



AFRH-GULFPORT

Celebrating 228 years of the U.S. Coast Guard

By Sean Campbell | Lead Recreation Specialist
Photos by Jack Horsley | Resident Photographer

The celebration of the 228th anniversary of the founding of the United States Coast Guard was made special this year as members of the flight crew from Coast Guard Station New Orleans performed a Search and Rescue Demonstration for residents at the AFRH Gulfport.

Even though the numbers of Coast Guard residents at the AFRH is lower than other services, a great turn out of residents and staff celebrated this important branch of military service. The Coast Guard is one of the oldest organizations of the federal government. Established in 1790, the Coast Guard served as the nation's only armed force on the sea until Congress launched the Navy Department eight years later.

In addition to the impressive helicopter demonstration, members from the Coast Guard Station Gulfport were on hand as well, offering assistance with to the residents and showcasing one of their rescue vessels on display. BM1 Nicholas Shepardson from the Gulfport station was also recognized for his two years of volunteer service to the AFRH-Gulfport. A special birthday cake provided by dining services was served following the event along with coffee and punch. The USCG Air Crew were also treated to a tour of the home and enjoyed eating lunch with the residents prior to their return to New Orleans.



AFRH-WASHINGTON

Coast Guard donates, delivers services to AFRH pond

By Robert W. Mitchell | AFRH-W Volunteer Coordinator
Photos by Jack Beck | Resident Photographer

About 20 United States Coast Guard (USCG) volunteers descended on the campus grounds of the Armed Forces Retirement Home recently to spruce up the grounds and beautify the ponds for our military veterans.

Volunteers collected piles of algae and debris, and helped haul away pounds of watery muck to a designated dump site. They cut away swaths of vines and overgrown vegetation concealing the perimeter fence and nearby trees.

Some volunteers sailed in an inflatable raft to the center of the pond to unclog the fountain nozzles that had slowed the sprinkling water to a slow dribble. Now, the water flows freely and gracefully.

In addition to the beautification work, volunteers went above and beyond by donating and installing several electrical items that truly enhanced the pond experience for residents, staff and guests. They installed a new ceiling fan with a remote in the gazebo, attached sensor lighting just below the roof (for night visits), affixed solar-powered light caps on a few fence posts surrounding the ponds, setup solar-powered ground lighting just outside the pond's main gate and erected a small flower bed just outside the pond entrance.

AFRH-W Administrator Susan Bryhan applauded the efforts and presented coins to the outstanding achievers. "You guys are the one of the best supporters of the Home," she said. "The gazebo, the pond, all of this is a wonderful thing that the Coast Guard supports."

The cleanup project is part of the USCG's biannual visit to AFRH to maintain the gazebo, benches, rope fences, bird feeders and other amenities at the "Coast Guard" pond. Coast Guard volunteers originally built the site nearly a decade ago.



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AFRH COMMUNICATOR

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

Serving Washington, D.C. and Gulfport, Mississippi

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

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

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

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

AFRH, PAO/Marketing, #584
3700 N. Capitol St. NW, Washington, DC 20011-8400



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The Joint Commission
<http://www.jointcommission.org>

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

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



AFRH-W Veteran Highlight – Emmy Lu Daly

By Christine Baldwin | Librarian



Emmy Lu Daly was born in Minnesota during the Depression. In high school, she enjoyed singing, dancing and acting. After graduating, she enrolled in a drama school in Chicago, Illinois to learn to become a professional actress. The year was 1941. World War II started and the whole country became involved. Emmy Lu quit school. She flew to North Hollywood and applied for a job at Lockheed Aircraft and joined the "Rosie the Riveter" crew working on fighter planes. She decided she wanted to be more involved in the war effort and so she joined the U.S. Navy through the WAVES - "Women's Auxiliary Volunteer Emergency Service." Basic training was at Hunter College in New York City, Yeoman training was in Cedar Falls, Iowa and then Emmy Lu was stationed at Clearfield, Utah. During the next two years Emmy Lu drove a jitney around a huge warehouse, picking up various parts needed to build and repair ships. She was sorry that she never got to see an ocean or a ship!

The war ended and Emmy Lu took advantage of the GI bill and graduated from the University of Minnesota with a bachelor's degree in English Literature. She moved to Washington D.C.,

worked as an insurance agent, married and had two children. She pursued her love of acting in a community theater.

Prior to moving to the Armed Forces Retirement Home, Emmy Lu lived in an apartment in Washington, D.C. for 21 years with her cats. The building was being gutted and it would be

two years before she could move back. She considers herself, at age 95, very fortunate to have been accepted at the AFRH-W and takes advantage of the rich life offered. Recently, fellow resident Joe Nesnow and Emmy Lu presented a two act play reading called "Love Letters." Emmy Lu has been a resident of the home for one and a half years.



AFRH-G Resident Highlight – Daniel Armand Ellis

By Lori Kerns | Librarian



Dan Ellis was born in Bucktown, a fishing community neighboring New Orleans, La., in 1931. A "Depression Baby," he went through the early rigors of that era. Processing through high school, he received his bachelor's degree from Southeastern Louisiana College in Hammond, La. His diploma was granted "in absentia" after enlisting during the Korean War.

Ellis was mustered in at Fort Sam Houston in San Antonio, TX and completed basic training at Fort Riley, KS. Having more than two years of National Guard service, he was quickly appointed platoon leader which relieved him from latrine duty.

After basic, he received orders for Korea. Upon his ship's arrival at Tokyo, he was assigned to Intel and given basic classes in Tseudanema, Japan. His next assignment sent him near the Charwon Reservoir,

Korea where his new role was to perform twenty-four hour interrogations of newly captured prisoners of war. He later participated in the "Little Switch" program of repatriating captured South Korean POWs at Inchon.

Returning to the States, Ellis benefitted from the GI Bill by gaining his Master's Degree in Education. He taught in Plaquemines, Orleans, and Jefferson Parishes in Louisiana and eventually served on the Orleans Parish School Board.

Ellis is honored that he comes from a military family. His father served in WWI, he had two uncles and an aunt who served during WWII, and his grandfather was a major in the Costa

Rican Army. He is also proud of his son-in-law and grandson who both served in the Marines during Vietnam and Iraq, respectively.

In 1993, he moved to his vacation home in Pass Christian, MS where he began writing about the local legacies and history. He has come to call himself a "historizer and scrutinizer," which translates to mean a "history writer of authenticity." Through his research and writings, Ellis has become an award-winning writer of community heritage histories with number more than 30 self-published books. These books are currently available for check-out in the AFRH-G. As a new resident, Ellis' next venture will have him presenting talks based to AFRH-G residents about the Gulf Coast community. He will also provide instruction on self-publishing and would like to begin a Writers Club.

AFRH-G would like to welcome Mr. Dan Ellis!



Circovia Show at Beau Rivage honors AFRH-G veterans

Story & Photos by Becki Zschiedrich | Public Affairs

Circovia, a mesmerizing journey and cirque-style show featuring aerialists and acrobats from around the globe who defy the laws of gravity, took AFRH-G residents to new heights at the Beau Rivage Resort & Casino. Circovia commended residents Bobby Harris, Rodney Hughes, Ken Henry, Ben Ward and "Wild" Bill Allen on Military Mondays during June, July and August.

Before witnessing Circovia in the Beau Rivage Theater, residents dined at the Asian fine-dining restaurant Jia. After enjoying the Asian cuisine, AFRH-G residents were escorted backstage to meet the performers and take photos. They were then ushered to front row seats and were honored on the big screen before the show started. Celebrity endorser Rebecca Powers did an amazing job honoring the AFRH-G residents and audience members thanked them for their service after the show.

Special thanks to the Beau Rivage Resort and Casino, Rebecca Powers and Mary Cracchiolo Spain for recognizing military heroes from AFRH-G. We appreciate the continued support from the Beau Rivage and we thank you for honoring our veterans.



New Orleans U.S Coast Guard visit

By Carol Davis | Recreation Assistant

Pictures by Chris Alexander | Chief of Resident Services

Members of the Coast Guard Air Station New Orleans recently landed (literally) at AFRH-G to help celebrate the 228th birthday of the USCG. They were thrilled to meet Ms. Marion Ritchie, 101 year young Navy WAVES veteran. Pictured are AST2 Graham McGinnis (Rescue Swimmer), AMT2 Josh Trommer (Flight Mechanic), Ritchie, LT Carolyn Mahoney (Co-Pilot), and LCDR Larry Santos (Aircraft Commander).



Catholic Charities affiliate volunteers at AFRH-W

By Robert W. Mitchell | AFRH-W Volunteer Coordinator

Photo by Annemarie Wilson | AFRH Recreation Therapy Supervisor

A committed group of teenage and adult volunteers from the faith-based group Encounter the Gospel of Life, Inc. took time out of their busy summer vacation to volunteer with military veterans at the Armed Forces Retirement Home in Washington, D.C. last month.

About 15 volunteers pushed three comfort carts throughout the Sheridan and Scott buildings handing out toothbrushes, shower gels, brushes, socks, snacks, puzzles books, blankets and other donated items.

The social interaction provided a unique opportunity to bring high school students and distinguished military veterans together.

Volunteers also escorted healthcare residents to and from recreation activities, helped prepare and serve meals and spent time beautifying the fishing ponds and other outdoor areas on campus.



From the AFRH-W Administrator



Our days are getting shorter, which means summer will soon transition into fall. I feel blessed to witness and participate in the wonderful activities happening on the D.C. campus. The biggest change is seeing the children back in school at Creative Minds International. The golf course is still a popular spot for both residents and members, as well as walks around the compound. And I've seen some new residents, the four legged variety – cute newborn fawns, which shows how we share this land with our animal friends who live among us.

To fill our empty rooms, we are trying some new ways to get the word out about our wonderful Home. The Public Affairs office coordinated participation in various annual conventions such as the Air Force Sergeants Association and American Legion, where staff members manned information tables and got a few minutes on the podium. Many more events are planned for the months ahead. I am also working with some residents, self-named the "Marketing Task Force," to generate ideas for marketing materials, phone calling, tours and other ways to inform prospective residents. As I stated at the last Town Hall meeting, I am all ears for ideas of how to tell our story and find new members for our community.

As usual, we've had many guests and volunteer groups here this month. Our biggest group

was the Secretary of the Navy Retiree Council who had lunch, a brief by General Rippe and tours of the Home, both inside and around the compound. They left with a much better understanding of AFRH and will be great promoters for us going forward. Other visits included the District of Columbia District Attorney General and various guests of our CEO to help us build better partnerships with our community. The Arlington Cemetery leadership visited as well since the site of the original national cemetery is adjacent to us. One of the larger volunteer groups included some freshman American University students and the university's president, Ms. Sylvia Burwell (former Secretary of Health and Human Services). She was in the garden beds pulling weeds along with her new students, which goes to show you never know who might show up here. And finally, we had another high level visit by our South Korean friends led by the Chairman of the Korean Veterans Association, General (R) Jin-Ho Kim, who came once again to show their appreciation to our veterans. And last but not least, we celebrated the Coast Guard's 228th birthday and coined our one Coast Guard resident after a wonderful speech by the former MCPOGC.

I am still amazed that I have the honor of leading the Washington campus to continue to make this a special place to live, work and enjoy and look forward to wonderful days ahead.

Susan Bryhan

Notes from the AFRH-W Resident Advisory Committee Chairman



This month at AFRH-W we celebrated with a luau, with Hawaiian music, food, hula and fire dancers. Some lucky residents and staff were instructed in the art of hula dancing.

Later in the month we had a visit by the Army Woodwind Quintet who performed a variety of musical scores to the delight of all the residents present. And this goes out to all of the residents who participated in sending letters to Congress and signing petitions protesting the users fee increase!

Well Done! But we can't let our guard down; we must be ready to protest any and all unjust treatment of the retired military veterans of both campuses!



How to do the hula, as performed by our residents and staff!

This Month in History

-September 1, 1939 - At 5.30 a.m., Hitler's armies invaded Poland starting World War II in Europe.

-September 1, 1983 - Korean Air Lines Flight 007 was shot down by a Russian fighter jet while on route from New York to Seoul, killing all 269 persons on board. The Boeing 747 reportedly strayed 100 miles off course over secret Soviet Russian military installations on the Kamchatka Peninsula and Sakhalin Island. It crashed in the Sea of Japan.

-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 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, 1833 - The New York Sun newspaper first appeared, marking the beginning of the 'penny press,' inexpensive newspapers sold on sidewalks by newspaper boys. The paper focused on human interest stories and sensationalism and by 1836 was the largest seller in America with a circulation of 30,000.

-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 5-6, 1972 - Eleven members of the Israeli Olympic Team were killed during an attack on the Olympic Village in Munich by members of the Black September faction of the Palestinian Liberation Army. Israeli jets then bombed Palestinian positions in Lebanon and Syria in retaliation on September 8, 1972.

-September 7, 1994 - The U.S. Army closed its headquarters in Berlin, ending the American military presence in the once-divided city after nearly half a century.

-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 McHenry 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 - September 13, 1851- 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 - September 13, 1860 - 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 14, 1812 - Napoleon and his troops first entered Moscow as the retreating Russians set the city on fire. Napoleon found it was impossible to stay through the winter in the ruined city. He then began a retreat from Moscow which became one of the great disasters of military history. Fewer than 20,000 of the original 500,000 men with him survived the Russian campaign.

-September 14, 1901 - Eight days after being shot, President William McKinley died from wounds suffered during an assassination attempt in Buffalo, New York. He was succeeded by Theodore Roosevelt.

-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 24, 1957 - President Dwight Eisenhower ordered the National Guard to enforce racial integration of schools in Little Rock, Arkansas.

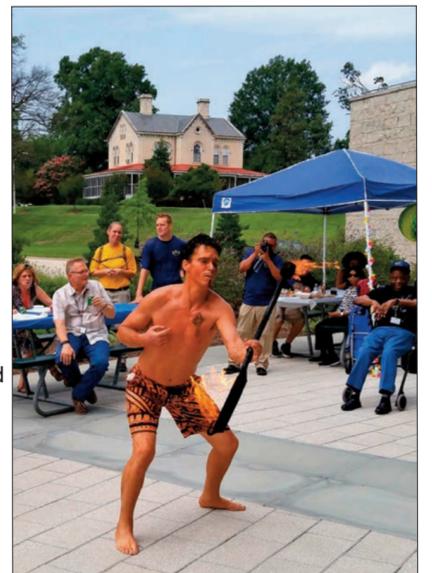
-September 25, 1789 - The first U.S. Congress proposed 12 Amendments to the Constitution, ten of which, comprising the Bill of Rights, were ratified.

-September 26, 1918 - The last major battle of World War I, the Battle of the Argonne, began as a combined force of French and Americans attacked the Germans along a 40-mile front.

-September 26, 1960 - The first-ever televised presidential debate occurred between presidential candidates John F. Kennedy and Richard M. Nixon. Many who watched were inclined to say Kennedy 'won' the debate, while those who listened only to the radio thought Nixon did better. Nixon, who declined to use makeup, appeared somewhat haggard looking on TV in contrast to Kennedy.

-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.



The art of fire dancing!

Sheldon Shorthouse



The Army Woodwind quintet!

From the AFRH-G Administrator



Thomas Edison said, "What you are will show in what you do." This is a quote that will make you ponder. For me, I take this quote as words to live by. I believe it stems from the recognition that the positive things you do for other people often resonate back to generate positive outcomes in your own life. Doing little things to make other people happy can greatly improve your own happiness. Focusing on others creates joy of its own accord. As you thrive towards improving others' happiness, you'll actually wind up with happier, more grateful people around you. This can lead people to treat you in a manner that produces even more happiness.

I say this because I know things have been tough with the fee increase. However, the residents spoke, and the agency listened. We all know there had to be a fee increase, but instead of it happening this October, it will be a phase-in increase starting January 1, 2019.

The month of August has come and gone already but we are still in hurricane season. We've been fortunate to not have any major hurricanes since 2005. If a hurricane does get into the Gulf of Mexico, I just want to let you all know that we will be prepared. We have held many hurricane meetings and we have partnered with the Seabee Base, the Gulfport Police Department and the Gulfport Fire Department in the

event of any emergencies. We have employees that are on Team 1, who will ride out the storm at AFRH-G, and we have employees on Team 2, who will relieve Team 1 when the storm has passed. Rest assured you, the residents, safety and comfort is number one priority.

The RAC Elections will be coming up. Please mark your calendars for the following and let your voice be heard:

-September 6 at 1330 - RAC Forum in the Community Center

-September 10 at 1200 - Absentee Ballots due to Master Chief Wise.

-September 11 - Election Day. You can vote for your RAC Chairman starting right after breakfast in the Community Center at 0800 and voting will continue until 1500.

-September 12 - I will announce the winner of the RAC Chair position in a Town Hall meeting in the Community Center at 1000.

This month we celebrated the U.S. Coast Guard's 228th birthday. The U.S. Coast Guard flight crew from New Orleans landed the helicopter on the front lawn of AFRH-G and performed a search and rescue demonstration for the residents. On Wednesday, August 15 we had our Luau Luncheon and then we held our fabulous monthly birthday dinner on August 21st for all 52 residents born in the month of August.

Chief Operating Officer Jim Branham will be visiting Gulfport on September 18 and 19th and he will be attending the Town Hall meeting on September 18 at 1000.

Just remember, we are here to serve you as you have served us. We strive to provide the best services possible for our residents at the Armed Forces Retirement Home.

Jeff Eads

Notes from the AFRH-G Interim Resident Advisory Committee Chairwoman



As your interim RAC Chairwoman I am writing to you on a couple of subjects you should be interested in.

Since April 9th of this year our home has been in turmoil. The majority of residents came together and pushed back on the Agency's rate increase. We received a small reprieve because of it.

We now have time to work on getting a better deal. In my opinion, all residents that were

living at AFRH on April 9th and stayed the course should be grandfathered in.

We were blindsided by the leadership. We checked our finances and made the necessary adjustments, with the percentage information we had, in order to move into AFRH.

Residents that are being admitted to the home today and in the future already know what the astronomical cost is going to be, we never dreamed the cost would ever go as high as our leadership wants. I say to all of you, continue to write your letters to whomever you think will fight for us. In your letters tell them you want to be grandfathered in and you want a cap of fifty percent or less. I have checked several places that offer the same type of living we have here, and none of them charge three thousand dollars for independent living, nor do they charge anywhere near ten thousand for upper levels of care. Our letters worked, the majority of letters our Congressman and Senators received, persuaded them to vote for, lower percentage.

In conclusion the simple fact is, we all have to come together, and be on the same page to get what we want. If everyone sends one letter to their Congressmen and Senators, asking for grandfathering and a cap on the percentage, we will have a big chance of winning this fight.

Election Time

It is time to elect a new RAC Chairman, and Floor Representatives. Everyone needs to vote and support those that are working hard for you.

We need to have a representative from each floor to ensure your ideas and concerns are represented. If you are complacent or don't care about what happens in your home, that means you are not being part of the solution. The more representation we have on the RAC the greater our voice is to management.

Please consider being a floor rep for your floor, otherwise you will not have representation other than your RAC Chairman, this limits how well that person can represent you, with all the duties involved in being the Chairman.

The Administrator wants one person to represent three floors, which only six people would represent the entire home for independent living. The RAC did not agree to this. The consensus of the residents is they should be represented by someone living on their floor.

For those who chose to keep AFRH your home; I want to encourage you to step up to the plate, help your neighbors and be eligible for the stipend of \$120.00 per month, by representing your floor.

Doris Denton

From the Chief Operating Officer



Facts Concerning AFRH Resident Fee Restructure

On August 13th the President signed the National Defense Authorization Act for the upcoming fiscal year. AFRH leadership worked closely with Congressional offices throughout the spring and summer on several items in the final bill. In next month's Communicator we plan to explain sections affecting resident eligibility and new authority to solicit gifts and donations. This month we want to discuss the bill's two sections which address resident fees.

Section 1415 of the defense bill codified what we have been telling residents all along: AFRH does not and will not force residents to leave the Home solely because of their inability to pay fees. The section also cleared up any question about our ability to help those in financial need by explicitly authorizing us to take "all actions practicable" to assist existing residents, including hardship relief and additional deductions from gross income. Our mission and our commitment is to help veterans in need, and so we repeat the appeal we've made since April: if you are concerned about being able to afford to stay

with us, see our business center staff so they can help you gather the information we will need to understand your individual circumstances. Unfortunately, few residents have come forward and many have left the home without discussing their concerns or asking for help. We cannot promise assistance to everyone—inability to pay and residents in need are important distinctions—but we can't help those that don't ask for it. Again though, no resident will ever have to leave because of inability to pay.

In the second fee-related provision, section 1416, Congress agreed with AFRH management that resident fees need to be aligned with cost for AFRH to be viable long-term, but disagreed with our timing and instead require us to phase-in fee restructuring over three years. While the phased approach is only required for existing residents, for practical reasons we will offer the same schedule to new residents. Reductions for long-term care and memory support percentages, and increasing the income floor from \$150 to \$400, will happen in January.

Finally, we need to address a few points that are easy to misunderstand or oversimplify. Today's \$1,458 independent living maximum fee is an arbitrary amount that perpetuates problems we are working to fix. Tying maximum fees with cost will create incentives for all of us—residents and staff—to keep expenses tightly controlled. It also means no one will pay more than cost, and most residents will continue to pay substantially less since most fees are based on percentage of income.

\$3,054 is AFRH's current monthly cost per independent living resident. It is not the rate most residents will pay. Similarly, it costs AFRH over \$10,000 per month to support each long term care and memory support resident. In three years maximum fees will match our cost for each level of care, but as of today no resident will pay anything close to \$10,000. Among current residents, the average fee across all levels of care will be \$2,179. That is considerably less than both \$3,000 and \$10,000, but AFRH's cost remains the same. In fact, even after the three year fee adjustments, the majority of residents in independent living will pay \$2,100 monthly or less.

Residents have been researching other communities and comparing them with AFRH, and we encourage that. You will of course find options that, on the surface, appear to be more or less expensive. We also check around and we've found that the details are crucial. Straight-line comparisons between AFRH and other retirement communities are misleading because of the many amenities AFRH offers as part of our value proposition for daily living. When you compare, consider the following:

- Is there a security deposit, advance rent payment, or entrance fee?
- Can you leave any time or is there a time commitment or contract?
- Is rent based on your income? Will they lower your rent if your income drops?
- What happens when a resident runs out of funds? How many are offered support?
- Is the community for-profit or non-profit?
- Are higher levels of care offered, is space routinely available, and what is the cost difference?
- Are all rooms private, including in upper levels of care?
- Are all meals included?
- What amenities and activities do you enjoy and are they available there? Are they included or extra?
- Do they have on-site healthcare facilities and are they included or extra? Are they open nights and week ends?
- Is dental included and available on-site? What about pharmacy delivery, optometry, podiatry, nutrition, physical and occupational therapy, and other specialists?
- Are V.A., military, or other desirable medical facilities nearby?
- Are useful services and veteran benefits (PX, credit union, tax preparation, legal assistance, financial counseling, etc.) available on-site?
- Is transportation available, and is it included or extra?
- What level of quality are the facilities, security, and preparedness for emergencies?
- Is staff available to check in on you? Do they offer chaplains, social workers, therapists, and organized groups to tend to your spiritual and emotional needs?
- Is there a community spirit? Are there celebrations for birthdays, holidays, milestones, and end of life?

These are just some areas where we think AFRH offers tremendous value...in fact, our value proposition is unparalleled. We are proud that we are able to subsidize the living costs of the vast majority of our residents who have served our Nation and Armed Forces with honor, and we look forward to serving Veterans for generations to come.

Jim Branham

AFRH-Washington

“Never Say Never” - A story of perseverance, faith, hope, and forever love

Story & Photos by Ritza Reese, | Clinical Nurse Supervisor, Long Term Care
Review and Approval by Peggy Mills

Mr. Benjamin Mills was transferred from Assisted Living to Long Term Care in June 2018, due to his worsening condition. He was a very quiet, pleasant and humble man. Although he was a man of very few words, one thing he made clear was his love for his former wife, Peggye, to whom he had been estranged for more than 20 years, following their divorce. Ben reached out to her in 1998, after dreaming that she had died. She had then, recently been the recipient of a liver transplant. After making contact, Ben regularly deposited money into her bank account, until three years ago, when he fell out of contact. But, Peggye sent him regular communications to his PO Box, always enclosing her business card.

When he was relocated to the Sheridan Building of the AFRH, a compassionate LPN, Dorothy Ihuoma, gained his confidence. After viewing photos of his family, regularly arriving in the mail, Dorothy became convinced that someone cared about this man, and needed to know where he was. Finally Benjamin allowed her to copy the number on the ever-present business card. She called Peggye and the final chapter of this story began.

An act of faith and hope would re-unite them in 2018. Peggye and Benjamin would both remain single for 48 years, as they both vowed never to marry again. That would prove to be false, as on July 23, 2018, Benjamin would eventually go on to re-marry his wife Peggye on the Long-Term Care unit in front of family and the staff who cared for and loved him. Immediately after Benjamin re-married Peggye, he made peace with his past and felt he had truly fulfilled everything he had hoped to accomplish. He re-married his love, attended to his affairs by completing a will and ensuring both his wife and children would be cared for.

Benjamin took his last breath on 1 August 2018, fulfilling his deepest wish; remarrying Peggye and reconciling with his beloved children. I was immediately drawn to his experience and wanted to share this very special story of a forever love. “Letting go of a relationship does not always mean you are letting go of love, or that you don’t love someone anymore.”

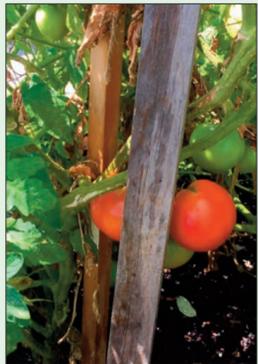
The love story of Benjamin and Peggye began in 1955. Peggye was a senior in High School and Benjamin was in the Air Force serving in Little Rock, Arkansas. Peggye worked in the “colored branch” of the Little Rock Public Library, where on the corner was the College Inn Eat Shoppe, where young people - Airmen, students at Arkansas Baptist College and neighborhood teens congregated. During one of those visits, Peggye was dared by girlfriends to speak to Benjamin. She accepted that dare. This simple dare was the beginning of what would eventually become a lasting relationship. Peggye and Benjamin became engaged and she went off to college. Then Benjamin was put on orders for Turkey. Prior to his departure, they both decided to marry, while he was on leave. Peggye and her dorm friends had just one week to plan a beautiful wedding at Howard University, February 26, 1957. Peggye and Benjamin were married for 13 years and had six children. During their marriage, Benjamin served three tours in Vietnam. He suffered severely from PTSD and it took a toll on the marriage, as he refused counseling. While Benjamin loved his family and fatherhood, PTSD and other factors became a major source of discord between the couple. Peggye divorced Benjamin in 1969 due to these differences. Peggye served as a single parent of six children. Despite the divorce, Peggye and Benjamin would remain best friends. Peggye worked two jobs and refused child support. Her determination and faith gave her the strength to persevere in the face of turmoil. Benjamin would continue to struggle with PTSD and went on to be homeless for many years. Because of his pride, Benjamin would remain alone for many years. During his period of homelessness, Benjamin would conduct his business affairs admirably, regularly sending monetary support to Peggye for help in raising a grandchild. After beginning treatment, when he was diagnosed with cancer, he no longer communicated regularly. He was too sick to use his smart phone, or travel on errands away AFRH. Due to his fierce independence, he would not allow anyone to assist him with personal or financial business, preferring to accumulate his monthly army checks and keeping them with him at all times, for over two years. In a phone call to Peggye, initiated by Ensign Jasmine Scott, a Medical School Intern at the VA Hospital who had gained Ben’s confidence, saying that he wanted to talk to her. Jasmine held the phone for him, while he stated, very clearly, “Will you marry me?”

Chaplain John Goodloe, Jackie Hailstock, (Social Worker) Rena Barbour, (Nurses Station, Scott Building), the nurses and staff of AFRH-West, worked tirelessly overcoming barriers and jumping through bureaucratic hoops to make the final wishes of their beloved and respected resident come to fruition.



Season’s end

Story & Photos by Carol Mitchell | Recreation Therapy



The Scott 3 Terrace vegetable gardens are, sadly, coming to an end. The residents have had a productive and abundant season growing fresh tomatoes, cucumbers, corn, green peppers, squash, string beans, hot peppers, spring onions, basil, cilantro, sweet mint, and parsley. During the season, residents have been engaged in a variety of cooking groups. Some of the favorite dishes created with the garden veggies included salsa with tostados, vegetable pastas and salads, vegetable omelets, grilled vegetables, sautéed vegetables, the old standard tomato

sandwich, and daily dishes of fresh tomatoes with a dash of salt. The residents of Scott 3 have the perfect gardening area... it’s an outdoor terrace overlooking the Nation’s capital with wonderful garden beds. Another good thing about the terrace gardens... NO DEER EATING ALL THE VEGGIES! Residents looking forward to some fall planting and next year’s gardening season.



JROTC students give back to AFRH-W veterans

Story by Robert W. Mitchell | Volunteer Coordinator
Photos by Annemarie Wilson | Recreation Therapy Supervisor



Hundreds of students, teachers, leaders and chaperones from Junior Reserve Officers’ Training Corps (JROTC) chapters around the country donated dozens of care packages and comfort boxes to the residents of the Armed Forces Retirement Home, Washington, D.C. (AFRH-W) recently.

The packages were full of shampoos, shaving creams, potato chips, pretzels, crosswords and Sudoku books, jigsaw puzzles, DVDs, Walmart and Subway restaurant gift cards and other items.

The contributions were donated in conjunction with the 2018 JROTC Leadership and Academic Bowl (JLAB) competition held by the College Options Foundation, a nonprofit academic excellence group that supports military families and students who participate in JROTC.

This year’s JROTC JLAB opening ceremony held at Catholic University of America featured Jeopardy game show host Alex Trebek who thanked AFRH-W residents in attendance for their service.

“To those of you who will wind up in the military and to those of you who have been and are in the military, thank you for your service. I mean that sincerely,” he said gesturing toward AFRH-W residents.

JLAB event planner and program manager, retired Army Lt. Col. Tom Torbert, who had reached out to AFRH-W earlier, said giving back to the community by donating and/or volunteering is a key part of the competition. This was JLAB’s second year in row donating to AFRH-W.

Retired Army, Air Force and Marine veteran Charles Felder and retired Army 1st Sgt. James Diamond (former JROTC instructor) and his wife Sandie, attended the ceremony. They received a massive standing ovation when the nearly one thousand attendees at the ceremony stood up and thanked them for their service.



Synchrony showers AFRH-W with love, donations

Story & photos by Robert W. Mitchell | AFRH-W Volunteer Coordinator



Corporate financial firm Synchrony sponsored and hosted a veteran service day last month boosting morale and raising the quality of the life for residents at the Armed Forces Retirement Home, Washington, D.C.

Fifty volunteers hosted and participated in a variety of activities. One group set up a makeshift casino in the game room that included a blackjack table, a poker table and a roulette wheel. Another group served up several scoops of chocolate, vanilla, and strawberry ice cream with countless toppings just outside the Scott dining facility. Two other groups hosted several bowling games in the Sheridan and a virtual shooting competition (via the Nintendo Wii Game System) in the Defender’s Inn.

Following the three-hour event, AFRH-W Administrator Susan Bryhan thanked the volunteers for their commitment to the military veteran community through

their service and abundance of donations. She presented Synchrony leadership with a Certificate of Volunteer Service.

Synchrony Senior Vice President of Risk Management Jim Eubanks had reached out to AFRH-W earlier in the year. He was delighted by the positive impact the volunteer service day had on AFRH-W residents.

The volunteers are part of the Synchrony Veteran’s Network+, a group of committed veterans and patriots who work for the company, according to Eubanks.



AFRH-Gulfport

Mr. Sivits' Golden Gate Bridge

By Milton Williams, Art Specialist
Photo by Becki Zschiedrich | Public Affairs

The residents who visit the Arts and Crafts room have been eagerly watching one of our residents, Charles Sivits, patiently build a replica of the Golden Gate Bridge. Little did we know a folk artist/bridge engineer is living amongst us! This bridge is a whole lot more than just a "slap together" structure. It's a sculptured work of art, which has a lot of mini stories that are attached to it. There are vehicles, a painting crew with safety nets, a cruise ship, aircraft carrier, tug and sailboat and I'm sure a submarine somewhere under the water. If you haven't been to San Francisco and seen their famous bridge you can take a quick adventure and go by the Display Room to view Mr. Sivits' Golden Gate Bridge, truly one of a kind. Thanks Mr. Sivits, we look forward to your next "engineering" sculptured work.



Spoons extraordinaire!

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



On Thursday, August 16, 2018, residents gathered in the Valor piano lounge for a memorable morning of mandolin, banjo, and memories of music, school days, and playing "hooky." By good fortune, a resident guest accepted the opportunity to share his musical talents and the story of how he came to play the "Spoons." Allegiance Hall resident, Lloyd Stepp, wowed residents with his homemade \$2.00 Walmart spoons that were pieced together with medical tape at "just the right angle." Mr. Stepp stated, "I listen to the rhythm...I have to play along with something that has a jump to it." The wonderment of the spoons came to life as he rolled the spoons up his arm, on his knee and across his hands to several big band songs and a classic country song, too. At the age of 15, Lloyd came across a carnival in his hometown of Williamson, West Virginia, took a part-time job, and little by little began to learn the spoons from a "Carny." Mr. Stepp stated, "I learned first by playing the spoons similar to the technique used for bones, however found I had greater control with creating my own spoons with tape which allowed me to adjust and tune them for a better sound." Thank you Mr. Stepp for your expertise and we look forward to more surprise visits from our multi-talented veteran residents at Thursday morning music time events in the Valor Piano Lounge (D Tower 2nd floor) at 1000.



Beer and spit seeds... gotta try it

By Jennifer Biernacki | Recreation Therapy Assistant
Photos by Susan Bergman, MT-BC | Recreation Therapy Services

On Friday August 3, the residents of Valor Hall and Allegiance Hall, enjoyed International Beer Day and National Watermelon Day with a Beer and Spit Seeds Social. Heineken, St. Pauli Girl and Stella Artois was the choice of beer with a homegrown Mississippi sweet watermelon. During the social, trivia from moonshine to hybrid and GMO's were talked about and interesting facts kept everyone's mind thinking....well at least kept the conversations going and laughter sounding. A fun and enjoyable afternoon for all those attending.



A delightful G-9 art show

Story & Photos by Milton Williams | Art Specialist

Nine resident artists from the upper levels of care are having a group art show in the Volunteer Lounge (aka Package Room, Room 1021). A sampling of their works include landscapes, seascapes, birds, wildlife and indigenous flora, some with a hint of the whimsical, to make these 23 paintings a good representation of their fun art experience. These paintings will be on display from August to November, so be sure and join in the fun of exploring what they have to offer our community. And remember art is an adventure, both for the one being creative and the one viewing.



Aloha...Polynesian Party!

By Susan Bergman, MT-BC | Recreation Therapy Services
Photos by Becki Zschiedrich | Public Affairs

On Wednesday, August 8, 2018, residents on Valor, Allegiance, and Loyalty Hall went tropical for their monthly cookout with a Polynesian Luau theme. Residents were all smiles listening to the ukulele and steel drum while enjoying a festive spread of food from dining service. Thank you to our staff and resident, community, and Coast Guard military volunteers for their assistance in creating a tropical paradise. Here is a collage of photos capturing the "Aloha" smiles.

