburgh and Jerry Anderson also had a shootout for 3rd place.

Wayland Webb took 1st place, Frank Baker took 2nd place, and Franklin Rosenburgh took 3rd place.



## Corn Toss Tournament

**By Dennis Crabtree, Recreation Specialist**

On Monday July 18, 2016 Residents were competing in the Corn Toss Tournament in the Bocce Room. Bill Jossendal is watching Mike Longwell and Ernie Fowler for their turn to throw. Fred Ray and Cecil Sherman are seen competing against each other. Joe Kelly is in the back ground watching everyone playing and taking notes. Sitting in the cheering section is Glenn Yost, Wayland Webb, Fredi Van Pelt, Bill Sanders, Gerry Gorsky and Jerry Anderson.

There were eleven players that played in the tournament but there could only be three winners for that day. Wayland Webb took 1st place, Bill Jossendal took 2nd place, and Ernie Fowler took 3rd place.



## Dart Tournament

**By Dennis Crabtree, Recreation Specialist**

On Monday August 8, 2016 Residents were competing in the Dart Tournament in the Club Room. Jerry Anderson is also looking for that Bull's Eye. Frank Baker has his eyes closed. Steve Crews is waiting for Ernie Fowler's move so he can throw his darts. Ernie Fowler is thinking if he can wait a little bit longer that Steve Crews will throw his darts off the board. Not in picture Glenn Yost.

There could only be three winners for that day. Steve Crews took 1st place, Ernie Fowler took 2nd place and Frank Baker took 3rd place.



## Cribbage Tournament

**By Dennis Crabtree, Recreation Specialist**

On Monday July 12, 2016 Residents were competing in a Cribbage Tournament on the 2nd floor Club Room. Wolf Kiessling (new player) is keeping an eye on Bill Hill for that trick card shuffling. Ron Perry and Bob Brodeur are making sure their counting comes out right while Bob Klotz sit back and watches the two. Wayland Webb and Fredi Van Pelt are studying each other to win the game. Seven residents signed up and seven players played in the tournament.

There could only be three winners for that day. Bob Klotz took 1st place, Ron Perry took 2nd place, and Wayland Webb took 3rd place.



# WASHINGTON

## Watermelon Social

*By Constance Maziel, Lead Recreation Specialist  
Photos by Rebecca Newton, Public Affairs*

On August 12th, AFRH-W indulged in a summertime Watermelon Social in the Scott Community Center. DJ Billy White played some "Oldies but Goodies" tunes, as Residents lined up to enjoy the spread of fresh watermelon! Volunteers from the American Red Cross socialized with the Residents and a few consumed the treat as well. The highlight of the event was the Watermelon Trivia Game played by all the residents in which the winners were given special summertime prizes! A special thanks to the American Red Cross and to the Resident Volunteers for making the Watermelon Social true bliss!!!



Chester Mahaffey enjoys two slices of watermelon.



Farris Dozier is a fan of watermelon.

## 2016 Hawaiian Luau at AFRH-W

*By Constance Maziel, Lead Recreation Specialist*

Aloha Kakou! On August 19th, AFRH-W celebrated the Hawaiian luau on the Scott Patio. The weather was hot; however, tents covered the area as Residents, guests, and volunteers all gathered together for the wonderful celebration. The event kicked off with the Honolulu Ukulele Band, as they provided an exciting introduction of traditional Hawaiian music which set the mood for the upcoming activities. The Residents had the opportunity to engage in lei making, using the most beautiful Dendrobium orchids, while waiting for the dance and fire show to begin. As the day progressed, the Hula Polynesian Ladies performed a non-traditional dance using their hips and hand gestures to the rhythm of the music. Soon after, the Polynesian Men performed a traditional dance using hand and facial gestures that told a historical story of the Hawaiian Island. A few of the volunteers and residents participated in the dance too!!! The highlight of the event was the fire show, which left an anxious yet eager expression on everyone's face as the Hawaiian Fire Men tossed, turned, and twirled the fire sticks! On the menu for the evening was a wonderful Hawaiian spread of sweet & sour pork, shrimp, string beans, pineapple rice, a variety of fresh fruit, and cookies to top it off! As the night went on, more and more residents moved outside where everyone could listen to the music and enjoy the Hawaiian mixed drinks, which included fresh pina colodas and frosty strawberry margaritas. A special thanks to all the volunteers for making the luau a success. Aloha until next year!!!



# GULFPORT

## Luau dance

*Story by Dennis Crabtree, Recreation Specialist  
Photos by Ray Ross, Resident Photographer*



This is another year of dancing and partying expected all night long leaving plenty of tracked sand feet on the floor for Residents and guests to enjoy. The first impression on entering

the room was how beautifully the Community Center was decorated with the Luau theme on the walls to each one of the Leis placed on the tables. The hors d'oeuvres was well received by all who came and a well done job goes to Dining Service.

Tropical levels remained relatively high on the dance floor and there was a brief break by Residents as another dance system arrived later in the night. Thank you to all the Residents, guests, and volunteers who attended the Luau Dance.



## Ain't Uke Got Fun!

*By Susan Bergman, MT-BC, Recreation Therapy Services  
Photos by Jen Biernacki, Recreation Therapy*

On Wednesday, August 10, 2016, residents joined in for the monthly cookouts on Valor & Loyalty Halls. With the theme being Luau, residents could be found "monkeying around" with smiles and laughs for a good time. On Thursday, August 12 & 18, residents warmed up on tropical instruments during music time to try out steel drums and created a beach environment by adding in the ocean drum, rain stick, and thunder tube. Residents guessed Hawaiian trivia and sang along with the ukulele to "Tiny Bubbles, Pearly Shells, Marianne, Jamaica Farewell, Sloop John B (I Wanna Go Home), Aloha 'Oe, and many more." On Wednesday, August 17, residents enjoyed a Luau themed Happy Hour and during the tropical Luau lunch on Friday, August 19, residents were serenaded again with the steel drum and "Uke" (ukulele).

Several residents attended the Friday evening Luau dance in the community center where tropical attire, food, dancing, and music concluded the two week celebration of all things Hawaiian and Caribbean. See you next year for the annual Luau...Ain't Uke Got Fun, too?



Maynard Howard joins in the fun!



It's all tropical for Francis Scott on the steel drum!



Naomi Pointer starts the beat for ukulele fun!