



AFRH-GULFPORT

It's been 12 years, but the memories of Katrina are still alive

By Becki L. Zschiedrich, Public Affairs



"Mr. President, the people of Mississippi are flat on their backs. They're going to need your help. I urge you to come to Mississippi," said Senator Trent Lott the day following Hurricane Katrina. The senator called upon President Bush to visit the damaged region after Katrina took so much away from the Mississippi Gulf Coast.

It's not like the people of Mississippi want to commemorate Hurricane Katrina on August 29th every year, but we do want to celebrate how we have flourished. On August 29, 2005 everything changed and nothing around this area would ever be the same again. Thousands of lives were lost and much of the coast was completely gone. All the landmarks were completely washed away during the storm surge. There were no birds, squirrels, bugs or any kind of wildlife. It was as if time stood still and this was all a bad dream.

After the initial shock of it all, everyone collectively came together to help one another out. The AFRH-W pre-staged buses to come to Gulfport, Mississippi, just in case we needed them. Katrina's wind and water dealt a crushing blow to the AFRH-G and forced its residents to evacuate. The very next day on August 30, 2005 residents were evacuated to the AFRH in Washington, D.C. via charter buses.

Hurricane Katrina damaged the 11-story AFRH-G tower beyond repair. When Katrina blasted through Mississippi, 414 residents rode out the storm for 17 long hours at the Gulfport Home and 150 residents had voluntarily evacuated in their own cars. Being that the building is

elevated 20.6 feet above sea level, everyone thought they could ride it out at the Home, including The Weather Channel's meteorologist Jim Cantore. When the hurricane came through Gulfport it was said to be a 28 to 35 foot surge that caused water to rise between three and four feet in the building. The storm surge completely wrecked all the medical and mechanical equipment and destroyed the emergency generator. With winds exceeding 100 mph the water tower fell over on the property and the surge destroyed the steel-and-concrete perimeter. Surprisingly no injuries were reported within the building. When Hurricane Katrina forced the 11-story AFRH in Gulfport, Mississippi to close, Congress appropriated \$236 million to demolish the old structure and build a new state-of-the-art facility. After the implosion of the old Home in 2007, the government contractor began the construction of three eight-story buildings to replace it. The new facility was designed to lessen the effects of a Category 5 hurricane.

On October 4, 2010 the first 126 veterans returned home five years after Hurricane Katrina to a larger and more lavish facility. Twelve years later, recovery is still underway on Mississippi's Gulf Coast. I'll never forget asking our ombudsman in Gulfport if it would ever be pretty here again. He said, "Yes, in about 10 years!" So, here we are twelve years later and it is beautiful once again. We are proud to call the Mississippi Gulf Coast home, where despite this disaster the people of the coast continue to be highly spirited and resilient.



Winds exceeding 100 mph caused the water tower to fall over during Hurricane Katrina.



Residents' vehicles were tossed around like toys.



The new state-of-the-art facility opened October 4, 2010.

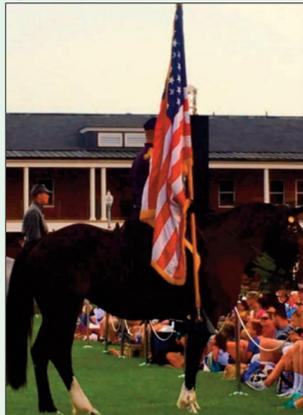


The beauty of Gulfport, MS reflects off of the Mississippi Sound.

AFRH-WASHINGTON

Twilight Tattoo

By Amanda Jensema, Recreation Therapist



The residents were treated to a wonderful performance at the Twilight Tattoo this year. The weather was perfect and we were surrounded by groups from all over the country. Sitting directly behind us was a group of soldiers from Germany! We were entertained at Fort Myer-Henderson Hall with music from the U.S. Army Band "Pershing's Own" and the U.S. Army Band Downrange vocal group. We watched the U.S. Army Drill Team show off their skills with their bayonet-tipped 1903 Springfield rifles.

They performed their trademark move of the "blind front-to-back rifle toss," where the person in front of the line throws his rifle over the heads of the other members, and the person in the back catches it. It is "blind" because the person throwing it does not look before he throws. This takes a lot of practice! Some of the other groups that performed included the Old Guard Fife and Drum Corps, Continental Color Guard, The Old Guard Caisson Platoon and the 3rd U.S. Infantry Regiment, also known as "The Old Guard."

At the end of the show many people attending honored our residents by thanking them for their service. We also got to visit with a few of the members who visit us around the holidays and bring holiday cheer. It was a great night for the residents and one they will not forget.



INSIDE THIS ISSUE

Page 2
Resident Highlights

Page 7
Exploring the Coast

Page 8
Fishing at the Ponds of AFRH-W

AFRH COMMUNICATOR

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

Serving Washington, D.C. and Gulfport, Mississippi

AFRH is not just a place to live but a place to live more. Our model retirement communities are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort & personal enrichment.

Eligibility: Military veterans from each service branch can live at AFRH. The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

- who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.
- who are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of a service-connected disability incurred in the line of duty in the Armed Forces.
- who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of injuries, disease, or disability.
- who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to:

AFRH, PAO/Marketing, #584

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

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



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ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

AFRH-Gulfport waiting time for residency is
24-27 months from the date of application approval.

AFRH-Washington has no waiting time for residency.



The Joint Commission
www.jointcommission.org

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



AFRH-W Veteran Highlight – Floyd Sims

By Christine Baldwin, AFRH-W Librarian



Floyd Sims was born in Michigan during the Depression in 1929. During World War Two, his family moved to Saginaw to work in the war factories. At 16 Floyd graduated first in his class as an engineer draftsman and was hired by a local manufacturing company. After two years, he was one of only three engineers. His father convinced him to enlist in the U.S. Army, instead of being drafted...since he could pick his branch of service. He was right! Floyd picked the Army Engineers and after basic training at Fort Riley, Kansas, he was sent to Fort Belvoir, Virginia to attend the Engineer Drafting School. He finished first once again and was assigned to the Department of Engineering as a draftsman, and worked for Major Hollenback. The major did his own surveying for the projects and Floyd was his recorder, rodman and draftsman who drew it all up. Both the major and

Floyd worked around the clock, and it did pay off later. The major taught him everything a surveyor needed to know. Making a long story short, a year later the military activated a new unit to go to Korea to oversee the construction of any new harbors to be built. And guess who was transferred to that unit...the major. The unit needed a construction surveyor so Floyd was transferred to fill that position, which was an E-7. In the following month, Floyd, at the age of 20, received a promotion to E-7, the only E-7 construction surveyor in the Army at that time. He held that honor for 17 years!

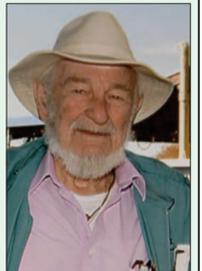
After many months waiting for orders, Floyd was sent to France, which did not have any ports or harbors. He was then assigned to the staff engineer's office at HQ ConZ as the NCO in charge of all the construction being done under the operations office. This involved all paperwork and no surveying. Three years later Floyd received orders to a construction company HQ at Fort Ord, California. The billet was as an E-6 surveyor, but they took him, no questions asked. That company was building everything on-post and off. He was a very busy person and was awarded, along with two other sergeants, a parade in their honor. Floyd was told by the commanding general of the post, "We've got to stop meeting like this!" Floyd remembers another quote from his commander, Colonel Hopper, to the Provost Marshal about him: "Sergeant Sims can do anything he wants to do." Floyd also received two oak leaf clusters to go on his ribbons.

Floyd's next assignment was to Panama as a topographic land surveyor. They had slots for E-7's, but he was a construction surveyor and there were no jobs for this MOS. While he worked remodeling a Baptist church, Floyd only went to his unit on pay day to get paid. After six months, Floyd told the CO that he had to have a job. He was then sent to a major, who was overseeing all the mapping in Central and South America. He was hired, but not as a surveyor. Instead, he worked with coastal magnetic work, along Panama and Costa Rico all aboard a forty-foot boat. It took a little over a year, but the final mission was accomplished. In his next assignment, Floyd was loaned out to a civilian doing "field edit" work. This entailed verifying

every listing on the maps, even as small as a hut or trail. The map had to be verified by two natives before it went to print. The next "loan out" was to the chief in charge of mapping the entire country of Costa Rica. One highlight: driving the President of Panama to the top of Taboga Island (How did he know that Floyd was there and had a vehicle on his boat?). Floyd also met the president's brother a year later and they really hit it off. They were soon fishing and going to cock fights together. (The cock fights were sort of illegal, but they took the chief of police with them.) The brother owned everything in town from the newspaper to the bakery! Floyd then went stateside to Fort Belvoir, Virginia, as the NCO in charge of the construction course. In fact, he even taught one of the classes. Next Floyd went to Ethiopia to a topographic unit, which already had six E-7s. But Floyd found out why he was sent there: they needed a surveyor. He remembers being sent to Nairobi to do repair work on an instrument. It took 29 days, so he was able to do a lot of sightseeing, after the six-month survey. It was back to the engineer school again, but this time Floyd was promoted to E8. By this time, Floyd and his 12-year-old son had already spent a year building a house near the post. Floyd then retired from the military in 1970, after spending "21 Years Around the World, 1948-1970 with the Corps of Engineers" (which is the title of his book- a copy of which is at the library.)

Prior to retiring, Floyd had negotiated with Shell Oil to lease a new gas station in Manassas, Virginia. After five years at the service station, Floyd became 50% owner in a painting company that worked in Virginia, Maryland and Washington, DC. He painted for three years and then it was off for more travel; this time all 50 states, a dozen or so islands in the Caribbean, all the Hawaiian Islands, plus Bora Bora before running low on money and returning to work. This time he was a superintendent for a construction company; the owner was a neighbor. He did this for a few years and then went into construction for himself; doing work for Shoney's from Pennsylvania to Georgia. His next retirement was for good. When his wife had to go into a nursing home, Floyd came to AFRH-W (he is currently on the list for Gulfport) and at 88 years old he still has a bucket list!

One last story happened two years ago when he took his grandson "any place in the world he wanted to go". He wanted to go to Ethiopia to see where his mother had lived in Africa and all the places his grandfather had been. The last day they had saved for the mapping mission, to see the HQ building, mess hall, barracks, and club that Floyd had built, but they were all gone. It was now a golf course. They finally found the clubhouse to have lunch and a drink. While sitting on the deck a native walked by, stopped, turned around and said "I know you. You worked at the mapping mission. You were the first sergeant, had five kids, two of which loved to ride horses." He even remembered where Floyd had lived and took them there. And that had been 50 years ago! The last thing the man said was "you used to smoke cigars." Floyd had done that for 30 years, but now smokes a pipe. But the man had remembered all this! It sure made Floyd's trip!



AFRH-G Veteran Highlight – James Tootle

By Lori Kerns, AFRH-G Librarian



Born in 1920, James A. "Jim" Tootle was raised on a farm in the rural area of Glennville, Georgia. Growing up on the Tootle farm, Jim and his siblings began helping out as soon as they were able to walk. As soon as he graduated high school, he and his brother decided to travel to Savannah, Georgia where they arrived at nightfall. The brothers sat on a bench all night to await the opening of the recruitment center for them to enlist in the military. At barely 18-years-old, Jim joined the Marine Corps and was sent off to Parris Island, South Carolina for boot camp.

Jim completed his training and was sent to Philadelphia, Pennsylvania to work as an accounting clerk at the navy yard. He decided to ask to be sent to Shanghai, China. He received his orders to board the USS Henderson to make his way to Shanghai to begin his work as a company clerk. While stationed in China he met a girl named Mildred. The couple decided to marry while he was still stationed there. Once World War II broke out, he was sent to Luzon in the Philippines where his unit, serving under General Douglas A. MacArthur, became involved in combat. The unit moved to Corregidor and was assigned to beach defense. Jim was wounded by enemy fire during this assignment. He recovered and returned to combat.

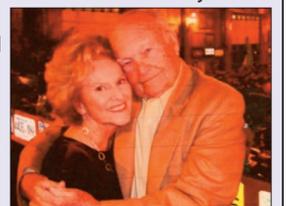
On May 6, 1942, Jim's unit was ordered to destroy arms and surrender. The men were taken as prisoners of war (POWs) and led on a death march to Cabanatuan for internment. Later, they were put aboard a hell ship and transferred to Honshu, Japan. While imprisoned at Camp Yodogawa, Jim was placed in charge of bean detail. His responsibility was letting people go to town to get beans for the prisoners to eat. Life in the POW camp was harsh. The Japanese would punish the POWs by forcing them to kneel in the snow. These punishments caused many, like Jim, to end up with frostbite. Living in the camp was also difficult for the prisoners when they could hear the rumors about their captors' plans, such as their intentions for Pearl Harbor.

It was fortunate when Jim began to hear the grumblings about plans for Japan's surrender. Once the bomb was dropped on Japan forcing them to surrender, he was released after spending over three and a half years as a POW. He was sent to San Francisco, California where he recovered. Here, he was also reunited with Mildred. When he was released from the hospital, without blinking an eye, he returned to his work. He mostly served his tours throughout the U.S. When hostilities heated up in Korea, he was sent for a year of combat in Korea with the 1st Marine Division. He recalls how the war in Korea was different than WWII because the Koreans fought mostly hand-to-hand combat.

In 1958, after the Korean War, Jim finished his 20-year Marine Corps career. His last tour of duty was at Camp LeJeune, North Carolina where he served as a captain. His service and dedication to the Marines earned him 18 medals, to include the Bronze Star, the Good Conduct Medal and the Purple Heart.

With his military career behind him, Jim began a new civilian career working with the IRS. His work with the IRS brought him to Biloxi, Mississippi. After another 20 years of government service, he retired from the IRS and from working altogether. After losing their spouses to illness, he and his neighbor, Marian, became friends. Upon finding comfort in each other, their friendship eventually grew into a partnership. The couple decided to build a lake house in Saucier, Mississippi where they have enjoyed the last 23 years together by fishing and gardening.

Jim is the proud father of four children, Jan, Carol, Gerry, and Jamie, and two grandsons, Blake and Jordan. When his children started to worry about his well-being, they decided it was best to get him into AFRH-G. He has been in the Home for over two years. These days, he enjoys watching the news on TV. But his favorite pastime is pulling weeds that are intentionally left just for him in the Home's garden. Jim is very lucky to have such a sweet, supporting family. Likewise, the AFRH-G family is very proud to have this decorated veteran among its fantastic residents!



Message from the Chief Operating Officer



Planning for the AFRH of the future

I'm often asked by our veteran residents about what we are doing to help ensure a healthy future for our Home. Earlier this month, representatives from the Office of the Deputy Chief Management Officer (DCMO) facilitated a two-day strategic business planning session with my senior staff to discuss just that.

DCMO is the principal management office for the Secretary of Defense, whose mission is to optimize the business environment across the Department of Defense. As I noted last winter, simply stated DCMO is my new "boss" - one who is committed to helping us achieve our business goals.

What are those goals? We're still working on them, but here is what I can tell you - we're looking at ways to implement new revenue streams; deliver resident-centered services within our resources and capabilities; encourage a staff-centered workplace that impacts our accountability and efficiency; and, maintain exceptional stewardship - by pursuing innovative ways to manage costs.

What are we doing now? If being more efficient and accountable sound familiar, it's because we've already been moving in those directions. We're proud of the industry accreditations awarded to us this year, and are reviewing our operations to ensure they are sustained.

We want to preserve high resident satisfaction levels by encouraging health and wellness activities and improving ways for our staff to deliver those activities to you.

And we continue to improve our outreach to veterans across the country in order to increase our occupancy. I know how especially important this is to all of you!

Our goal is to once again be a self-sustaining community that continues to provide you with excellent support services - so you can continue to have an exceptional life in retirement.

I'll be sure to provide you with updates as our plans move forward. Have a great Labor Day and an enjoyable final few weeks of summer!

Dr. Timothy Kangas



Recently the DCMO facilitated a two-day strategic planning session.

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.

Residents visit the little zoo that could

Story and Photos by Becki L. Zschiedrich, Public Affairs



On Tuesday, August 22nd residents boarded a bus to Gulf Shores, Alabama. The destination was a trip to the Alabama Gulf Coast Zoo. This wasn't just an ordinary zoo, though. It was the little zoo that could...succeed! Opened in June 1989 as Zooland Animal Park this non-profit organization relies on admissions, memberships and contributions for its funding.

The best part of this story is how all the animals were saved during Hurricane Ivan in 2004. The storm was headed straight for Gulf Shores. Zoo Director Patti Hall packed up the animals one by one and brought them to her home on a ten acre property in Elberta. Local businesses donated delivery trucks and zookeepers rented as many

U-Hauls as they could to transport the animals. They also created makeshift cages for all 287 animals. Hall also had all the zookeepers, their families and their personal pets stay on her property.

"There was a monkey living in the house and baby tigers swimming in the swimming pool," said Hall. She said they were the first zoo in recorded American history to execute a full scale evacuation... except for the alligators. In fact, Chucky the alligator made national headlines after getting loose from his cage during Hurricane Ivan. He was found near the zoo a few days later. The Alabama Gulf Coast Zoo's incredible struggle against three hurricanes in 14 months attracted the attention of Animal Planet, and became the subject of a prime-time reality television series that documented the staff's tireless efforts to rebuild. The series, "The Little Zoo That Could," focused on the zoo's efforts to reopen after being battered by three major hurricanes in 2004 and 2005: Hurricane Ivan, Hurricane Dennis, and Hurricane Katrina.

From that moment, the zoo transformed into something magical. People from all over the world started visiting, all in hope that the little zoo that could would become the little zoo that did. Shooting for the series started in 2005, and the first of thirteen episodes of "The Little Zoo that Could" aired in February 2006.

When you first walk into the Alabama Gulf Coast Zoo, you may be surprised to find that this isn't your average animal reservation. Not only are staff members tremendously connected to all of the animals, they also help visitors spark a similar strong animal connection. One of the staff members told the AFRH-G visitors that she bottle fed and helped raise the zoo's three tigers and black bear. It's a very hands-on atmosphere.

This zoo is now home to more than 500 animals, including lions, tigers and bears, as well as several species of monkeys and many exotic birds. In addition to the normal exhibits, the facility offers "encounter" areas, permitting visitors to get near some of the animals by petting them or allowing them to climb onto their shoulders.

Patti Hall said, "We are such a small zoo, that it's like going into someone's home and seeing all their animals."



From the AFRH-W Administrator



Dear residents, friends, neighbors and staff,

I think we are all pleased to be feeling the August heat giving way to some cooler temperatures. This month, the Home hosted the Advisory Council, conducted a focus group on golf, witnessed a partial solar eclipse, and made final preparations for reaccreditation by The Joint Commission (TJC).

Governance of the Armed Forces Retirement Home is covered within Title 24 of the United States Code, Chapter 10. Included in the Home's legislation is that our Advisory Council meet twice annually. On August 16th, the council convened in the Chief Operating Officer's conference room to discuss challenges the Home faces in the years ahead. Several new members joined the council and we are excited by the support and expertise that all of our members bring to the table. The meeting was very productive and indicative of our bright future serving America's

Veterans!

Our DoD oversight from the Deputy Chief Management Officer (DCMO) has provided support to the Home's golf course operations. This month, we hosted two gentlemen from the National Golf Foundation (NGF), an organization which specializes in operational excellence of private and public golf courses around the country. The visit, August 15-16, examined our current operations and allowed NGF to weigh in with their expertise. The next step is to receive formal recommendations for ideas worth pursuing to improve the course. Overall,

they were very complimentary of the Home's nine-hole course which has been pridefully maintained by volunteers this season.

The Great American Eclipse was visible from Washington August 21st. Mostly sunny skies provided a clear view of the partial eclipse, approximately 82%, here at AFRH-W. The next solar eclipse visible from our campus won't be until April 8th, 2024. For readers outside the Home- Did you know AFRH has an in-house optometry clinic that is free for residents to use? This is one of many amenities offered in the Home which supports vitality in retirement living.

In other exciting news, the campus concluded preparation efforts for The Joint Commission accreditation survey. The survey, scheduled September 6-8, will review standards for three campus programs: Nursing Care Center, Home Health Care, and Ambulatory Care. I am grateful for the dedicated efforts of the employees and contractors to ensure our healthcare programs are following the best practices in delivering high quality service. I am looking forward to implementing TJC's recommendations as we remain committed to continuous operational improvements.

Last but not least, I'd like to remind readers to mark your calendars for the annual Fall Fest scheduled for Sunday, October 1st from 9:00 to 5:00. Fall Fest is the third 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 displays are all in the works. It's a great time for families and friends to visit Washington, DC and take in the spectacular sites at the Home and in our Nation's Capital. See you there!

Shaun Servais

227th U.S. Coast Guard Birthday

By Contance Maziel, Lead Recreation Specialist

On Monday July 31st, 2017, AFRH-W celebrated 227 years of the United States Coast Guard (USCG) with a birthday ceremony held in the Scott Hall of Honors. Many residents, guests, friends and family members attended. Ombudsmen Robert Webb served as host and was delighted to be part of such a memorable event. Mr. Webb depicted events that happened throughout the years of the Coast Guard and shared exciting memories about his own past in the military. The celebration was brought to attention as everyone joined together for the National Anthem, followed by the Pledge of Allegiance. The event continued as Chaplain John Goodloe provided a heartfelt invocation, followed by a speech from the guest of honor, LCDR Jonathan I. Schafler. LCDR Schafler leads the HQ in community affairs for the Delaware-Maryland-Virginia area. He averages 16,000 volunteer hours annually, and is the project officer on many high-profile Base NCR's. He is also the executive officer for the National Boy Scout Jamboree, a mentor/ relationship builder to the community, and a fellow CG personnel member to D.C. Officials. We were honored to have LCDR Schafler be a part of the birthday celebration and his presence was nothing short of amazing! LCDR Schafler provided an honorable story about his experience as a young coastie and gave an inspiring message that left its mark on the hearts and minds of all those present. The ceremony was concluded with admiration to all those who served as every participant joined together in singing the U.S. Coast Guard Anthem. Until next year Coast Guard, Semper Paratus!!!



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



This month we started off with an invitation from the Clark Construction Company to view the site of the National Museum of the United States Army. The museum will be located adjacent to Fort Belvoir, Virginia and should be completed by 2019. Our group received a briefing on the progress of the site and the installation of an M-4 Sherman Tank, Bradley Fighting Vehicle, and a Landing Craft Vehicle Personnel (LCVP) or Higgins boat. We were then escorted through the construction site. At the end of it all, it was a very informative trip.

Next on the calendar was our Hawaiian luau featuring hula dancers, fire dancers, Hawaiian music and food. Several brave residents and staff were instructed on how to do the hula, at the amusement of the non-participants. But all agreed that it was an entertaining afternoon.

We had a baby shower here at AFRH-W, not for a resident but for our Administrator Shaun Servais and his wife Emily, who will be receiving a visit from the stork sometime in September. Congratulations from the residents and staff of AFRH-W.

The solar eclipse that occurred on August 21, 2017, hasn't occurred since 1918. Resident Catharine Deitch was delighted to be able to observe this celestial event; she and a group of her fellow residents and friends witnessed the eclipse on the Defenders Inn's patio wearing special glasses. Some residents like George Wellman and Mimi Rivkin went a more scientific route. They constructed a pin-hole device for viewing the eclipse, but the results would have been more pleasing with a total eclipse. The next solar eclipse will be on April 8, 2024. Please have a safe September and if you are able to volunteer, please do so. See your volunteer coordinator for more information.

This month in history!

- September 2, 1752 - The British ended their use of the Julian calendar, switching instead to the Gregorian calendar, resulting in a major adjustment as Wednesday, September 2, was followed by Thursday, September 14. The correction resulted in rioting by people who felt cheated and demanded the missing eleven days back.
- September 2, 1864 - During the American Civil War, Atlanta was captured by Sherman's Army. "Atlanta is ours, and fairly won," General William T. Sherman telegraphed President Lincoln.
- September 2, 1945 - President Harry Truman declared V-J Day (Victory over Japan Day) commemorating the formal Japanese surrender to the Allies aboard the USS Missouri in Tokyo Bay.
- September 2, 1962 - Soviet Russia agreed to send arms to Cuba, leading to the October Missile Crisis after the shipments were discovered by the U.S.
- September 3, 1783 - The Treaty of Paris was signed by John Adams, Ben Franklin and John Jay, formally ending the American Revolutionary War between Britain and the United States.
- September 3, 1838 - Anti-slavery leader Frederick Douglass began his escape from slavery by boarding a train in Baltimore dressed as a sailor. He rode to Wilmington, Delaware, where he caught a steamboat to the free city of Philadelphia, then took a train to New York City where he came under the protection of the Underground Railway network.
- September 3, 1939 - Great Britain and France declared war on Nazi Germany after its invasion of Poland two days earlier.
- September 4, 1886 - The last major U.S.-Indian war came to an end as Geronimo was captured. He died of natural causes in 1909 at Fort Sill, Oklahoma.
- September 8, 1900 - A hurricane with winds of 120 mph struck Galveston, Texas, killing over 8,000 persons, making it the worst natural disaster in U.S. history. The hurricane and tidal wave that followed destroyed over 2,500 buildings.
- September 11, 2001 - The worst terrorist attack in U.S. history occurred as four large passenger jets were hijacked then crashed, killing nearly 3,000 persons. Four separate teams of Mideast terrorists, operating from inside the U.S., boarded the morning flights posing as passengers, then forcibly commandeered the aircraft. Two fully-fueled jumbo jets, American Airlines Flight 11 carrying 92 people and United Airlines Flight 175 carrying 65 people, had departed Boston for Los Angeles. Both jets were diverted by the hijackers to New York City where they were piloted into the twin towers of the World Trade Center. The impact and subsequent fire caused both 110-story towers to collapse, killing 2,752 persons including hundreds of rescue workers and people employed in the towers. In addition, United Airlines Flight 93, which had departed Newark for San Francisco, and American Airlines Flight 77, which had departed Dulles (Virginia) for Los Angeles, were hijacked. Flight 77 with 64 people on board was diverted to Washington, D.C., then piloted

into the Pentagon building, killing everyone on board and 125 military personnel inside the building. Flight 93 with 44 people on board was also diverted toward Washington but crashed into a field in Pennsylvania after passengers attempted to overpower the terrorists on board.

-September 13, 1814 - The Battle of Fort Henry in Baltimore Harbor occurred, observed by Francis Scott Key aboard a ship. He watched the British attack overnight and at dawn saw the American flag still flying over the fort, inspiring him to write the verses which were later coupled with the tune of a popular drinking song and became the U.S. National Anthem in 1931.

-Birthday - American Army physician Walter Reed (1851-1902) was born in Gloucester County, Virginia. Best known for his Yellow Fever research, he served as an army surgeon for more than 20 years. The U.S. Army's general hospital in Washington, D.C., is named in his honor.

-Birthday - Army General John J. Pershing (1860-1948) was born in Laclede, Missouri. He commanded the American Expeditionary Force (AEF) during World War I and oversaw the Meuse-Argonne operation that helped bring about the Armistice of November 11, 1918.

-September 16, 1620 - The Mayflower ship departed from England, bound for America with 102 passengers and a small crew. The ship weathered dangerous Atlantic storms and reached Provincetown, Massachusetts on November 21st. The Pilgrims disembarked at Plymouth on December 26th.

-September 17, 1862 - The bloodiest day in U.S. military history occurred as General Robert E. Lee and the Confederate armies were stopped at Antietam in Maryland by General George B. McClellan and numerically superior Union forces. By nightfall 26,000 men were dead, wounded, or missing.

-September 17, 1908 - The first fatality involving powered flight occurred as a biplane piloted by Orville Wright fell from a height of 75 feet, killing Lt. Thomas E. Selfridge, his 26-year-old passenger. A crowd of nearly 2,000 spectators at Fort Myer, Virginia, observed the crash of the plane which was being tested for possible military use. Wright himself was seriously injured.

-September 18, 1947 - The U.S. Air Force was established as a separate military service.

-September 22, 1776 - During the American Revolution, Nathan Hale was executed without a trial after he was caught spying on British troops on Long Island, his last words, "I only regret that I have but one life to lose for my country."

-September 22, 1862 - President Abraham Lincoln issued a preliminary Emancipation Proclamation freeing the slaves in territories held by Confederates as of January 1, 1863.

-September 29, 1789 - Congress created the United States Army, consisting of 1,000 enlisted men and officers.

-September 30, 1949 - The Berlin Airlift concluded after 277,264 flights carrying over 2 million tons of supplies to the people of West Berlin, who were blockaded by the Soviets.



Shaun Servais and his wife, Emily, at their baby shower.

Sheldon Shorthouse



AFRH-W residents tour the construction site of the future National Museum of the United States Army.



Mimi Rivkin and George Wellman view the solar eclipse through their specially constructed pin-hole device.

From the AFRH-G Administrator



Greetings!

I would like to begin by thanking each resident of the Home, again, for your service to our great country. We live in the land of the free because of the brave! Thank you also for choosing to make The Armed Forces Retirement Home your home. The Joint Commission (TJC), one of our accreditation overseers, will visit the Home to review our health care components. The visit is scheduled for September 11-13. Also, we will have two members of the House Appropriations Committee's Survey and Intelligence (HAC S&I) team tour and visit with us after TJC team departs. The HAC S&I team have already been to the D.C. campus and it is our turn to show them your Home in Gulfport, Mississippi. The DoD-OIG will return in late September or early October for their final assessment.

We have selected a licensed social worker to come aboard but as of today we are still awaiting a report date. We are conducting interviews for our medical officer position. We are hopeful to complete the interview process soon so we can have another physician in house quickly. Speaking of physicians, I would like to thank Dr. Powers and Dr. Collins for spending a week with us during August. Dr. Powers is fairly new to the agency and Dr. Collins, is the Chief Medical Officer of the agency.

I would like to take this time to thank the staff of AFRH-G. Because of their dedication and commitment, the AFRH-G was voted Favorite Retirement Community on the Gulf Coast for the second year in a row. This award was voted on by the people on the coast and will be presented by The Sun Herald soon. We truly earned this award because we have great residents and the employees have created a caring culture by focusing on person-centered care. I am stopped numerous times a week by various and sundry residents telling me how pleased they are because the staff is so gracious to them. Until next month-God bless you and God bless America!

Jeff Eads



The Fleet Reserve Association (FRA) branch president and Gulfport resident Pete Petersen and the branch secretary and Gulfport resident Bob Rutherford presented a donation at the recent RAC meeting to Administrator Jeff Eads for the purchase of two additional memorial dog tag frames. This donation was from the shipmates and branches of the south central region (TX, LA, AR, MS) of the FRA. These additional frames with the memorial dog tags will be displayed at the entrance of the Hall of Honors in memory of those residents we have lost.

Happy Birthday U.S. Coast Guard

By Becki L. Zschiedrich, Public Affairs



Happy 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.

The Armed Forces Retirement Home-Gulfport, along with members of the U.S. Coast Guard Auxiliary in Gulfport, Mississippi, celebrated the U.S. Coast Guard's 227th birthday. Administrator Jeff Eads was the master of ceremonies. A very moving Coast Guard tribute video followed Pastor Michael Gibson invocation. Barry Cottrell and Timothy

Mark Chapin of the U.S. Coast Guard Auxiliary served as guest speakers. Charlie Chapin, the oldest AFRH-G Coast Guard resident, joined the youngest Coast Guard member in attendance to cut the cake.

To close the ceremony everyone sang along to "Semper Paratus" - the motto of the United States Coast Guard that means "always prepared." U.S. Coast Guard members like to say their motto is the reason they are ready for any emergency. Following the ceremony, a beautiful cake and refreshments were served in the Community Center.



Resident attends military police 25th year reunion in Missouri



AFRH-G resident Tony Langdon attended the 25th military police reunion at Fort Leonard Wood Missouri on August 3.

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



Here it is, a month later and I have yet to be informed of anyone requesting to serve on one of the three standing committees: Food Service, Morale, Welfare and Recreation, or Health and Wellness. There is no shortage of residents who know how the committee should run and what they should be doing and it saddens me that they will not put their knowledge to work for the good of all.

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.

Someone left the following in the RAC mail box and it caused me to pause and contemplate it. Seems to be some logic and truth to it and I felt it was worth sharing:

5 Cardinal Rules for Life

- 1.) Make peace with your past
So it won't disturb your present
- 2.) What other people think of you
Is none of your business
- 3.) Time heals almost everything
Give it time
- 4.) No one is in charge
Of your happiness, except you
- 5.) Don't compare your life to others
And don't judge them, you have no idea what their journey is all about

Til next month I wish you all the best,

Phil Ford

Highlights of the August 08 meeting:

Special Presentation: The local FRA chapter graciously raised funds to purchase two additional Memorial Boards ('the dog tag boards'). The money will be placed into the Resident Fund as the new boards were ordered and paid for out of the fund. It was noted that the FRA is a strong supporter of the RAC and residents and their offer to always be available is much appreciated, particularly how they embrace requests and 'make things happen' when achieving results.

Minutes of July, 11 2017 approved unanimously

Committee Reports:

NOTE: All Committees seeking new members. See the committee chairperson if interested in serving on;

-Food Service: minutes posted, next meeting August 17, 1400. The dietician is available to help any resident with a dietary concern; such as a restricted diet, special diet, a 'self imposed' restricted calorie diet, or simply desiring nutrition information.

-MWR: minutes posted. No meeting this month,

-Health and Wellness minutes posted. Next meeting Aug. 10th Room B242 10:00. Submission of a formal report to Administration concerning the smoking policy and the compliance of such at AFRH-G and submission of a White paper directly to the Deputy Chief Management Officer on the policy at AFRH-G were both tabled until such time as Committee Chair is present and requests to bring the two items off the table for discussion or vote.

FLOOR REPRESENTATIVES:

-Thank you to Doris Hopper for bringing back the 'Scuttlebutt' (A7)

-Is there a volunteer that can assist those with hearing aids (B3) – referred to Admin for reply.

-Weeds on North and Northeast (C4) – referred to Administration for reply

-Concern about local residents not picking up after dogs on West side of property on area between street and fence – referred to Administration for reply.

-Flags on 'golf course' extremely faded (A8) –referred to MWR Committee

OLD BUSINESS: None

NEW BUSINESS: Copier in library is difficult to use. Recreation Services notes copier is under a 5 yr lease. An attempt will be made for auto setting to be changed to make the machine as simple to use as possible. Referred to RFAB

ANNOUNCEMENTS

-All residents are encouraged to obtain an emergency pendant/call button from security. This recommendation is made so that you would have a way to get help, not only for yourself, but also for another resident (or any person) that you may come across, at a moment when they are in some emergency/medical distress on AFRH-G grounds.

-Evacuation Cards are only to be used during mandatory evacuations, not when on leave.

-Please keep your PMD set at turtle speed on the property. They should not go faster than the speed of the average resident.

REQUEST FOR ADMIN RESPONSE –

-Is there a volunteer that can assist those with hearing aids available as there are for those needing assistance with TVs or Computers?

-Weeds on North and Northeast (C4) – Waist to chest high along the north and northeast side of our home. Request to have the weeds attended to on regular basis.

-Concern about local residents not picking up after dogs on property between fence and street by large AFRH sign facing south to area north of 'delivery gate' Can signs be placed stating please pick up after your pets. It is noted the area in question may be City right of way and request by home to City for such signage may be needed.

AFRH-W Activities

Artist colony news

By Steven Briefs, CTRS Supervisor of Recreation Services



Beginning Friday, August 4th and for the next 10 weeks, AFRH-W residents will enjoy the opportunity to participate in our Artist Colony under the direction of Lauri Hafvenstein, a Friends of the Soldiers Home volunteer art instructor. She lives nearby in the community, has an extensive background in fine arts and a real love for teaching the creativity that art affords. Her goal is to match her skills, talents and knowledge to those of our residents, helping them

tap into their own creativity, make beautiful art and have fun too. Our resident artists are, Mimi Rivkin, Emma Lou Daly, James Morrison, Norma Rambow, Paulette Knor, Michael Martinez, Lewis Burkett, Lewis Haight and George Johnson. Their first two projects have been a still life 'expressionist' painting and a more realistic 'cloudscape' using acrylic paint. Come by the artist colony to see the great work our residents are making. Everyone is welcome!

Maryland "Marines" volunteer at AFRH-W

By Robert W. Mitchell, AFRH-W Volunteer Coordinator



A group of young men and women on their way to become United States Marines spent a few hours at the Armed Forces Retirement Home recently, providing volunteer and community service activities in support of military veterans.

The volunteers worked in two separate teams clearing piles of

debris and trash from some of the roadways on campus and picking up golf balls from the 200 yard driving range. They toured the facility and heard stories about military experiences from the residents.

Earlier, Sgt. Michael A. Rivas Jr., a Marine recruiter based in Silver Spring, Maryland, had reached out to AFRH-W looking for an opportunity to have his "poolees" (Marine recruits waiting to go to boot camp) interact with military veterans prior to shipping out to Marine Corps Recruit Depot at Parris Island, South Carolina.

Bowling with Friends of the Soldiers Home

By Amanda Jensema, CTRS

The third Tuesday of every month is not only when we celebrate those who have a birthday that month, but it is also the RT bowling with Friends of the Soldiers Home (FoSH) and their friends! This month we had representatives from FoSH, as well as Marines from 8th and 1 who joined in the fun! Several healthcare, and independent residents came down to bowl for a couple of hours and had a ball doing so! All residents played a full 10 frames; a few were able to get through a full second game. When all was said and done, the top three scores were residents Jean Ringuette with 150, Margaret Spicer with 129, and Catharine Deitch with 104. We all had a great time and look forward to our next bowling event in September.



Led Zeppelin, Mozart soothe AFRH Veterans, staff

By Robert W. Mitchell, AFRH-W Volunteer Coordinator

A couple of talented musicians entertained military veterans and staff recently during a corporate sponsored community service/volunteer service day held at AFRH-W.

The young performers, Omar Ali (13) and Humayia Ali (12), played songs from Mozart and Led Zeppelin during a piano recital held in the Scott Theater. The recital was held in conjunction with a community service day sponsored by TISTA, a Rockville, Md.-based IT firm specializing in cyber security and health care applications.

TISTA volunteers helped AFRH gardeners distribute vegetables and floral arrangements to residents. The volunteers had performed extensive gardening and landscaping work during a previous visit to the Home.

TISTA CEO Ahmed Ali, a U.S. Navy veteran and father of the performers, expressed appreciation for the sacrifices made by the men and women of the military, and said he looks forward to having volunteers from his company come back to home again soon. "We look forward to providing ongoing support and community service for our military and veterans," he said.



AFRH welcomes USS Abraham Lincoln sailors

By Robert W. Mitchell, Volunteer Coordinator



United States Navy sailors aboard the USS Abraham Lincoln made their annual pilgrimage to the campus of the Armed Forces Retirement Home and President Lincoln's Cottage recently, spending quality time with our distinguished military veterans.

Residents and staff gathered in the Community Center and throughout the campus welcomed about 40 sailors, who were decked out in their summer dress uniforms. They learned about the history and heritage of AFRH and discovered how the national landmark has transformed over time from farming lands to golfing grounds.

Stationed in Norfolk, Virginia, the USS Lincoln (CVN 72) is the fifth Nimitz-class aircraft carrier in the U.S. Navy's history.

Nationals take on the Angels

By Amanda Jensema, CTRS



Healthcare residents were treated to a Washington Nationals game against the Los Angeles Angels on Wednesday, August 16th. The weather was humid, but with a nice steady cool breeze. It began to cool off some as the sun moved behind us and we were in the shade. The residents enjoyed hotdogs, popcorn and lemonade.



The game started off with Zimmerman hitting a home run with Wilmer Difo on base to score two runs in the first inning! Residents were cheering on our home team throughout the game. Unfortunately the Nationals did not score again and lost 3-2. We had a wonderful time at the game and look forward to the next opportunity to cheer on the Washington Nationals!

On behalf of the residents we would like to thank the Fenwick Foundation for donating the tickets.

Washington Kastles

By Carol Mitchell, Recreation Therapy

Wednesday, July 26th AFRH-W residents were treated to a night out by the Friends of The Soldiers Home (FOSH). Healthcare and Independent Residents boarded a deluxe coach bus and headed out to Kastles Stadium at the George Washington Smith Center. The Washington Kastles vs. New York Empire tennis match was the highlight of the night, featuring Kastles players Mardy Fish and Kristen Flipkens.

Upon entering the stadium residents received tennis caps in appreciation for Military Night. Some of the residents also received tennis rackets.

While watching the match residents were treated to dinner and tennis ball cake pops! The game was tight and ended with the men's singles playing a tie breaker... unfortunately, the Kastles lost but a fun night was had by all.



String quartet

The string quartet from the "President's Own" United States Marine Corps Band played for AFRH-W residents. They were invited by the military spouses who were in town for the Sgt. Maj. of the Marine Corps Symposium, an event hosted by Sgt. Maj. of the Marine Corps Ronald Green. His wife, Mrs. Green, and about 30 other Sgt. Maj. wives and one Navy wife stopped by AFRH on August 2, 2017.



Georgetown law students

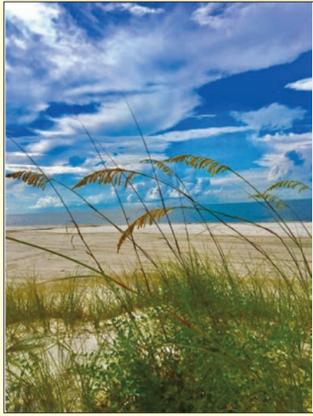
By Carol Mitchell, Recreation Therapy

On Tuesday, August 22nd Recreation Therapy had the pleasure of hosting student volunteers from Georgetown Law School for the day! A morning group of 15 students arrived at 9:00 a.m. and worked on the Scott 3 Terrace Gardens, picking vegetables and weeding. They also visited with the Scott 3 residents. The second group of 15 students arrived at 1:00 p.m. and assisted with the popular and exciting indoor RT Horse Races. The students escorted residents to, during and from the event; took residents' bets on the horses; served refreshments; and, even became jockeys for great horses such as Sea Biscuit, War Admiral, Secretariat, and the most recent Triple Crown Winner American Pharoah. A fun day was had by all.



AFRH-G Activities

AFRH-G...exploring the Coast



By Sean Campbell, Recreation Services
Photos by Becki L. Zschiedrich, Public Affairs

With so many exciting things to do to stay busy here at the Armed Forces Retirement Home in Gulfport, activities treasured by many residents are the monthly trips to local and regional attractions. AFRH-G residents are encouraged to sign up each month for trips and are even welcome to bring a guest. Guests are admitted based on a space-available basis, making sure all AFRH residents are accommodated before boarding.

Trips have stretched from the historical structures of Baton Rouge to the Naval Air Station, Pensacola, and as far north as the antebellum homes and plantations of Vicksburg and Natchez. There are always many exciting and educational trips being planned.

All AFRH trips are scheduled with Hotard transportation and information is posted monthly in the activities calendar. There is no charge for many trips. Occasionally, an admission fee may be required and residents are given instructions in the monthly calendar on how to sign up. Busses load for wheelchairs 30 minutes prior to departure, and the rest of the passengers begin boarding 15 minutes prior to departure. Resident volunteer "trip callers" assist in making sure the bus is loaded properly and everyone is accounted for at the designated departure /boarding locations. Residents interested in becoming a trip caller should stop by Volunteer Services to become one. Anytime residents have any ideas or suggestions for day trips, they are encouraged to let the Floor Rep, or a MWR committee member know. Residents are also encouraged to stop by recreation services and leave suggestions. Recreation Services staff is always looking for new trip ideas!



Bagpipe Appreciation Day

By Susan Bergman, MT-BC, Board Certified Music Therapist, Recreation Therapy Services



On July 27, 2017, during Thursday music time, residents from Independent Living, Valor Hall, Allegiance Hall, and Loyalty Hall gathered in the piano lounge for Bagpipe Appreciation Day. The bagpipe is believed to be an ancient instrument made of organic materials that did not preserve and therefore is difficult to date accurately. The bagpipe is mentioned in the Old Testament, referenced in Alexandria, Egypt about 100 BC and in ancient Greek writings around 100 AD. As the bagpipes travelled across Europe, the instrument acquired additional characteristics such as a second drone on the shoulder in France and a third drone on the shoulder in Scotland. The bag of the instrument was originally the stomach of an animal or stitched-together goat or sheep skins then became leather such as elk skin and now is a combination of elk skin on the outside and Canmore synthetic on the inside of the bag to avoid cracking. When the bagpipe travelled on to Ireland, named Uilleann or Union pipes, the mouth piece was exchanged for a bellow that is pumped under the arm so that the player could sing while playing.

Scotland is known to have the Great Highland Bagpipes due to the use of the instrument to stir and motivate military troops during battle. The bagpipes are often played at military events and funerals with the piper playing "Amazing Grace" then marching off to symbolize walking the grief away into the distance. Residents responded, "This is so interesting" and asked a multitude of questions ranging from learning the instrument to competitions to the meaning of uniform parts to family history of the kilt. Residents were shown the various parts on the inside of the instrument, how one begins on a practice chanter, photos of competitions, and were serenaded on a smaller version known as the Scottish small bagpipes. Later, residents heard the Great Highland Bagpipes briefly at lunch to provide some distance due to the loudness of the instrument. We look forward to next year, our military heritage, and more questions to be answered about this fascinating instrument.



We need to think snow in this heat!

By Jen Biernacki, Recreational Therapy Assistant

On Saturday August 19, Curtis Jackson shared a slide show of Byrd Station in the Antarctica for the residents on the health care floors. In 1962, while stationed in Antarctica, Mr. Jackson provided summer support to scientists there. The residents enjoyed viewing slides of the living quarters, penguins and encounters with the penguins, the terrain of miles and miles of snow and an icy runway with planes that carried the supplies. He shared stories of his adventures and times as the slide show continued. We would like to thank you Mr. Jackson for sharing the morning and your adventures with us.



Bocce ball tournament

By Dennis Crabtree, Recreation Specialist

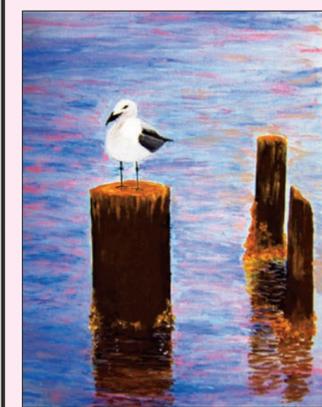


On Thursday August 10, 2017 residents were competing in the Bocce Ball Tournament in the Bocce Room. Wayland Webb and Charles Kemp are seen completing against each other to see who will advance to the final four. Mike Longwell and Doris Hopper are seen talking about Wayland Webb's throwing abilities. There could only be three winners for that day. Mike Longwell took 1st place, Ernie Fowler took 2nd place and Wayland Webb took 3rd place.

A recently found talent

By Milton Williams, Art Specialist

Jim Melcher started painting in 2017 and has discovered the artist in him. He said, "Painting is a lot of fun." Jim, we want you to have more fun because we get to enjoy viewing your delightful pieces of art. Six months ago, passing



by the art class room, he decided to join an introduction to acrylic painting class and now paints as often as possible. Thanks for discovering your artistic talent and we look forward to seeing more paintings. Remember, art is an adventure worth taking today.

Putting tournament

By Dennis Crabtree, Recreation Specialist

On Monday July 24, 2017 residents competed in the outdoor putting tournament. But due to rain the outdoor putting turned to an indoor putting tournament. Steve Crews 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 Steve Crews. Wayland Webb, Ernie Fowler and Fred Ray each shot nine strokes for the tournament. All three had a shootout. Ernie Fowler took 1st place, Wayland Webb took 2nd place, and Fred Ray took 3rd place.



Homemade ice cream in a bag

By Jen Biernacki, Recreational Therapy Assistant

On Saturday August 5, 2017, the residents of Loyalty Hall enjoyed homemade vanilla ice cream made in a bag. Each resident was given the mixture of 1/2 cup of half and half, a dab of vanilla and one scoop of sugar to stir until the sugar was dissolved. Upon completing the stirring, the mixture was placed in a quart size zip top bag and placed inside a gallon size zip top bag with ice and rock salt. Then the shaking began.... and continued and continued until the mixture turned to the consistency of ice cream. "Man that does taste like ice cream, its good. I ate it all," stated resident Leslie Welch. Robert Royce said "that was pretty fun." A special thank you goes out to the volunteers from the USAF personnel officer training group and Craig Seering from C Co/169th EN BN for visiting with our residents and assisting in the successful consistency of our ice cream. "Shake Shake!"



GULFPORT

Bella

By Jen Biernacki, Recreation Therapy Assistant

Bella is the youngest member of the "royal pets" that visit the AFRH-G the 2nd and 4th Saturday of each month. Bella started sharing her sweetness and visiting with our residents when she was just three months old. She was so small that she was carried around in her "mini dog house" sticking her head out when her curiosity sparked as she visited the residents' rooms of our on the health care floors. Now that Bella has spent the last two years visiting with us, she makes herself comfortable on the beds

next to the residents as they caress and speak kind "puppy" words to her. She also crawls up in their laps, shines her cute eyes and wins the hearts quickly of all those she visits. She walks the halls like a true "royal pet." Bella has grown and blossomed into a pure gem bringing happiness, smiles, comfort and care to the residents. Thank you so much Brian Mason and TJ Mareno for sharing your "animal children" with us each month.



Luau dance

By Dennis Crabtree, Recreation Specialist

This was another year of dancing and partying lasting all night long leaving plenty of "tracked sand feet" on the floor. The first impression on entering the room was how beautifully the community center was decorated with the Hawaiian decorations on the walls and leis placed on the tables. The hors d'oeuvres were well received by all who came. 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.



WASHINGTON

Hawaiian Luau at AFRH-W

By Contance Maziel, Lead Recreation Specialist

Aloha Kakou! On August 11th, AFRH-W celebrated the "Hawaiian Luau on the Scott Patio." The weather was perfect with slight overcast skies which allowed for everyone to enjoy all the festivities. The event kicked off with the Honolulu Ukulele Band, as they provided an exciting introduction of traditional Hawaiian music that 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 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 traditional Hawaiian pork, shrimp salad, vegetables, pineapple rice, a variety of fresh fruit, and cookies to top it off! As the afternoon went on, more and more residents moved outside where they could listen to the music and enjoy the mixed drinks served by the RAC Chairman Sheldon Shorthouse. The mixed drinks included fresh coconut pina colodas and frosty strawberry pina colodas. A variety of beer and soda was also served. A special thanks to all the volunteers for making the luau a success. Aloha until next year!!!



Mrs. DC America 2017 visits AFRH-W

By Robert W. Mitchell, AFRH-W Volunteer Coordinator

Residents and staff were delighted when Mrs. District of Columbia America 2017 Julie Cangialosi showed up at the Armed Forces Retirement Home, Washington, D.C. recently to spend time with our distinguished veterans. Cangialosi wanted to give back to the men and women of the military by visiting with residents and hearing their stories about military life from so long ago. She posed for photos and helped volunteers hang up decorations for a recent casino event held in the community center. Cangialosi is the current Mrs. DC America and she is in the running for the next Mrs. America 2018.



RT fishing at the ponds

By Amanda Jensema, CTRS

After several hot summer days there was a break in the weather, which was great for the healthcare residents. We had a trip planned to go fishing at the AFRH fishing ponds. The weather was beautiful, the sun was out, the sky was blue and there was a nice steady breeze. We had one of our largest numbers in attendance. Fourteen residents came down to the ponds to enjoy a favorite past time and catch fish, and enjoy the weather. We were also sharing the ponds with Project Healing Waters, a veteran group that was fly fishing. After all the fishing was done it was time to have lunch. Residents enjoyed turkey wraps, chicken salad wraps, pasta salad, chips, watermelon, and cupcakes. After fishing and having lunch, Walter from the YMCA came down and led us all in a musical exercise class. We would like to thank Robert Webb, our Ombudsman, for coming down. He was the star as he caught a 13-pound catfish! We look forward to our final fishing trip in September. Hope to see you there.

